

March 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL BCC PROGRAMS AND SERVICES ARE PROVIDED FREE OF CHARGE.	1 Mindfulness Meditation* <i>Mindfulness and Pain</i> 6:00-7:00 p.m. Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.	2 Healing and Guided Imagery 5:30-7:00 p.m. Writing Through Cancer* 7:00-9:00 p.m.	3 Weekly Q&A Session 5:30-7:00 p.m. Runi Chattopadhyay, M.D., <u>Breast Oncology Surgeon</u> Merry Astor, MFT, Therapist	4	5 Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
	7 Metastatic Support Group* 6:30-8:30 p.m.	8 Couples Support & Networking Group* 6:30-8:30 p.m.	9 Breast Cancer, Vitamin D, and Osteoporosis* 6:30-8:00 p.m.	10 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. John Griffin, M.D., <u>Plastic Surgeon</u> Barbara Kirsch, Ph.D., Therapist	11
14 Metastatic Support Group* 6:30-8:30 p.m.	15 Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.	16 Healing and Guided Imagery 5:30-7:00 p.m.	17 Weekly Q&A Session 5:30-7:00 p.m. Natalia Colocci, M.D., <u>Medical Oncologist</u> Debbie Rosenberg, LCSW, Therapist	18	19 Triple-Negative Support & Networking Group* 11:00 a.m.-12:30 p.m. Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
21 Metastatic Support Group* 6:30-8:30 p.m.	22 Couples Support & Networking Group* 6:30-8:30 p.m.	23	24 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Jane Marmor, M.D., <u>Radiation Oncologist</u> Therapist TBA	25	26 Food for Life: Nutrition & Cooking Series - Class 3* 10:00 a.m.-12:00 p.m. <i>Discovering Dairy and Meat Alternatives</i> Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
28 Metastatic Support Group* 6:30-8:30 p.m.	29	30 Healing and Guided Imagery 5:30-7:00 p.m.	31 Weekly Q&A Session 5:30-7:00 p.m. Denise Ching, M.D., <u>Breast Oncology Surgeon</u> Therapist TBA		

April 2011

For more information about these programs, please contact our Helpline at (650) 326-6686, or visit www.bconnections.org

RSVP requested for (*) programs; Appointment required for (**) programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3rd Annual Spring Benefit - Tuesday, April 26, 2011 Join us at Sharon Heights Golf & Country Club for an entertaining and inspiring morning with Michealene Cristini Risley and Jan Yanehiro, authors of <i>This is Not the Life I Ordered</i> . Learn more at bconnections.org/events/fundraisers			1	2 Photo Workshop Series—Class 1* 9:00 a.m.-12:00 p.m. Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
4 Metastatic Support Group* 6:30-8:30 p.m.	5 Mindfulness Meditation* <i>Mindfulness and Emotions</i> 6:00-7:00 p.m. Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m.	6 Healing and Guided Imagery 5:30-7:00 p.m.	7 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Howard Kleckner, M.D., <u>Medical Oncologist</u> Merry Astor, MFT, Therapist	8	9 Photo Workshop Series—Class 2* 9:00 a.m.-12:00 p.m. Group Life Coaching* 1:00-2:00 p.m. Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments) Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
11 Metastatic Support Group* 6:30-8:30 p.m.	12 Couples Support & Networking Group* 6:30-8:30 p.m.	13 Photo Workshop Series—Class 3* 5:00-8:00 p.m.	14 Weekly Q&A Session 5:30-7:00 p.m. Erica Framsted, R.D., <u>Dietician</u> Barbara Kirsch, Ph.D., Therapist	15	16 Triple-Negative Support & Networking Group* 11:00 a.m.-12:30 p.m. Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
18 Metastatic Support Group* 6:30-8:30 p.m.	19 Young Women's Breast Cancer Networking Group* 7:30-9:30 p.m. Genetics and Breast Cancer: Risk-Assessment and Decision-Making* 6:15-7:30 p.m.	20 Healing and Guided Imagery 5:30-7:00 p.m.	21 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Lisa Boohar, M.D., <u>Radiation Oncologist</u> Debbie Rosenberg, LCSW, Therapist	22	23 Food for Life: Nutrition & Cooking Series - Class 4* 10:00 a.m.-12:00 p.m. <i>Cancer-Fighting Compounds and Healthy Weight Control</i> Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
25 Metastatic Support Group* 6:30-8:30 p.m.	26 Couples Support & Networking Group* 6:30-8:30 p.m.	27	28 Weekly Q&A Session 5:30-7:00 p.m. Shane Dormady, M.D., <u>Medical Oncologist</u> Therapist TBA	29	30 Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.

Program Calendar

March / April 2011

BREAST CANCER CONNECTIONS
Your Community Resource for Information & Support

Program Calendar

March / April 2011

Our mission

Breast Cancer Connections (BCC) provides personalized information and support to people touched by breast cancer, in an atmosphere of warmth, sensitivity, and understanding.

BCC programs and services are provided free of charge.

The **BCC Report**, our free quarterly newsletter, distributed every March, June, and September, provides medical information on breast cancer, and updates on BCC programs, services, and achievements. If you or someone you know would like to receive this publication, please call our Helpline at (650) 326-6686.

Special Programs & Events

Mindfulness Meditation*

First Tuesdays, 6:00-7:00 p.m.
Learn how to be fully present in the moment and focus your attention on the immediate experience, to bring calmness and clarity to life.
Facilitated by Sharon Allen, Health Educator, Stress Reduction Specialist & Cheryl Branco, R.N.

Special Presentation!

Breast Cancer, Vitamin D, and Osteoporosis

Wednesday, March 9, 6:30-8:00 p.m.
Dr. David Feldman will cover (1) the treatment of breast cancer and its impact on bone and the development of osteoporosis in breast cancer survivors; and (2) the current understanding of the role of vitamin D in breast cancer prevention and therapy.

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New! Photo Workshop Series—Focus, Frame, Process, and View: A personal photo journey for women with breast cancer

Saturdays, April 2 & 9, 9:00 a.m.-12:00 p.m., and Wednesday, April 13, 5:00-8:00 p.m.

Breast cancer is a journey, and a creative outlet like photography can help process difficult issues, document milestones, and remember emotions.

No photography experience necessary. Bring a digital camera, or a disposable camera will be provided. First classes are for instruction and discussion; last class is for showcase and celebration - bring friends and family!

Led by Susan Quaglietti, RNP, photography student & Veronica Reis, Ph.D., Psychologist, breast cancer survivor.

**Special Presentation!
Genetics and Breast Cancer: Risk-Assessment and Decision-Making**

Tuesday, April 19, 6:15-7:30 p.m.

Dr. Allison Kurian will focus on the (1) genetic risk for developing breast cancer; (2) basic principles of inherited breast cancer; (3) testing for BRCA mutations and other genetic causes; and (4) managing high breast cancer risk.

BCC Program Calendar

March / April 2011

BREAST CANCER CONNECTIONS
390 Cambridge Avenue Palo Alto CA 94306

Go green! Email
news@bccconnections.org
to receive our monthly
e-calendar, or to be removed
from our mailing list.

Emotional Support

Helpline

Our Helpline is answered by a caring voice Monday through Friday, 9 a.m. to 5 p.m., and Saturdays, 1 to 5 p.m. Helplineers are here to listen and connect you with appropriate resources.

Buddy Program

Volunteer survivors are matched with you, according to diagnosis or topic of your choice, to provide support and share experiences.

Counseling/Therapist**

A team of qualified therapists with experience helping women with breast cancer offer one to two sessions at no cost by phone or in-person.

Couples Support & Networking Group*

Second and fourth Tuesdays, 6:30-8:30 p.m.
This group explores issues that arise for couples living with breast cancer. Individual partners are welcome. Facilitated by Debbie Rosenberg, LCSW.

DCIS Support Group*

Alternate Thursdays, 12:00-1:30 p.m.
This group is tailored towards those diagnosed with DCIS (Ductal Carcinoma in Situ).

Facilitated by Merry Astor, MFT in Los Altos

Metastatic Support Group*

Monday, 6:30-8:30 p.m.
This group addresses the unique concerns of women living with advanced breast cancer. Facilitated by Debbie Rosenberg, LCSW, and Marcie Pais, MFT.

Newly Diagnosed / In-Treatment Support Group*

Saturdays, 3:00-4:30 p.m.
This ongoing group offers women recently diagnosed with breast cancer the opportunity to express concerns about their diagnosis and treatment. Facilitated by Marcie Pais, MFT.

Recovery & Renewal Support Group*

First and third Saturdays, 1:00-2:30 p.m.
This ongoing group is for anyone who has completed treatment for breast cancer and is now focusing on continued wellness. Facilitated by Hildy Agustin, Psy.D.

Triple-Negative Breast Cancer Support & Networking Group*

Third Saturdays, 11:00 a.m.-12:30 p.m.
This group is for anyone with triple-negative breast cancer at any stage of survivorship. Facilitated by Hildy Agustin, Psy.D.

Young Women's Breast Cancer Support & Networking Group*

First and third Tuesdays, 7:30-9:30 p.m.
Come to connect and share experiences and resources with other young women affected by breast cancer. Facilitated by Ann Rivello, LCSW.

Medical Info & Practical Help

Weekly Q&A Session

Thursdays, 5:30-7:00 p.m.
A physician or nurse from various breast cancer specialties is available to address your medical questions and concerns. A therapist facilitates and staff/volunteers are available to help connect you with additional resources.

Personalized Research/Breast Health Educator**
Our Medical Information Services team can help you by providing personalized research and explaining medical information at your level—from pamphlets to your pathology report, and more.

Medical Appointment Preparation**

A trained BCC volunteer can assist you in preparing for an upcoming medical appointment by working with you to create an organized list of your questions and concerns.

Megan Lynch Memorial Library

Come peruse our extensive collection of reference materials, journals, and circulating books relating to all areas of breast cancer Monday through Friday, 9 a.m. to 5 p.m., and Saturdays, 1 to 5 p.m.

Comfort Tote

For those newly diagnosed with breast cancer, or a recurrence, come to BCC for a complimentary tote bag filled with comforting handmade products, safe cosmetics, practical literature, and information on BCC programs and services.

Complementary Therapies

Individual Life Coaching**

Second Saturdays, 2:00-4:00 p.m.
Learn how coaching can empower you to reclaim your most authentic self through three free individual sessions by phone or in-person with Joanne Sperans, cancer survivor and ICF certified coach.

Group Life Coaching**

Second Saturdays, 1:00-2:00 p.m.
You will have the chance to go deeper into specific life topics with exercises designed to help you keep moving forward in life to be your most authentic self. Joanne Sperans, cancer survivor and ICF certified coach.

Healing and Guided Imagery

First, third, (and fifth) Wednesdays, 5:30-7:00 p.m.
This drop-in group focuses on recovery through deep relaxation, meditation, and sharing of healing stories. Facilitated by Mary Horngren, CMHT.

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