



Gabriella Patser Program

BCC provides free diagnostic and screening services for uninsured women under 40 years of age with a suspicious breast issue. For more information, call Rina Bello, Patser Program Manager, at (650) 326-6299, ext. 11.

For anyone over 40 years of age, we refer to the Every Woman Counts program offered by the State of California at (800) 511-2300.

BCC Program Calendar May/June 2009



Go green! Email Courtney@bccconnections.org if you would like to receive our monthly e-calendar alerts.

Ongoing Programs Cont'd.

Complementary Therapies

Healing and Guided Imagery

Alternate Wednesdays, 5:30-7:00 p.m.

Jeanne Fournier, certified medical hypnotherapist, guides this drop-in group through deep relaxation, healing meditations, and a sharing of healing stories. Also visit www.imageryforhealing.com.

Life Coaching (Individual)*

New concept!

Learn how coaching can empower you to reclaim your authentic self through three free individual sessions with Joanne Sperans, Volo Coaching founder and cancer survivor.

> **30-minute coaching sessions are available the 1st Saturday from 2:00-4:00 p.m. by appointment**

Mindfulness Meditation*

1st Tuesday, 6:30-7:30 p.m.

Mindfulness Meditation teaches you how to be fully present by helping focus your attention to the immediate experience, to bring calmness and clarity. Taught by Sharon Allen or Cheryl Branco, R.N., MPT

Writing Your Way Through Cancer*

Next series starts July 15, 2009

Alternate Wednesdays, 7:00-9:00 p.m.

This ten-session workshop, led by Karen Jandorf, offers a supportive environment for breast cancer survivors to write and share one another's work. No experience necessary. *Class closes after 1st session.*

Special Programs/Events

Honoring Life: A Celebration & Remembrance*

Friday, May 8, 2009, 6:00-8:00 p.m.

Our 6th annual remembrance event, we come together to honor life, to remember those we have lost to breast cancer, and to celebrate the love and support we get from our friends, loved ones, and ourselves through this life journey. Light food and refreshments provided.

Complementary Therapies Fair*

Saturday, June 27, 2009, 8:30 a.m.-2:30 p.m.

Our 3rd annual daylong workshop intends to inform, inspire, and connect those touched by breast cancer to different therapies which can aid in their treatment or healing process. Tentative topics include: Healing Drum, Massage, Ayurveda, Raw Diet, Nia, and Naturopathy. Space is limited.

The Healing Power of Hope, Humor, and Compassion Conference* – Hosted by FamiliesCAN

Friday, May 29, 2009, 9:00 a.m.-3:30 p.m.

A program bringing three inspirational and entertaining author/speakers together to address and perhaps transform the mind, body, and spirit of individuals, families, and friends living with cancer. For more information and to register, visit www.familiescan.org, or call (408) 496-6336.

RSVP requested for () programs
Call the Helpline at (650) 326-6686 to RSVP and learn more, or visit www.bccconnections.org*



Program Calendar

May/June 2009



In this issue:

May/June Calendars P.2-3

Special Programs/Events P.4

New to Breast Cancer Connections?

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

ALL OUR SERVICES ARE FREE OF CHARGE.

Use this program calendar to connect to information about our special programs/events as well as ongoing programs and services. If you would like more details about any of these services or need emotional support, please call our Helpline at (650) 326-6686 anytime Monday through Friday 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m., or visit www.bccconnections.org

Help spread the word about BCC!

Physicians say they are more likely to refer a patient to a program or service if they hear positive patient feedback. Let your medical team know about BCC's services by taking some of BCC's brochures and prescription pads to your next appointment. Make sure to include a personal story about how BCC helped you or a friend. Don't let anyone face breast cancer alone.

Breast Cancer Connections
390 Cambridge Avenue
Palo Alto, CA 94306
Helpline: (650) 326-6686
Business: (650) 326-6299
Fax: (650) 326-6673
www.bccconnections.org

Ongoing Programs

Please call (650) 326-6686 to RSVP and learn more, or visit our website at www.bccconnections.org.

*RSVP requested
**Appointment required

Emotional Support

Helpline

Our Helpline is answered by a caring voice weekdays 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m. Helpliners are here to listen and help connect you with appropriate resources.

Buddy Program (Peer Support)

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

Counseling/Therapists**

A team of qualified therapists with experience helping women with breast cancer offer one or two sessions at no cost.

Newly Diagnosed Support Group*

Saturdays, 3:00-4:30 p.m.

This ongoing group offers women recently diagnosed with breast cancer and in treatment the opportunity to express concerns about their diagnosis and treatment. Facilitated by Marcie Pais, MFT.

Recovery & Renewal Support Group*

1st & 3rd Saturdays, 1:00-2:30 p.m.

This ongoing program is for anyone who has completed treatment for breast cancer and is now focusing on continued wellness. Facilitated by Hildy Agustin, Psy.D.

DCIS Support Group*

Alternate Thursdays, 12:00-1:30 p.m.

This group is for women diagnosed with DCIS (Ductal Carcinoma In Situ). Facilitated by Merry Astor, MFT, at her office in Los Altos.

Metastatic Support Group*

Mondays, 6:30-8:30 p.m.

This group addresses the particular concerns of women living with advanced breast cancer. Facilitated by Deborah Rosenberg, LCSW, and Marcie Pais, MFT.

(See also **Complementary Therapies** and **Special Programs** on back page)

Couples Support & Networking Group*

2nd & 4th Tuesdays, 6:30-8:30 p.m.

This group explores issues that arise for couples living with breast cancer. Facilitated by Deborah Rosenberg, LCSW.

Young Women's Breast Cancer Networking Group*

2nd & 4th Thursdays, 7:30-9:00 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 medical questions and concerns. A therapist facilitates and staff/volunteers help connect you with other resources. See calendar for scheduled speakers.

Personalized Research/Breast Health Educator**

Noma Collins, Ph.D., can help you by researching and/or explaining medical information at whatever level you desire, from simple pamphlets to your pathology report and more.

Medical Appointment Preparation**

A trained BCC volunteer will 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, open weekdays 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m.

Comfort Totes

For those newly diagnosed or with recurring breast cancer, come in to BCC and pick up a complementary tote bag filled with comforting handmade products, safe cosmetics, and information on BCC's programs and services.

May 2009

June 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ALL BCC SERVICES ARE FREE OF CHARGE</p> <p>RSVP requested for (*) programs</p> <p>BCC's comprehensive breast cancer library and internet resources are available Monday through Friday, 9 a.m. to 5 p.m. and Saturday 1 to 5 p.m.</p>				1	2 Recovery & Renewal Support Group* 1:00-2:30 p.m. "A More Purposeful Life" Individual Life Coaching* 2:00-4:00 p.m. (30-minute sessions) Newly Diagnosed Support Group* 3:00-4:30 p.m.
4 Metastatic Support Group* 6:30-8:30 p.m.	5 Mindfulness Meditation* 6:30-7:30 p.m. "Mindfulness in the Midst of Illness"	6 Writing Your Way Through Cancer* 7:00-9:00 p.m.	7 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Mike Turbow, M.D. Medical Oncologist Barbara Kirsch, Ph.D. Therapist	8 <i>Special Program</i> 6th Annual Honoring Life: A Celebration & Remembrance* 6:00-8:00 p.m. 	9 Newly Diagnosed 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 Healing and Guided Imagery 5:30-7:00 p.m.	14 Weekly Q&A Session 5:30-7:00 p.m. John Griffin, M.D. Plastic Surgeon Merry Astor, MFT Therapist Young Women's Breast Cancer Networking Group* 7:30-9:00 p.m.	15	16 Recovery & Renewal Support Group* 1:00-2:30 p.m. Guest facilitator: Jan Austin, MFT Newly Diagnosed Support Group* 3:00-4:30 p.m.
18 Metastatic Support Group* 6:30-8:30 p.m.	19	20 <i>Last session</i> Writing Your Way Through Cancer* 7:00-9:00 p.m.	21 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Natalia Colocci, M.D. Medical Oncologist Suzanne Olson, MFT, LCSW Therapist	22	23 Newly Diagnosed Support Group* 3:00-4:30 p.m.
25 BCC CLOSED  Metastatic Support Group* 6:30-8:30 p.m.	26 Couples Support & Networking Group* 6:30-8:30 p.m.	27 Healing and Guided Imagery 5:30-7:00 p.m.	28 Weekly Q&A Session 5:30-7:00 p.m. Denise Johnson, M.D. Surgeon Deborah Rosenberg, LCSW Therapist Young Women's Breast Cancer Networking Group* 7:30-9:00 p.m.	29 The Healing Power of Hope, Humor and Compassion Event* 9:00 a.m.-3:30 p.m. Sobrato Center for Nonprofits, San Jose www.familiescan.org	30 Newly Diagnosed Support Group* 3:00-4:30 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Metastatic Support Group* 6:30-8:30 p.m.	2 Mindfulness Meditation* 6:30-7:30 p.m. "Healthy Pleasures and Mindfulness"	3	4 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Jen Brown, M.D. Medical Oncologist Barbara Kirsch, Ph.D. Therapist	5	6 Recovery & Renewal Support Group* 1:00-2:30 p.m. Individual Life Coaching* 2:00-4:00 p.m. (30-minute sessions) Newly Diagnosed Support Group* 3:00-4:30 p.m.
8 Metastatic Support Group* 6:30-8:30 p.m.	9 Couples Support & Networking Group* 6:30-8:30 p.m.	10 Healing and Guided Imagery 5:30-7:00 p.m.	11 Weekly Q&A Session 5:30-7:00 p.m. Gwendolyn Stritter, M.D. Integrative Medicine Kathy Kesten, MFT Therapist Young Women's Breast Cancer Networking Group* 7:30-9:00 p.m.	12	13 Newly Diagnosed Support Group* 3:00-4:30 p.m.
15 Metastatic Support Group* 6:30-8:30 p.m.	16	17	18 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Melinda Telli, M.D. Medical Oncologist Deborah Rosenberg, LCSW Therapist	19	20 Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed Support Group* 3:00-4:30 p.m.
22 Metastatic Support Group* 6:30-8:30 p.m.	23 Couples Support & Networking Group* 6:30-8:30 p.m.	24 Healing and Guided Imagery 5:30-7:00 p.m.	25 Weekly Q&A Session 5:30-7:00 p.m. Andrea Metkus, M.D. Surgeon Merry Astor, MFT Therapist Young Women's Breast Cancer Networking Group* 7:30-9:00 p.m.	26	27 Newly Diagnosed Support Group* 3:00-4:30 p.m. 3rd Annual Complementary Therapies Fair* 8:30 a.m.-2:30 p.m. 
29 Metastatic Support Group* 6:30-8:30 p.m.	30	<p><i>Looking for more details about these programs and workshops?</i></p> <p>Please see the descriptions on the front and back of this program calendar to learn more, or call our Helpline at (650) 326-6686 during business hours.</p>			