

Program Calendar

November/December 2010



Ongoing Programs Cont'd.

Complementary Therapies

Healing and Guided Imagery

1st, 3rd (& 5th) Wednesdays, 5:30-7:00 p.m.

Not meeting November 24 & December 29

Mary Horngren, certified medical hypnotherapist, guides this drop-in group through deep relaxation, healing meditations, and a sharing of healing stories.

Individual Life Coaching**

2nd Saturday, 2:00-4:00 p.m.

30-minute appointments at BCC or by phone

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

Group Life Coaching*

2nd Saturday, 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 your life to "be your most authentic self." Facilitated by Joanne Sperans, Volo Coaching founder and cancer survivor.

Mindfulness Meditation*

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

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

Special Programs/Events

Special Event! 7th Annual Breast Cancer Conference: Sharing Knowledge - Creating Hope*

Saturday, November 6, 8:00 a.m.-5:00 p.m.

Oracle Conference Center

350 Oracle Parkway, Redwood Shores

Enjoy a full day of breast cancer education that is open to the public and dedicated to those touched by breast cancer. Call (650) 326-6686 to register or at bccconference2010.eventbrite.com.

Wig Clinic**

Quarterly, Monday, November 29

10:00 a.m.-1:00 p.m. (45-minute appointments)

Get your wig styled or cut by wig specialist, Janet Miller of Hair Replacement by Janet. Informal consultations will be available for those soon to undergo treatment, but unsure of wig options and care. Please bring your own wig.

Save the Date! Winter Mad Hatter's Tea- Scarf Tying & Hat Tips*

January 29, 2011 10:00 a.m.-12:00 p.m.

Create a new look and find your style as we present a cold weather alternative to wigs. Bring your favorite hat/scarf, or select one from the donated items at BCC. Hats from The Next Step in Los Gatos will be on display. Tea and snacks provided.



*RSVP requested
**Appointment required

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Call the Helpline at (650) 326-6686
or to learn more visit www.bcconnections.org

Ongoing Programs Emotional Support

Helpline

Our Helpline is answered by a caring voice weekdays 9 a.m. to 5 p.m. and Saturdays 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 / In-Treatment Support Group*

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

Not meeting December 25

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.

Not meeting November 6

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. with various guest speakers/topics.

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 in Los Altos.

Metastatic Support Group*

Mondays, 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.

Triple-Negative Support & Networking Group*

3rd Saturday, 11:00 a.m.-12:30 p.m.

This group is for anyone with triple-negative breast cancer (TNBC) in any stage of survivorship. Facilitated by

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

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.bcconnections.org

Did You Know?

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

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

BCC's Gabriella Patser Program

BCC provides free diagnostic and screening services for uninsured women under 50 years of age with a suspicious breast issue. For more information, call Rina Olea, Manager of Programs & Outreach, at (650) 326-6299, ext. 11.

For anyone over 50 years of age, we refer to the Every Woman Counts program offered by the State of California, at (800) 511-2300.

BCC Program Calendar

November/December 2010



 **BREAST CANCER CONNECTIONS**
390 Cambridge Avenue Palo Alto CA 94306

Go green! Email news@bcconnections.org if you would like to receive our monthly e-newsletter, or to be removed from this mailing.

November 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Metastatic Support Group* 6:30-8:30 p.m.	2 Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m. Mindfulness Meditation 6:30-7:30 p.m.	3 Healing and Guided Imagery 5:30-7:00 p.m.	4 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Lauren Greenberg, M.D. Plastic Surgeon Kathy Kesten, MFT	5	6 BCC's 7th Annual Breast Cancer Conference 8:00 a.m.-5:00 p.m. Oracle Conference Center Register at bccconference2010.eventbrite.com Recovery & Renewal Support Group* <i>Not meeting</i> Newly Diagnosed / In-Treatment 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 Writing Your Way Through Cancer* 7:00-9:00 p.m.	11 Weekly Q&A Session 5:30-7:00 p.m. Natalia Colocci, M.D. Medical Oncologist Julia Jaroch, MFT	12	13 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.
15 Metastatic Support Group* 6:30-8:30 p.m.	16 Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.	17 Healing and Guided Imagery 5:30-7:00 p.m. Writing Your Way Through Cancer* 7:00-9:00 p.m.	18 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Shane Dormady, M.D. Medical Oncologist Barbara Kirsch, Ph.D.	19	20 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.
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 <i>Not meeting</i>	25 BCC CLOSED 	26 BCC CLOSED 	27 Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
29 Wig Clinic** 10:00 a.m.-1:00 p.m. (45-minute appointments) Metastatic Support Group* 6:30-8:30 p.m.	30	Benefit Evening for Breast Cancer Connections: Join us for a wildly entertaining evening with actress and comedienne, Amy Sedaris Wednesday, November 17, 7:30 p.m. Spangenberg Auditorium, Gunn High School 780 Arastradero Road, Palo Alto Buy tickets at Kepler's Books or keplers.com A portion of ticket sales will be donated to BCC.		Nickels for Non-Profits Now through January 16, 2011 Whole Foods Market Palo Alto 774 Emerson Street, Palo Alto Bring your own shopping bag to Whole Food Market Palo Alto. At checkout, donate your 5 cent bag credit to Breast Cancer Connections.	

December 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL BCC SERVICES ARE FREE OF CHARGE RSVP requested for (*) programs Appointment required for (**) programs BCC's extensive 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.		1 Healing and Guided Imagery 5:30-7:00 p.m.	2 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Erica Framsted, R.D. Dietician Therapist, TBA	3	4 Recovery & Renewal Support Group* 1:00-2:30 p.m. Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.
6 Metastatic Support Group* 6:30-8:30 p.m.	7 Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m. Mindfulness Meditation 6:30-7:30 p.m.	8	9 Weekly Q&A Session 5:30-7:00 p.m. Andrea Metkus, M.D. Surgeon Julia Jaroch, MFT	10	11 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.
13 Metastatic Support Group* 6:30-8:30 p.m.	14 Couples Support & Networking Group* <i>Not meeting</i>	15 Healing and Guided Imagery 5:30-7:00 p.m.	16 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Lisa Booher, M.D. Radiation Oncologist Barbara Kirsch, Ph.D.	17	18 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.
20 Metastatic Support Group* 6:30-8:30 p.m.	21 Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.	22	23 Weekly Q&A Session 5:30-7:00 p.m. Jocelyn Dunn, M.D. Breast Surgeon Therapist TBA	24 BCC CLOSED 	25 BCC CLOSED 
27 Metastatic Support Group* 6:30-8:30 p.m.	28 Couples Support & Networking Group* 6:30-8:30 p.m.	29 Healing and Guided Imagery <i>Not meeting</i>	30 DCIS Support Group* 12:00-1:30 p.m., Los Altos Weekly Q&A Session 5:30-7:00 p.m. Runi Chattopadhyay, M.D. Breast Oncology Surgeon Debbie Rosenberg, LCSW	31	