



Ongoing Programs Cont'd.

Complementary Therapies

Healing and Guided Imagery

1st, 3rd (& 5th) Wednesdays, 5:30-7:00 p.m.
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 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.
New session begins in November
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, both stress reductions specialists.

Special Programs/Events

New! Mindfulness Meditation Workshop*

Saturday, September 18, 10:00 a.m.-12:00 p.m.
Face life's challenges with Sharon Allen, Stress Reduction Specialist, and Cheryl Branco, R.N. Learn coping skills and draw on internal resources to remain present and internally strong. Find clarity and understand the mind-body relationship with Mindfulness Meditation.

New! Reiki Clinic**

Friday, October 1, 7:00-9:00 p.m.
Reiki is a natural healing system that uses energy therapy to balance the biofield. Through deep relaxation, enhance your body's natural healing powers. Facilitated by All About Reiki.

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. This event is open to the public and dedicated to those touched by breast cancer. Register online at <http://bccconference2010.eventbrite.com/> or call (650) 326-6686.

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

Program Calendar

September/October 2010



*RSVP requested
**Appointment required

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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

Ongoing Programs Emotional Support

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

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 / In-Treatment 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. 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 Marcie Pais, MFT, at Merry Astor's, MFT office 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.

Not meeting September 18; will meet September 11
This group is for anyone with triple-negative breast cancer (TNBC) in any stage of survivorship. Facilitated by Hildy Agustin, Psy.D.

(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. Partners welcome individually, too. Facilitated by Debbie Rosenberg, LCSW.

Young Women's Networking Group* 1st & 3rd Tuesdays, 7:45-9:30 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 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 Educators**

Our medical information services team can help you by doing personalized research and explaining medical information at your level—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 breast cancer or a recurrence, come in to BCC and pick up a complimentary tote bag filled with comforting handmade products, safe cosmetics, and information on BCC's programs and services.

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

September/October 2010

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

September 2010

October 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ALL BCC SERVICES ARE FREE OF CHARGE</p> <p>RSVP requested for (*) programs Appointment required for (**) programs</p> <p>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.</p>		<p>1</p> <p>Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p>2</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Lisa Boohar, M.D. <u>Radiation Oncologist</u> Julia Jaroch, MFT</p>	<p>3</p>	<p>4</p> <p>Recovery & Renewal Support Group* 1:00-2:30 p.m.</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>6</p> <p>Labor Day BCC CLOSED</p>  <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>7</p> <p>Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p>8</p> <p>Writing Your Way Through Cancer* <i>Not meeting</i></p>	<p>9</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Jen Brown, M.D. <u>Medical Oncologist</u> Therapist TBA</p> <p>DCIS Support Group* 12:00-1:30 p.m., Los Altos</p>	<p>10</p>	<p>11</p> <p>Triple-Negative Support & Networking Group* 11:00 a.m.-12:30 p.m.</p> <p>Group Life Coaching* 1:00-2:00 p.m. "What Do You Love About Your Life?"</p> <p>Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments)</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>13</p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>14</p> <p>Couples Support & Networking Group* 6:30-8:30 p.m.</p>	<p>15</p> <p>Healing and Guided Imagery 5:30-7:00 p.m.</p> <p>Writing Your Way Through Cancer* 7:00-9:00 p.m.</p>	<p>16</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Denise Ching, M.D. <u>Breast Oncology Surgeon</u> Therapist TBA</p>	<p>17</p>	<p>18 <i>Special Program</i></p> <p>Mindfulness Meditation Workshop* 10:00 a.m.-12:00 p.m.</p> <p>Triple-Negative Support & Networking Group* <i>Not meeting</i></p> <p>Recovery & Renewal Support Group* 1:00-2:30 p.m.</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>20</p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>21</p> <p>Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p>22</p> <p>Writing Your Way Through Cancer* 7:00-9:00 p.m.</p>	<p>23</p> <p>Weekly Q&A Session 5:30-7:00 p.m. John Griffin, M.D. <u>Plastic Surgeon</u> Barbara Kirsch, Ph.D.</p> <p>DCIS Support Group* 12:00-1:30 p.m., Los Altos</p>	<p>24</p>	<p>25</p> <p>Food for Life: Nutrition & Cooking Series—3* 10:00 a.m.-12:00 p.m. "Discovering Dairy and Meat Alternatives"</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>27</p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>28</p> <p>Couples Support & Networking Group* 6:30-8:30 p.m.</p>	<p>29</p> <p>Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p>30</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Runi Chattopadhyay, M.D. <u>Breast Oncology Surgeon</u> Debbie Rosenberg, LCSW</p>	<p>Save The Date! BCC's 7th Annual Breast Cancer Conference Sharing Knowledge - Creating Hope Saturday, November 6, 2010, 8:00 a.m. to 5:00 p.m. Oracle Conference Center, 350 Oracle Parkway, Redwood Shores, CA 94065 Register at http://bccconference2010.eventbrite.com/ or (650) 326-6686</p>	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Community Events</p> <p><i>When Eating is a Problem...During Cancer Treatment</i> — September 20, 2010, 4:30 to 6:00 p.m. <i>When Eating is a Problem...After Cancer Treatment</i> — October 21, 2010, 4:30 to 6:00 p.m. Provided by the Palo Alto Cancer Care Focus on Living Program. With Erica Framsted, M.S., R.D., CSO, registered dietitian & Jack Stevenson, Guckenheimer Regional Training Chef PAMF Palo Alto Center Café, Third Floor; FREE registration at (650) 853-2961</p> <p>Hosted by Healing Journeys, in partnership with BCC, <i>Cancer as a Turning Point, From Surviving to Thriving™</i> is a FREE two-day conference for anyone touched by cancer or other life challenges. October 9 & 10 at the San Mateo Performing Arts Center. For registration and more information, visit www.healingjourneys.org or call (800) 423-9882.</p> <p>Lymphedema Education, Exercise & Prevention Group. Free educational meetings every third Wednesday of the month, 5:30-7:00 p.m. Bryan Hemming Cancer Care Center, California Pacific Medical Center, 2351 Clay Street #137 - Deikel Family Conference Room San Francisco, CA 94115. Register at (415) 600-3073.</p>			<p>1 <i>Special Program</i></p> <p>Reiki Clinic** 7:00-9:00 p.m. (30-minute appointments)</p>	<p>2</p> <p>Recovery & Renewal Support Group* 1:00-2:30 p.m.</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>	
<p>4</p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>5</p> <p>Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p>6</p> <p>Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p>7</p> <p>DCIS Support Group* 12:00-1:30 p.m., Los Altos</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Mike Turbow, M.D. <u>Medical Oncologist</u> Julia Jaroch, MFT</p>	<p>8</p>	<p>9</p> <p>Group Life Coaching* 1:00-2:00 p.m. "Creating a New Normal"</p> <p>Individual Life Coaching** 2:00-4:00 p.m. (30-minute appointments)</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>11</p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>12</p> <p>Couples Support & Networking Group* 6:30-8:30 p.m.</p>	<p>13</p> <p>Writing Your Way Through Cancer* 7:00-9:00 p.m.</p>	<p>14</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Jane Marmor, M.D. <u>Radiation Oncologist</u> Barbara Kirsch, Ph.D.</p>	<p>15</p>	<p>16</p> <p>Triple-Negative Support & Networking Group* 11:00 a.m.-12:30 p.m.</p> <p>Recovery & Renewal Support Group* 1:00-2:30 p.m.</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>
<p>18</p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>19</p> <p>Young Women's Breast Cancer Networking Group* 7:45-9:30 p.m.</p>	<p>20</p> <p>Healing and Guided Imagery 5:30-7:00 p.m.</p>	<p>21</p> <p>DCIS Support Group* 12:00-1:30 p.m., Los Altos</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Natalia Colocci, M.D. <u>Medical Oncologist</u> Therapist TBA</p>	<p>22</p>	<p>23</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p> <p>Food for Life: Nutrition & Cooking Series—4* 10:00 a.m.-12:00 p.m. "Cancer Fighting Compounds and Healthy Weight Control"</p>
<p>25</p> <p>Metastatic Support Group* 6:30-8:30 p.m.</p>	<p>26</p> <p>Couples Support & Networking Group* 6:30-8:30 p.m.</p>	<p>27</p> <p>Writing Your Way Through Cancer* 7:00-9:00 p.m.</p>	<p>28</p> <p>Weekly Q&A Session 5:30-7:00 p.m. Shane Dormady, M.D. <u>Medical Oncologist</u> Debbie Rosenberg, LCSW</p>	<p>29</p>	<p>30</p> <p>Newly Diagnosed / In-Treatment Support Group* 3:00-4:30 p.m.</p>