



# NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK FEBRUARY 2016 EMAIL CALENDAR

[www.nysbcscen.org](http://www.nysbcscen.org)

1042 Comfort Road, Spencer, NY 14883

(607)279-1043/Fax (917)591-8108



The New York State Breast Cancer Support and Education Network (NYSBCSEN) is the only statewide network of community-based, survivor-driven breast cancer organizations in New York. Collectively our member organizations reach over 100,000 New Yorkers each year with essential breast cancer support and education services. NYSBCSEN facilitates member organizations sharing programs and resources, inter-organization referrals for services, public policy updates, and a support and education system for those who are working each day in the fight against breast cancer.

## ADELPHI NY STATEWIDE BREAST CANCER

### Hotline & Support Program

[www.adelphi.edu/nysbreastcancer](http://www.adelphi.edu/nysbreastcancer) ■ [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu)

Adelphi University School of Social Work

1 South Ave, PO Box 701, Garden City, NY 11530

Hotline: 800.877.8077 ■ Offices: 516.877.4320

Adelphi NY Statewide Breast Cancer Hotline & Support Program. Hotline: 800.877.8077

[breast-cancer@adelphi.edu](mailto:breast-cancer@adelphi.edu) ■ [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu)

Adelphi University School of Social Work, 1 South Ave, PO Box 701, Garden City, NY 11530

Hotline: 800.877.8077 ■ Offices: 516.877.4320. All services are free and confidential

We are happy to announce that we have added a LIVE CHAT feature to our website.

You can visit our website [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu) to live chat with a survivor or a social worker.

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## WINTER 2016 BREAST CANCER SUPPORT GROUPS

### WEEKLY GROUPS

General- Monday 6:00 - 7:30 p.m.

Women who have had breast cancer will have the opportunity to meet in this group.

**Caregivers of People with Breast Cancer-** Monday 6:00 - 7:30 p.m.

Any person who is experiencing the stress and anxiety of caring for a loved one with breast cancer should attend this group.

**Young Women 40 and Under-** Tuesday 6:00 - 7:30 p.m.

This support group will focus on the unique needs and concerns of women under 40 who are

diagnosed with breast cancer.

**Newly Diagnosed-** Friday 10:00 - 11:30 a.m.

When a person first hears they are diagnosed with breast cancer they have a million questions, fears, and are looking for support.

### **BI-WEEKLY GROUPS**

**Women with Metastatic Disease-** 1st and 3rd Thursday of the Month - 7:00 - 8:00 p.m.

Meet with other women who are surviving metastatic breast cancer.

### **MONTHLY GROUP**

**Knit and Chat-** Last Wednesday of the Month- 11:30 a.m. - 1:00 p.m. Spend time working on a project while chatting with other breast cancer survivors. Bring your knitting or crochet project or make a scarf to donate to someone currently undergoing treatment for breast cancer.

All groups will meet at the Adelphi School of Social Work in Garden City.

## **BABYLON BREAST CANCER COALITION**

[www.babylonbreastcancer.org](http://www.babylonbreastcancer.org) ■ [bbcest1993@aol.com](mailto:bbcest1993@aol.com)

100 Montauk Highway, Copiague NY 11726

(631)893-4110

Offers outreach, environmental awareness programs for children and adults and free direct patient services for patients undergoing treatment for breast cancer and female reproductive cancers.

### **ONGOING PROGRAMS AND SERVICES**

**LEND A HELPING HAND-** Free services to Babylon Township residents and families impacted by breast cancer and all types of female reproductive cancers. Example (not limited to): transportation, housecleaning, financial aid where indicated. Please call the office for details and additional information.

**IT'S TIME FOR CHANGE** - 30 Minute power-point presentation offered free of charge to any adult group (pta, church, fraternal, etc.) discussing important lifestyle changes that can be made to limit exposure to environmental toxins.

**GIFT OF HEALTH & INSPIRATION:** A canvas gift bag of educational resources assembled for you by the Babylon Breast Cancer Coalition and distributed to breast cancer patients by the surgical release nurse at Good Samaritan Hospital.

## **BREAST CANCER COALITION OF ROCHESTER**

[www.breastcancercoalition.org](http://www.breastcancercoalition.org) ■ [info@bccr.org](mailto:info@bccr.org)

1048 University Ave, Rochester, New York 14607

585/473-8177

### **Ongoing Programs:**

**Breast Cancer 101-**A program for those newly diagnosed with breast cancer.

Ongoing

**Brown Bag Friday** -A networking group for Breast and GYN cancer survivors. Bring a lunch, dessert provided!

Every Friday at Noon

**Networking/Support Group for Breast Cancer Survivors I-**Facilitator led- offered every 2nd and 4th Tuesday evening

5:30pm - 7:00pm

**Networking/Support Group for Breast Cancer Survivors II**-Facilitator led- offered every 1st and 3rd Thursday evening  
5:30pm - 7:00pm

**Common Ground: Living with Metastatic Breast or GYN Cancer Discussion** Group-Facilitator led - offered the 1st and 3rd Thursday of every month. Lunch and beverages provided!  
12:00 - 1:30 pm

**Lymphedema Awareness Networking/Support Group** - open to the community-Facilitator led - often includes guest speakers. Offered every 2nd Wednesday of the month  
5:30 - 7:00 pm

**Gentle Yoga for Breast and GYN Cancer Survivors**-Monday evening, Tuesday morning, Tuesday afternoon. 6 week sessions - registration required

**Voices and Vision Writing Workshop for Breast and GYN Cancer Survivors**-Tuesdays, 6:00 - 8:00 pm  
5 week sessions - registration required

**Healing Arts Initiative** - Tai Chi, Qi Gong, Nia Movement, Fluid Motion, Meditation  
Saturdays, 9:00 - 10:15 am. 4 week sessions - registration required

**Peer Advocates Lending Support** - P.A.L.S -For those interested in mentor support. Ongoing

All programs are held at The Breast Cancer Coalition and are free for breast and gynecologic cancer survivors. For additional information, please contact the program coordinator, Laura Albert at (585) 473-8177.

**BREAST CANCER HELP, INC.**

[www.breastcancerhelpinc.org](http://www.breastcancerhelpinc.org) ■ [breastcancerinc@optonline.net](mailto:breastcancerinc@optonline.net)

32 Park Avenue, Bay Shore, NY 11706

General information: (631) 675-9003

Spanish hotline: (631) 473-3658

All programs are provided free of charge to survivors of any type of cancer.

ONGOING PROGRAMS AT OUR LONG ISLAND CANCER HELP & WELLNESS CENTER:

**MONTHLY SUPPORT GROUP** - Held on the 4th Wednesday of each month, 7 pm - 8:30 pm.

**YOGA**- Tuesday evenings. Reduces stress, fatigue, insomnia, eases pain and increases feeling of well-being. All classes incorporate music and imagery to create an environment of relaxation. The course will utilize gentle moving and breathing techniques, allowing participants to achieve a sense of control over their bodies.

**CREATIVE HEALING THRU ART** - Thursdays. Healing Through Art helps put the pieces together. Discover the therapeutic benefits of art-making. Enhance your personal wellness through creative self-expression and group dialogue. Support groups are essential to the emotional foundation of cancer survivors. Both patients and survivors are encouraged to attend to share their thoughts, feelings and concerns with others. In conjunction with the support group, the center offers free chair massage.

**REIKI** - Various times. Reiki is a holistic healing therapy whereby practitioners channel energy in a particular pattern to heal and harmonize individuals. Reiki focuses on wholeness and stimulates one's total natural healing process ~ physically, mentally and spiritually, thereby creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Reiki reduces stress, fosters deep relaxation, destroys energy blockages and detoxifies the system. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

**REFLEXOLOGY** - 1st Wednesday evening of each month. Reflexology is a gentle form of therapeutic treatment applied to the feet. Reflexology is considered to be a holistic healing

technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in the body, mind and spirit, and therefore promote good health.

**CREATIVE WRITING** - 4th Wednesday of each month at 6 pm. Join us for another road to healing through the written word. Creative writing classes give survivors a "voice" once again. It allows one to get negative emotions out, write them down and distance themselves enough to examine how they really feel and gain perspective on issues.

**ZUMBA GOLD** - Monday evenings - Call to reserve a spot - This program improves balance, flexibility and cardiovascular strength. Zumba Gold is a beginner's level of aerobic dance and exercise. Enjoy rhythms such as Merengue, Salsa, Cumbia, Belly Dance and Cha Cha!

**STRENGTH FOR LIFE EXERCISE PROGRAM** - Monday evenings- Call to reserve a spot. Strength for Life, a non-profit organization, will be offering free exercise classes at our Center. This is a commitment of 8 weeks. The course is given by Debbie Hughes, a Certified Exercise Instructor. All equipment, including exercise balls, tubing and mats will be provided for each participant to use and keep at the conclusion.

## BREAST CANCER OPTIONS

[www.breastcanceroptions.org](http://www.breastcanceroptions.org) ■ [hope@breastcanceroptions.org](mailto:hope@breastcanceroptions.org)  
101 Hurley Ave., Suite 10, Kingston NY 12401  
845-339-HOPE (4673)

**SAVE THE DATE-** 15th Annual Integrative Medicine Conference. Sunday April 17. 8am-3pm

**ONGOING PROGRAMS AND SERVICES:** [www.breastcanceroptions.org](http://www.breastcanceroptions.org)

**PEER LED SUPPORT GROUPS.** \* *Indicates groups that include massage*  
**DUTCHESS COUNTY**

\*Hopewell Junction East Fishkill: East Fishkill Library- 1st Wed. 1-2:30

-Beacon: Wingate at Beacon-3rd Wednesday, 6:30-8PM

\*Poughkeepsie: Vassar Brothers Hospital; Metastatic Group - 2nd Saturday at noon

**ULSTER COUNTY**

\*New Paltz: The Living Seed, 521 Main St.- 2nd Wed., 2:00-3:30PM

\*Kingston: 1 North Front Street, Kingston. 3rd Monday. 7Pm

**COLUMBIA COUNTY**

\*Hudson- Hudson Opera House. 4th Wednesday 5-6:30pm *NEW LOCATION AND DAY*

**GREENE COUNTY**

\*Palenville: Palenville Branch Library -1st Thursday, 6:00-7:30pm

**ORANGE COUNTY**

\*Cornwall: St. Luke's Cornwall Hospital, 19 Laurel Ave., 3rd Wed. 6-7:30pm

**BCO NEWS:** Weekly cutting edge E-news updates.

**MESSAGE FOR WOMEN WITH BREAST CANCER:** For women going through breast cancer treatment or suffering from treatment side effects. Self massage techniques are taught. Available at all of our support groups. IN HOME MASSAGE is available for women who are debilitated by cancer treatment.

**COMPANION/ADVOCATES:** Trained survivors accompany newly diagnosed patients on initial medical visits.(support/advocacy/mentoring program)

**TELEPHONE AND E-MAIL CONSULTATIONS:** A reliable resource for confidential answers to questions and for referrals for additional information or services.

**HEALTHY LIFESTYLES CALENDAR:** An informational digest focusing on topics and information relevant to health, well-being and disease prevention.

**BREAST CANCER RESOURCE GUIDE:** Online and/or pocket sized guide (mailed by request) with National and Local resources for medical, financial, legal and other help, including decision aids.

**PEER-TO-PEER MENTORING:** Call 845-339-HOPE if you are interested in speaking with a breast cancer survivor. We can provide resources and support for caregivers, families and spouses of women with breast cancer

**REFERRALS FOR FINANCIAL AND LEGAL PROBLEMS:** Call for our pocket resource guide and resource list if you are having insurance problems or cannot work because of cancer treatments.

## **BREAST CANCER NETWORK OF WESTERN NEW YORK (BCNWNY)**

[www.bcnwny.org](http://www.bcnwny.org) ■ [bcnwny@live.com](mailto:bcnwny@live.com)

**716/706-0660**

**3297 Walden Ave., Depew, NY 14043**

The Breast Cancer Network of Western New York offers Quality of Life Activities for Survivors. The following classes are offered at different times during the year. Call 716-706-0060 for further information.

Held the second Tuesday of every month - 8 Educational programs and 3 Social events. Educational programs start with a light snack at 6 P.M. followed by a speaker. Peer Support Group follows at 8 P.M.

**Support Groups**-A professionally led open support group meets the second Tuesday of the month at 8 P.M. following the monthly meeting, Call 716-706-0060 for more information.

**Metastatic Therapy Group** meets every other Tuesday from Noon-1:20 P.M. Call Chris Bylewski, LMSW and Psychotherapist at 716-565-2092 to participate.

**Young Survivors Group** meets the once a month on Tuesday at 7 P.M. Call Chris Bylewski, LMSW at 716-565-2092 to participate.

### **Quality of Life Activities**

These activities are another form of support offered to members. New skills are learned and new friendships acquired. Classes (on website- [bcnwny.org](http://bcnwny.org)) accommodate all level of ability and offer a relaxed informal atmosphere where survivors can network and share information.

- Art Class: Watercolor                      Zumba                      Jewelry Making
- Healthful Cooking                      Tai Chi                      Exercise                      Yoga

Call 716-706-0060 for further information on days and times of classes.

## **BRENTWOOD / BAYSHORE BREAST CANCER COALITION**

[info@bbsbcc.org](mailto:info@bbsbcc.org)    [www.bbsbcc.org](http://www.bbsbcc.org)

**PO Box 927, BRENTWOOD NY 11717**

**631 273 9252 English    631 951 6908 Espanol**

Established in 1994, we are a501(c)(3) organization and we have endeavored to meet the needs of our community through outreach at health fairs, churches, libraries, and the post office as well as other community events. The Brentwood / Bay Shore community is a virtual microcosm of the world whose cultural and economic diversity creates many special needs.

The necessity for education concerning health and especially breast health is paramount. The community contains a large number of Hispanic and Latino people who traditionally do not seek outside information regarding health matters. Many people in our community have a cultural barrier to speaking about health issues outside of the home. Our outreach programs and Spanish language support group helps to meet these needs. We have a Spanish language hotline and conduct a Spanish language support group the last Friday of every month. For information call 631.951.6908.

The Brentwood / Bay Shore Breast Cancer Coalition is dedicated to maintaining breast health using a grassroots approach to raise individual and community awareness by positive actions. We focus on the causes of breast cancer, the need for prevention, monitoring, informed treatment and accessibility of health care. To that end we endeavor to serve our community with support groups and assistance to survivors and their families who are under-insured or uninsured as well as assisting those who are unable to work during treatment by providing temporary assistance and support to pay for medical bills, assist with housing costs, utilities and provide food vouchers. Our purpose is to help bring support and needed relief from the stress of dealing with a positive diagnosis.

Our regular monthly board meetings are held in English the first Thursday of every month. Please call 631.273.9252 for further information.

### **CANCER ACTION NY**

**canceractionny.org ■ canceractionny@yahoo.com**  
**P O Box 340, Colton, NY 13625**  
**315-262-2456**

Eliminating the release of chemical carcinogens to the environment is the ultimate goal of Cancer Action NY. While we work to achieve this end, cancer can be prevented by educating the public in the avoidance of exposure to carcinogenic pollutants in our air, water and food.

People need to know the names of the carcinogenic substances and agents. People need to know where these chemicals and agents exist in the environment. People need to know how to avoid exposure. People need to know how to minimize or eliminate these carcinogenic substances and agents.

### **GREAT NECK BREAST CANCER COALITION**

**www.greatneckbcc.org ■ info@greatneckbcc.org**  
**PO Box 231190, Great Neck, NY 11023-0190**  
**516/466-5267**

**Lend a Helping Hand Program:** Year round, assisting newly diagnosed women with funding for transportation, childcare, homecare, groceries, prostheses and wigs.

**Students & Scientists Breast Cancer/Environment Research Program:** Year round, students from summer internships present at school functions on breast cancer and the environment

**Presentations on Breast Cancer Risk Reduction: offered year round**

### **HEALTHALLIANCE® ONCOLOGY SUPPORT PROGRAM**

**Herbert H. and Sofia P. Reuner Cancer Support House**  
**80 Mary's Avenue**  
**Mailing Address: 105 Mary's Avenue, Kingston, NY 12401**  
**845-339-2071**

Oncology Support Program- <http://www.hahv.org/service/cancer-support-program>

#### **EXERCISE AND WELLNESS CLASSES:**

**Tai Chi-** Mondays: 2/1, 2/8, 2/15, 2/22, 2/29

10:00-11:00am-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Qi Gong-** Tuesdays: 2/2, 2/9, 2/16, 2/23

7:00-8:00pm-HealthAlliance Hospital: Mary's Ave. Campus, ASB Auditorium

**Gentle Yoga** -Wednesdays: 2/3, 2/10, 2/17, 2/24

9:30-10:45am-HealthAlliance Hospital: Mary's Ave. Campus, ASB Auditorium

**Smartbells**- Thursdays: 2/4, 2/11, 2/18, 2/25

9:30-10:45am-HealthAlliance Hospital: Mary's Ave. Campus, ASB Auditorium

**SUPPORT GROUPS AND HEALING ARTS: Please call to register**

**Women's Support Group**

**Daytime Women's Support Group**- 1st Thursday: 2/4

11:00am-2:30pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Younger Women's Support Group**-Women's Support Group for 55 and under

3rd Thursday: 2/18- 6:00-7:30pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Men's Support Group**- 2nd Wednesday: 2/10

5:30-7pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Couples Group**- 3rd Wednesday: 2/17

5:30-7pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Caregiver/Family Support Group**- 3rd Monday: 2/15

7:00-8:30pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

**Ovarian Support Group**- Wednesday: 2/24

7:00-8:30 pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Coping Skills**: Finding Ease & Inner Balance with Valerie Linet- 4th Tuesday: 2/23

2:00-3:30pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Explorations on Being Mortal**: A support and discussion group for those living with catastrophic illness including stages 3 and 4 or recurrent cancer

1st & 3rd Wednesday: 2/3, 2/17- 2-3:30 pm-Reuner Cancer Support House, 80 Mary's Ave.,

**Memoir Writing Workshop I with Abigail Thomas**

Thursdays: 2/4, 2/11, 2/18, 2/25- 3:00-5:30pm-Reuner Cancer Support House

**Memoir Writing Workshop II with Ann Hutton**

Fridays: 2/5, 2/12, 2/19, 2/26 -2:00-3:30 pm-Reuner Cancer Support House

**Hypnosis for Smoking Cessation with Frayda Kafka**

Wednesday: 2/3 -5:30-7:00pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

\$25 per session; \$10 per reinforcement session

**Hypnosis for Weight Control with Frayda Kafka**

Wednesday: 2/3- 7:00pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

**Arts & Crafts Sharing Circle**

Mondays: 2/1, 2/8, 2/15, 2/22, 2/29 -1:30-3:00pm-Reuner Cancer Support House

**Healthy Living Support Group**

Wednesdays, 2/22- 5:30-7:30pm-Reuner Cancer Support House Kitchen

**Legal Services of the Hudson Valley at OSP**

1st Thursday, 2/4-Morning Hours by Appointment Only!!- Reuner Cancer Support House, 80 Mary's Ave., Kingston, NY

**HUNTINGTON BREAST CANCER ACTION COALITION**

[www.hbcac.org](http://www.hbcac.org) ■ [friends@hbcac.org](mailto:friends@hbcac.org)

900 Walt Whitman Rd LL12, Melville NY 11747

631/547-1518

**Quarterly eNEWSLETTER** focusing on all aspects of breast cancer at local, regional and national levels. This publication is complete with informative updates on legislation regarding breast cancer and health issues, important community resources, and serves to keep the public abreast of HBCAC's activities.

Our "**LEND A HELPING HAND**" program provides support and assistance to Huntington residents undergoing treatment. Services such as medical transportation, house cleaning, emergency medical supplies and medication, and more, all free of charge to qualifying residents. The purpose is to help bring support and needed relief from the stress of dealing with a positive diagnosis.

**PREVENTION IS THE CURE (PITC)** is a collaborative educational campaign brings focus on the causes of disease rather than ways of coping with it once diagnosed. PITC seeks to INCREASE public awareness of environmental links to disease; GAIN support for the Precautionary Principle, as it applies to public policy; URGE the public to demand more funding for environmental health research and ENCOURAGE a "better safe than sorry" attitude toward personal lifestyle.

**WHAT WE ARE DOING:** HBCAC has been very busy out and about this winter! We have recently spoken at a variety of venues to spread the prevention message and are partnering with additional Long Island breast cancer community groups to better serve Long Island women. This fall HBCAC was highlighted in News 12 in the series 12 Making A Difference. Additionally, Emily Shutman, who completed the field work in our Students and Scientists Environmental Research Program by studying mercury in fish at Stony Brook University this summer, has continued to work with us to share her research through the year and spread the HBCAC message with her peers and the community. We are proud to have launched our new Health and Communication Office Internship program, a part of the Environmental S.T.O.R.I. initiative and complimentary to SSERSP. This program focuses on the importance of communication - translation and dissemination - in the scientific world. We have started some new outreaches for the winter with new wonderful partners! We have begun our Petals For Prevention Educational Paint Nights and numerous presentations as well as partnerships, like with the Girl Scouts, Suffolk County Municipalities, and Moms Groups.

## **ISLIP BREAST CANCER COALITION**

[www.islipbreast.com](http://www.islipbreast.com)   [ibcc@optonline.net](mailto:ibcc@optonline.net)

**301 East Main Street, Nash Bldg., Bay Shore, NY 11706**  
**(631) 968-7424**

### **LEND A HELPING HAND**

A program that provides financial aid for services to assist breast cancer patients and their families with the demands of daily life while undergoing breast cancer treatments. Services include, but are not limited to: financial medical assistance, housecleaning, transportation, childcare, support groups, assistance obtaining wigs, prosthesis, lymphedema sleeves.

### **CAN SURVIVE - CARRY ON**

An in-hospital and at home visitation program designed to provide support and resources to breast cancer patients. Volunteers meet with patients undergoing surgery at North Shore LIJ Southside Hospital and provide them with a tapestry bag filled with resource information and a variety of personal items to aid in their recuperative process.

### **COMMUNITY OUTREACH AND EDUCATION**

IBCC attends numerous community meetings and events where they provide both educational and informative breast cancer information to the community.

## **NEW YORK STATE BREAST CANCER NETWORK ( NYSBCN)**

**607/279-1043**   [www.nysbcscen.org](http://www.nysbcscen.org)

**The New York State Breast Cancer Support and Education Network (SEN) is the only statewide network of community-based breast cancer organizations in New York. See our website for the complete list: [www.nysbcscen.org](http://www.nysbcscen.org)**



**SHARE (self help for women with breast or ovarian cancer)**  
**[www.sharecancersupport.org](http://www.sharecancersupport.org)**  
**165 West 46th Street, Suite 712, Meeting room: Suite 706,**  
**New York, NY 10036**  
**212/719-0364**

SHARE, Self-help for Women with Breast or Ovarian Cancer. Please visit [www.sharecancersupport.org](http://www.sharecancersupport.org) or call (212)382-2111, unless otherwise listed. A photo ID is required to enter the building.

Please note that SHARE moved. New address is:

165 West 46th Street, Suite 712, Meeting room: Suite 706, New York, NY 10036

## **SUPPORT AND EDUCATION PROGRAMS**

**BREAST CANCER SUPPORT - ONGOING**-Ongoing groups for women recently diagnosed with breast cancer, those still undergoing treatment, and those who have completed treatment. Share experiences, feelings and information. Women may join at any time. Registration is required for new participants.

--SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)

TUESDAYS -Feb 9, 23 6:00 - 7:30 PM

--BronxSHARE, Jacobi Medical Center, 1400 Pelham Parkway South (Corner of Eastchester Rd & Pelham Parkway South) Bronx, NY 10461

FRIDAY - Feb 26 11:00am - 12:30 PM

--BrooklynSHARE, Restoration Plaza, 1368 Fulton St (bet. Brooklyn and New York Aves)1stFl. Multipurpose Rm.

TUESDAY - Feb 9, 23 3:30 - 5:00 PM

--BrooklynSHARE, Kings Bay

MONDAYS Feb 1 7:30 - 9:00PM

--HarlemSHARE -Emblem Health Neighborhood Care, 215 W. 125th St., 2nd Fl. (between Adam Clayton Powell Blvd. & Frederick Douglass Blvd.). The support group will meet on the 1st & 3rd Tuesday of each month.

TUESDAY - Feb 2 6:00-7:30 PM

**Breast Cancer Post-Treatment Support and Networking** -Women who are post-treatment will have an opportunity to reflect on their experiences. Women with recurrences or advanced cancer are also welcome.

SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)

WEDNESDAY - Feb 24 6:00 - 7:30 PM

### **Support group in Japanese**

SHARE main Office

FRIDAYS - Feb 12 6:00 - 7:30PM

FRIDAYS - Feb 26 12:30 - 2:00PM

**DCIS Support Group**- Often there are conflicting interpretations of the risk presented by a diagnosis of DCIS (ductal carcinoma in situ). There are different opinions about appropriate treatment. The emotional issues generated by a diagnosis of DCIS will be addressed at this peer-led support group.

SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)

MONDAY - Feb 1 6:00 - 7:30 PM

**Breast Reconstruction**-This program is a forum for women in all stages of reconstruction, including those who are just beginning to research which procedure is best for them.

SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)

THURSDAYS - Feb 18 6:00- 7:30 PM

### **Breast and Ovarian Combined Support Groups Coping with Aromatase Inhibitors and Tamoxifen**

This support group is for women who are currently taking or considering taking aromatase inhibitors or tamoxifen. These medications can reduce the risk of recurrence but may cause side effects that impact quality of life.

SHARE Main Office  
THURSDAY Feb 25 6:00- 7:30 PM

**Lymphedema Support Group-** Women with lymphedema associated with breast or ovarian cancer meet to share experiences and information.

SHARE Main Office  
WEDNESDAY - Feb 10 6:00 - 7:30PM

**Ongoing Ovarian Cancer Support-** To register, please call (212) 719-1204. Continuing support groups for women who are dealing with an ovarian cancer diagnosis and wish to share their questions, concerns, and hopes with others.

-- SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)

WEDNESDAY - Feb 3, 17 6:00 - 7:30 PM

--Queens SHARE, Samuel Field YM/YMHA

MONDAYS - Feb 8, 22 7:30 - 9:00 PM

--Staten Island SHARE, SI Hospital Nalitt Cancer Centre

WEDNESDAY - Feb 17 6:30 - 8:30PM

**Caregivers Group-** Meet with other caregivers to share strategies and support to help you care for your loved one without losing yourself. Anyone whose family member or friend has been diagnosed with any stage of breast or ovarian cancer is welcome.

SHARE Main Office, 1501 Broadway, Suite 704A (bet. West 43rd & West 44th St.)

TUESDAY - Feb 9 6:00 - 7:30 PM

**Telephone Support Group for Women with Metastatic Cancer (Daytime )** Women with metastatic breast cancer can register by calling the SHARE Breast cancer Helpline, (212)382-2111. Funding provided by Judges and Lawyers Breast Cancer Alert (JALBCA)  
Every MONDAY 4:00 - 5:00 PM

**Telephone Support Group For Metastatic Breast Cancer-**SHARE's evening support group, which used to meet in person, now meets by TELEPHONE twice each month. Join others via telephone to discuss living with metastatic disease. This group is facilitated by a woman living with metastatic breast cancer. Call the SHARE Breast Cancer Helpline to register and receive instructions on how to participate: (212) 382-2111

Every THURSDAY 7:00 - 8:00 PM

**Telephone Support Group for Young Women with Metastatic Breast Cancer-** Talk with other young women diagnosed with metastatic breast cancer about the particular challenges of coping with such issues as anxiety, treatment options, and personal relationships. Call the SHARE Breast Cancer Helpline to register and receive instructions on how to participate: (212) 382-2111.

WEDNESDAY - Feb 3 8:00 - 9:00PM EST

**Young Women's Support Group-VIDEO Conference Group**

TUESDAY - Feb 2 7:30 - 8:30PM EST

## EDUCATIONAL PROGRAMS

**WEBINAR- Latest Research on Metastatic Breast Cancer from San Antonio Breast Cancer Symposium 2015**

MONDAY - Feb 29 12:30 - 1:30PM EST

To register please email [rsvp@sharecancersupport.org](mailto:rsvp@sharecancersupport.org) and we will send you an email invitation.

**LatinaSHARE:** LatinaSHARE ofrece grupos de apoyo y programas educativos gratis para mujeres con cáncer de seno o de ovario en la ciudad de Nueva York. Las participantes tendrán la oportunidad de recibir e intercambiar información actualizada, apoyo, fortaleza y esperanza.

## Grupos de Apoyo (Support Groups)

--Beth Israel Comprehensive Cancer Center (Campus Oeste) 325 West 15th St. (entre la 8a y 9a avenida) Piso 1 Cuarto de conferencia Ney York NY 10011

MIÉRCOLES: 12:30 a 2:00 de la tarde

17 de febrero

--St. Luke's-Roosevelt Hospital (Manhattan) 1090 Amsterdam Avenue, Piso 10, Salón A, NY 10025

MIÉRCOLES 12:30 a 2:30 de la tarde

10 y 24 de febrero

--NY Presbyterian/Women at Risk (Manhattan) Milstein Building, 177 Fort Washington Ave

JUEVES 10:00 a 11:30 de la mañana

11 de febrero

Para reservar favor de llamar al (212) 305-9894

--Make the Road NY (Queens) 92-10 Roosevelt Avenue, Jackson Heights, NY 11372

VIERNES 3:30 a 5:30 de la noche

12 de febrero

--Queens Center Mall (Queens) 9015 Queens Boulevard, Elmhurst, NY 11373

VIERNES 6:30 a 8:30 de la noche

15 y 19 de febrero

--NY Presbyterian/Manhattan Cancer Services Centre

JUEVES 1:00 - 3:00PM

12 de febrero

--Settlement Health

MIÉRCOLES 2:00 - 4:00PM

17 de febrero

--BRONX-Lincoln Medical & Mental Health Centre

LUNES 11:00AM - 1:00PM

29 de febrero

--ST Barnabas Hospital

VIERNES 2:00 - 4:00PM

19 de febrero

--BROOKLYN-Make the Road NY

MARTES 10:00AM - 12:00PM

16 de febrero

### **Eficacia de una Intervención en Formato DVD para Sobrevivientes Latinas (Effectiveness of an Intervention in DVD Format)**

-- Mt. Sinai-St. Luke's Hospital

MIÉRCOLES 12:30PM - 2:30PM

10 de febrero

--NY Presbyterian/Manhattan Cancer Services

JUEVES 1:00PM - 3:00PM

12 de febrero

--St Barnabas Hospital (Bronx)

VIERNES 2:00PM - 4:00PM

19 de febrero

### **Introducción al Masaje Oncológico (Introduction to Oncology Massage)**

--NY Presbyterian Hospital/Milstein Building

JUEVES 10:00AM - 11:30AM

11 de febrero

--Queens Center Mall (Queens)

VIERNES 6:30PM - 8:00PM

19 de febrero

--Lincoln Medical & Mental Health Center

LUNES 11:00AM - 1:00PM

29 de febrero

### **Manejando Linfedema (Managing Lymphedema)**

--Beth Israel Comprehensive Cancer Center (Manhattan)

MIÉRCOLES 12:30PM - 2:00PM

17 de febrero

### **Planificación de la Vida (Life Planning)**

--Mt. Sinai-St. Luke's Hospital

MIÉRCOLES 12:30PM - 2:30PM

24 de febrero

## **SUPPORT CONNECTION, INC.**

[www.supportconnection.org](http://www.supportconnection.org)

**40 Triangle Center, Suite 100, Yorktown Heights, NY 10598**

**914-962-6402; 800-532-4290**

Support Connection provides free, confidential support services and programs to people affected by breast and ovarian cancer. Services include One-on-One Peer Counseling, Support Groups, Resource Information and Referrals, Wellness Classes, Lending Library, Health and Wellness Workshops, Educational Forums, Community Outreach.

**MONTHLY SUPPORT GROUPS:** Support Groups are led by trained facilitators who are cancer survivors. Participation is free but advance registration is required. Call 914-962-6402 or 800-532-4290. For a complete month-by-month calendar visit [www.supportconnection.org](http://www.supportconnection.org).

**Women Living With Breast Cancer:** Topics related to living with breast cancer through ALL stages of diagnosis, treatment and post-treatment.

Monday, Feb. 8, 7 pm: NewYork-Presbyterian/Hudson Valley Hospital, 1980 Crompond Road Cortlandt Manor

**Telephone Group for Women with Advanced Stage, Recurrent, or Metastatic Breast Cancer:**

This toll-free telephone support group enables women to participate in a support group without leaving their homes. It also makes a support group available to women regardless of where they live. After registering in advance, participants will call a special toll-free number on the evening of the group and be connected with one another and the facilitator via teleconference.

Monday, Feb. 1, 8 pm (NY time)

**Women Living with Breast or Ovarian Cancer:** Topics related to living with breast or ovarian cancer through all stages of diagnosis, treatment and post-treatment.

- 1) Wednesday, Feb. 3, 7 pm: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- 2) Thursday, Feb. 4, 10 am: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- 3) Tuesday, Feb. 9, 10:15 am: East Fishkill Community Library, 348 Route 376, Hopewell Junction
- 4) Wednesday, Feb. 17, 7 pm: Putnam Hospital, 670 Stoneleigh Avenue, Carmel
- 5) Tuesday, Feb. 23, 7 pm: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- 6) Thursday, Feb. 25, 7 pm: Vassar Brothers Medical Center, 45 Reade Place, Poughkeepsie

**Young Women's Support Group:** Topics related to women who have or had breast or ovarian cancer at a young age and want to be in a group where they feel comfortable with their peers.

Wednesday, Feb. 10, 7 pm: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights.

**Advanced Stage Cancer Support Group:** For women with recurrent, advanced stage or metastatic breast, ovarian or gynecological cancer.

Friday, Feb. 19, 12:30 pm: Yorktown Jewish Center, 2966 Crompond Road, Yorktown Heights

**OTHER PROGRAMS IN FEBRUARY:** Pre-registration required. Call Support Connection: 914-962-6402 or 800-532-4290.

**Yoga - A Path Toward Wellness-**Saturdays, Noon - 1:30 pm, Feb. 20 and 27. Club Fit, 600 Bank Road, Jefferson Valley. Please obtain your doctor's approval before participating in any Wellness Class. This class is appropriate for beginners or more advanced students. Emphasis is placed on movement with breath awareness as a way to achieve a stronger, healthier body and a calmer, more tranquil mind.

**Canasta, Coffee and Camaraderie-** Thursday, 10:30-12 am, Feb. 18. Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights, NY. Calling all levels of Canasta players to join us for a morning of card-playing, companionship and coffee. Share your love of the game with fellow enthusiasts, and enjoy time spent with others who are also living with cancer.

**Marge's Knitting Circle -**Thursday, 2-3:30 pm, Feb. 25. Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights, NY. Engage in the joy of creating while spending time with

other women who have experienced cancer. All levels are welcome to join this circle of women where you will knit one, purl one, support one, connect one.

**Coffee, Cookies and Crafts: Color With Us! Mandalas-** Thursday, 7-9 pm, Feb. 4. Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights, NY. After a busy holiday season, come and de-stress with the first offering in our new series. Coloring is the latest rage and it is a perfect way to tune out worries and tune in to peace and beauty. Color a Mandala, a beautiful symmetrical design which many cultures use as a tool to facilitate meditation, and rediscover the joy of simplicity.

**Toll-Free Discussion: Make the Most of Your Doctor Visits-** Tuesday, 7:30-9 pm (EST), Feb. 9, OR Wednesday, 12:30-2 pm (EST), Feb. 24. Managing all aspects of cancer diagnosis, treatment and recovery can be extremely challenging. Taking charge is one way to gain a greater sense of confidence and control. Effective communication with the doctor is essential to feeling in charge of one's own care, yet many find it difficult to ask questions or to discuss needs and issues with the doctor. Share your concerns with others and find new ways to make the most of your doctor's visits.

**Book Club-Thursday, 7-9 pm, Feb. 25-**

Cheryl R. Lindenbaum Comprehensive Cancer Center at New York-Presbyterian/ Hudson Valley Hospital, Cortlandt Manor, NY. At this session of our Book Club, we will discuss "I Am Malala: The Girl Who Stood Up For Education And Was Shot By The Taliban," by Malala Yousafzai with Christina Lamb. Malala knew changes needed to be made and she was determined to let the world know. Her voice was powerful and filled with hope and inspiration. Join us as we learn from a young girl how important every one of our journeys and voices are.

**WEST ISLIP BREAST CANCER COALITION FOR LONG ISLAND, INC**  
**www.wibcc.org ■ info@wibcc.org**  
**735 Montauk Highway, West Islip, NY 11795**  
**631-669-7770**

Office hours: Monday, Wednesday, Friday 9:30 A.M. to 2:30 P.M.

**"Lend a Helping Hand"** is a WIBCC community Outreach program supporting women and men on Long Island who have been overwhelmed with a diagnosis of breast cancer and/or gynecological cancers

. Qualifications include: Agree to sign a consent form; You must have Referring Dr's Signature and Doctor's stamp with name, address and phone in designated space on form, You are a resident of Long Island.

According to your needs, a budget will be prepared by us for your post-surgical requirements. These include but not limited to: House cleaning, Prepared meals delivered to your home, Post-mastectomy personal care apparel, Transportation for oncology and radiation appointments.

**"Woman's Program"** An initiative was established with the cooperation of Good Samaritan Hospital Breast Health Center and Breast Boutique. WIBCC provides each mastectomy patient a complimentary post-surgical comisolet at time of discharge and each lumpectomy patient requiring radiation therapy with a specially designed complimentary post-surgical sports bra.

**WOMEN AT RISK RESOURCE LIBRARY**  
**NewYork-Presbyterian Hospital/ Columbia University Medical Center**  
**161 Ft Washington Ave., New York, NY 10032- Room 1035**  
**212.305.9894**

**English Support Group for Women with Breast Cancer**

Facilitated by our Social Worker, Geri Lipschitz, WAR's monthly support groups provide a forum in which patients may share their concerns, hopes, fears and triumphs.

Every second Thursday, 2:30 - 3:30 PM. New participants may start at any time.

Women At Risk Resource Library- Room 1035, 10th Floor

Herbert Irving Pavilion, 161 Fort Washington Avenue, New York, NY

For more information or to attend, please call (212) 305-2527 or email: [lipschi@nyp.org](mailto:lipschi@nyp.org)

**Grupo de Apoyo para las Mujeres Latinas con Cancer del Seno**

Mujeres A Riesgo, SHARE, y Servicio de Trabajadoras Sociales facilitan un grupo de apoyo para las mujeres Latinas con cáncer del seno.

Segundo y Cuarto jueves de cada mes de 10:00 a 11:30 AM

Edificio de Hospital Milstein, 177 de la Ave. Ft. Washington-Piso 7, Sala 213

Para más información puedes comunicarte con Jenny L. Saldaña por el teléfono (212) 305-9894 or [jes9143@nyp.org](mailto:jes9143@nyp.org)

**YOUNG SURVIVAL COALITION NATIONAL OFFICE**

[www.youngsurvival.org](http://www.youngsurvival.org)

**80 Broad Street, Suite 1700 New York, NY 10004**

**phone: 877.972.1011**

**YSC New York City Face 2 Face Network for Young Women Support Group--** SecondMonday of every month- 6:30-8:00 pm EST at YSC's offices: 80 Broad St, Suite 1700 New York, NY

YSC's NYC F2F Network is a support/networking group for young women diagnosed with breast cancer, facilitated by Gabriela Hohn, Ph.D., a Licensed Clinical Psychologist in private practice and a young breast cancer survivor. Join us on the second Monday of each month as we address concerns specific to young survivors. Gain support from peers while sharing ways to cope with the emotional challenges of treatment and beyond. Whether you are newly diagnosed, in the middle of treatment or are several years out, you are welcome to attend just one group or participate regularly. F2F members meet regularly for social and wellness activities as well. If you are a young woman affected by breast cancer, YSC NYC wants you to know that you are not alone. We're here to help. To join the NYC F2F on [meetup.com](http://www.meetup.com): <http://www.meetup.com/New-York-Young-Survival-Coalition-Face-2-Face-Networking/>

For questions or more information, contact YSC Northeast Regional Field Manager, Grace Foxton at [gfoxton@youngsurvival.org](mailto:gfoxton@youngsurvival.org)

**SurvivorLink Program for Young Women Affected by Breast Cancer**

YSC's SurvivorLink program can match you with another young woman who has been through a similar experience. Trained volunteer peer contacts that are living with breast cancer are available for you to speak with via phone or email. To request a SurvivorLink match, please email [resourcelink@youngsurvival.org](mailto:resourcelink@youngsurvival.org) or call (877) YSC-1011.

**NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK**

**1042 Comfort Road, Spencer, NY 14883**

[www.nysbcscen.org](http://www.nysbcscen.org)

**607/279 1043/Fax 917-591-8108**