



NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK MARCH 2015 EMAIL CALENDAR

www.nysbcsen.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 ■ 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 ■ 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

Please join us for our rescheduled STRESS REDUCTION FORUM

Are you feeling overwhelmed by breast cancer?

Join us for a mid-day forum where experts will discuss techniques for stress management.

*NEW DATE** Thursday, March 26, 2015-- 12:00 - 2:00 p.m.

This forum will be held at Adelphi's Alumni House, 154 Cambridge Avenue, Garden City, NY

Speakers Include:

Lauren Fisch, MS, LMT -Offering wellness services for stress relief (Rocking The Road For A Cure)

Jonathan M. Jackson, Ph.D., Director, Center for Psychological Services for Adelphi University

--If you are unable to join us, please watch our livestream of the forum on our YouTube channel.

www.youtube.com/user/AUBreastCancer

Registration is required & can be made online, by phone or e-mail. By Phone: 516-877-4325

Register by E-mail: breastcancerhotline@adelphi.edu

All forums are free and open to the public. 2015 forums are sponsored by the Manhasset Women's Coalition Against Breast Cancer

UPCOMING SUPPORT GROUPS

Breast cancer can cause many feelings to emerge, such as shock, confusion, fear, sadness, anger and uncertainty. Our support groups provide the opportunity for participants to share their feelings and experiences with the guidance of social workers and social work interns.

The Adelphi NY Statewide Breast Cancer Hotline & Support is offering three support groups for women with breast cancer. Two groups will meet at the Adelphi School of Social Work in Garden City and the other will be a Virtual Support Group.

Virtual Support Group. Begins Tuesday, March 3, 2015 from 12:00 - 1:00 p.m. Having difficulty getting out of the house this winter but still need support? This group will be conducted virtually through the use of google hangouts. Any survivor is welcome to join the group. Not sure how to join a group through google hangouts? Call Erin Nau, LCSW at 516-877-4314.

Support Group: Wednesdays, 6:00 - 7:30 p.m. (ongoing) Starting on Wednesday, March 4, 2015

Metastatic Support Group: Thursdays, 6:00-7:30 p.m. (ongoing) - Starting Thurs, March 26, 2015

For information, questions, or to join a support group, call Erin Nau, LCSW, Counseling & Education Coordinator at 516-877-4314 or enau@adelphi.edu. All services are free and confidential. Our 2015 support groups are sponsored by the Alpern Family Foundation.

Sisters United in Health presents a FUN-FILLED family day. join us for FAMILIES UNITED IN HEALTH

Saturday, April 18, 2015 (rain or shine) 12 - 4 p.m. UnitedHealthcare- 250 Fulton Ave, Hempstead, NY 11550

ENJOY music, food, face painting, Zumba classes and a food demonstration

GET INFO - nutrition, staying healthy, Health insurance, Child Safety Program, "Ask the Doctor"

NO-COST HEALTH SCREENINGS - Mammography Van, HIV and STD testing van, Glucose, blood pressure & cholesterol and more!!!

For more information please contact Sisters United in Health at 1-800-559-6348 or e-mail amedina@adelphi.edu

BABYLON BREAST CANCER COALITION

www.babylonbreastcancer.org ■ bbccest1993@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 ■ 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/support group for breast and GYN 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 the 1st and 3rd Thursday of the month: 5:30pm - 7:00pm

Common Ground: Living with Metastatic Breast or GYN Cancer Support Group

Facilitator led - offered the 1st and 3rd Thursday of every month: 12:00 - 1:30pm
Lunch is provided!

Lymphedema Awareness Networking/Support Group - open to the community

Facilitator led - offered every 2nd Wednesday of every month: 5:30 - 7:00pm

Gentle Yoga for breast and GYN survivors

Mondays, 5:30 & 7:00pm. Registration Required

Voices & Visions Writing Workshop for breast and GYN survivors

Tuesday, 6:00 - 8:00pm. Registration Required

Healing Arts Initiative - Tai Chi, Qi Gong, Fluid Motion, Meditation, Nia Movement

Saturdays, for breast and GYN survivors 9:00 - 10:15am. 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 of Rochester and are free for breast or GYN cancer survivors. For additional information, please contact the Program Coordinator at BCCR, Laura Albert at (585) 473-8177. The Coalition is moving to 1048 University Avenue, effective January 2015.

BREAST CANCER HELP, INC.

www.breastcancerhelpinc.org ■ 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 ■ hope@breastcanceroptions.org
101 Hurley Ave., Suite 10, Kingston NY 12401
845-339-HOPE (4673)

SAVE THE DATE: BREAST CANCER OPTIONS 14TH ANNUAL INTEGRATIVE MEDICINE CONFERENCE. Sunday, April 26, 2015. SUNY New Paltz, New Paltz NY

ONGOING PROGRAMS AND SERVICES: 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

- Kingston: Young Survivor Support & Networking Group- BCO Office 3rd Wed., 6pm
- *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- Columbia Healthcare Consortium-3rd Thursday. 6-7:30pm

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.

MASSAGE 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 ■ 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.

ACTIVITIES

Monthly Meetings- Held the second Tuesday of every month from September to July with 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.

Retreat- Each year we hold a one day retreat at our building. Attendees participate in an art project, group drumming, meditation and other relaxation activities.

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 Christine Bylewski, LMSW and Psychotherapist at 716-565-2092 to participate.

Young Survivors Group meets the 1st and 3rd Tuesday of the month at 7 P.M. Call Chris Bylewski , LMSW at 716-565-2092 to participate.

Annual Education Day First Saturday in November. Each fall the Breast Cancer Network of Western New York, BCNWNY, sponsors a breast cancer Education Day. The program includes a keynote speaker, a panel of experts in topics of concern to survivors, a survivor story, vendors, breakfast and lunch. A registration fee is accepted.

Quality of Life Activities

These activities are another form of support offered to members. New skills are learned and new friendships acquired. Classes accommodate all level of ability and offer a relaxed informal atmosphere where survivors can network and share information.

Watercolor painting classes -Jewelry Making- Healthful Cooking- Exercise- Zumba - Tai Chi- Yoga

SERVICES

Website and Email Newsletter

www.bcnwny.org
Upcoming bcnwny programs and events
Breast cancer research updates
Topical information
News of local programs, and events related to breast cancer

TLC Tote Program- TLC Totes are distributed to newly diagnosed individuals during the first 6 months from diagnosis date at no cost. Call 716-706-0060 for a Tote. Each Tote contains: Information on diagnosis, treatment options, and complimentary therapies. Dr. Susan Love's "Breast Book" Local breast cancer resources, Comfort items,

Lending Library- Informational resources on breast cancer, women's health, exercise, nutrition, and spiritual support are but a few of the topics covered in our extensive library.

Financial Assistance- We currently have 2 financial programs available: Adopt a Family which provides assistance for medical and utility bills; and Metastatic Fund, which provides assistance to metastatic patients. These programs are available to breast cancer survivors with financial need. For guidelines contact Alice Gray 716-741-3832.

Advocacy- We provide a local voice for issues affecting breast cancer survivors'. We also meet with legislators and educate them on breast cancer survivor diagnosis and treatment issues. We put a face on the breast cancer story in our community.

BRENTWOOD / BAYSHORE BREAST CANCER COALITION

info@bbsbcc.org 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.

CANCER RESOURCE CENTER OF THE FINGER LAKES

www.crcfl.net ■ info@crcfl.net

612 West State St., Ithaca NY 14850

Office (607) 277-0960 Cell (607) 229-5133 Fax (607) 275-0632

For more information about any of the groups, please contact CRCFL at 277-0960 or visit our website at <http://www.crcfl.net/content/view/area-cancer-support-groups.html>.

Friday Noon Group for Women - For women with any type of cancer and at any stage of treatment or recovery. Meets every Friday from Noon - 1:30. Cancer Resource Center (612 W. State St).

Men's Breakfast Club. Meets every Friday. 8 - 9 am. Royal Court Restaurant. Men with any type of cancer, and at any stage of treatment or recovery are welcome.

New to Cancer Group. Meets every Wednesday, 10:30 - 11:30 am, Cayuga Medical Center, Cancer Resource Room. (On the first floor of the Medical Office Building).

Pat's Group: Living with Cancer as a Chronic Disease. For people with more advanced cancers. Meets the first and third Thursdays of each month. Noon - 1:30 at the Cancer Resource Center. Caregivers are welcome. Lunch is provided.

Young Adult Group. For people 20-40ish with cancer. Meets the 2nd and 4th Tuesdays of each month from 5:30 - 6:30 pm at the Cancer Resource Center. Partners are welcome.

Colorectal Group. Meets the 1st and 3rd Tuesdays of every month, 5:30 - 7:00 pm at the Cancer Resource Center.

Cancer Research Group. Meets the second Wednesday of every month, 6:00 - 7:30 pm, Cancer Resource Center. Join with Cornell doctoral students engaged in cancer research and those directly touched by cancer for a discussion about the science of cancer (presented in lay language). The public is welcome.

Cancer Education Series (jointly sponsored by the Cancer Resource Center and Cayuga Medical Center). Meets the third Wednesday of each month, 4:30 - 6:00 pm, Radiation Medicine Waiting Room, Cayuga Medical Center. Presentations of general interest related to cancer. The public is welcome.

Tompkins Prostate Support Group. Meets a few times a year for education programs and discussions related to prostate cancer. Men with prostate cancer are encouraged to attend the Friday Men's Breakfast Club (see above) and to call Brian Wilbur (607) 277-2404 for further assistance.

Gentle Yoga meets on Tuesdays 9:30-11:00am at Island Health & Fitness. A blend of stretching, relaxation, healing visualization, and meditation in a supportive group environment. class is offered free of charge to those with cancer.

Bob Riter's new book, **When Your Life is Touched by Cancer: Practical Advice and Insights for Patients, Professionals, and Those Who Care**, published by Hunter House, will be available in bookstores and on-line in late January.

CAPITAL REGION ACTION AGAINST BREAST CANCER (CRAAB!)

www.craab.org ■ craab@nycap.rr.com

125 Wolf Road, Suite 124, Albany, NY 12205

518/435-1055

Ongoing Programs: Call CRAAB! to register for any of our classes.

Yoga Classes - Breast cancer "alivers" may find these classes an effective way to regain a sense of serenity, security and hope. Yoga Classes in Albany on Wednesdays at Noon at The Yoga Loft, 540 Delaware Avenue, March 4, 11, 18, 25.

Healthy Steps - Formerly known as The Lebed Method, Healthy Steps incorporates deep breathing techniques, gentle stretching for flexibility and range of motion, along with strengthening exercises, all performed slowly and smoothly to uplifting music. **New participants must contact CRAAB! to fill out paperwork prior to attending class.** Thursdays at 6:00pm at Hope Club, One Penny Lane, Latham, March 5, 12, 19, 26.

Gentle Pilates Classes - Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing. Fridays at 11:00am at Hope Club, One Penny Lane, Latham, **No classes in March - class resumes on April 10th.

Strength & Metabolism - This class provides the research-based benefits of resistance training, including increasing muscle mass, strength and energy. Wednesdays at 7:00pm at 18 Corporate Woods Blvd, First Floor, Albany, March 4, 11, 18, 25.

Resist-a-Ball - Functional exercises to strengthen your core, improve balance and increase arm strength and flexibility, using the stability ball and light resistance bands. Mondays at 6:30pm at Plaza Fitness Center, Stuyvesant Plaza, March 2, 9, 16.

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-- All year round support for newly diagnosed women

Students & Scientists Breast Cancer/Environment Research Program: Interviewing high school students for Summer 2015

Prevention Is the Cure--All year round outreach programs on reducing environmental exposures that are linked with breast cancer

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- www.hahv.org/archives/service/cancer-support-program

EXERCISE AND WELLNESS CLASSES:

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

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

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

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

SUPPORT GROUPS AND HEALING ARTS:

Women's Support Group

Daytime Women's Support Group- 1st and 3rd Thursdays: 11:00am-12:30pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

Weekend Women's Support Group- 1st and 3rd Saturdays: 10:00-11:30am-Reuner Cancer Support House 80 Mary's Ave. Kingston NY

Men's Support Group- 2nd Monday: 5:30-7pm
Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

Metastatic Support Group- 1st Tuesday: 2:00-3:30pm
Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

Caregiver/Family Support Group- 3rd Monday: 7:00-8:30pm
Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

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

Support Group for Youth facing cancer in the family (Parent Support Group offered at the same time)

Monday: 4:30 - 6:00pm-Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

Memoir Writing Workshop I with Abigail Thomas- Thursdays: 2/5, 2/12, 2/19, 2/26
3:00 - 5:30pm-Reuner Cancer Support House 80 Mary's Ave. Kingston NY
(Waiting list)

Memoir Writing Workshop II with Al Konigsberg- Fridays: 2 - 3:30 pm
Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

Cozy Crafts & Knitting Circle- Mondays: 1:30 - 3:00pm
Reuner Cancer Support House 80 Mary's Ave. Kingston

Hypnosis for Smoking Cessation with Frayda Kafka- Wednesday: 2/4
5:30 - 7:00pm
Reuner Cancer Support House, 80 Mary's Ave., Kingston NY
\$25 per session; \$10 per reinforcement session

Hypnosis for Weight Loss with Frayda Kafka- Wednesday: 7pm
Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

Rise Up Singing with Meg Riebesell-Wednesdays: 6:30pm
Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

Poetry: How to Have Fun as a Poet- Tuesdays: 1:30 - 3:00pm
Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

Miso Happy Cooking Club, macrobiotic cooking with Kathy Sheldon
Tuesday: 10:00am - 1:00 pm
Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

Coping Skills: Finding Ease & Inner Balance with Valerie Linet- Tuesdays: 2:00 - 3:30pm
Reuner Cancer Support House, 80 Mary's Ave., Kingston NY

HUNTINGTON BREAST CANCER ACTION COALITION

www.hbcac.org ■ friends@hbcac.org

900 Walt Whitman Rd LL12, Melville NY 11747

631/547-1518

HBCAC's **Students and Scientists Environmental Research Scholarship Program** will sponsor high school students from Huntington, Northport and South Huntington districts to intern in July to August at world renowned institutes, Stony Brook University, Fox Chase Cancer Ctr. and Brookhaven National Labs. Please visit website to keep up to date on student's research experiences <http://www.preventionisthecure.org/index.php/students-a-scientists>

NEWSLETTER MAGAZINE - "Take A Moment for Yourself," focuses on all aspects of breast cancer at local, regional and national levels. This publication is complete with informative updates on legislation, health issues, resources and keeps the public abreast of HBCAC's community work.

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) 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: Like always, HBCAC is fully immersed in the community. This month, we will be involved in many community events. HBCAC will be taking part in the Town of Huntington Women's Advisory Council on March 2nd. HBCAC representatives will be meeting with small local businesses regarding our Lend A Helping Hand survivor support services, and spreading the word. HBCAC will be performing an outreach with SUNY Stony Brook on March 10th. On March 26th, HBCAC will be represented at the Women's Health Fair at the Dolan Community Center. We will be handing out valuable materials and providing information about what we do and ways people can stay healthy. HBCAC will be participating in an Advocates Mentoring Advocates: Reaching Multicultural Communities meeting in partnership with The Witness Project and the Icahn School of Medicine, Mount Sinai.

ISLIP BREAST CANCER COALITION

www.islipbreast.com ■ 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.nysbcn.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.nysbcn.org

SHARE (self help for women with breast or ovarian cancer)

www.sharecancersupport.org

1501 Broadway, Suite 704A, NY 10036-5505 (unless otherwise listed)

212/719-0364

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

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

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

TUESDAYS - Apr 14, 28 6:00 - 7:30 PM

++BronxSHARE, Jacobi Medical Center

1400 Pelham Parkway South (Corner of Eastchester Road & Pelham Parkway South) Bronx , NY 10461

FRIDAY - Apr 24 1:00 - 2:00 PM

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

TUESDAYS - Apr 14, 28 3:30 - 5:00 PM

++ BrooklynSHARE, Kings Bay

MONDAYS Apr 6 7:30 - 9:00PM

++SHARE/Riverdale YM/YWHA

SUNDAYS - Apr 26* 5:00 - 6:30PM

*Educational Program, Lymphedema: Information and Support. Jane Dweck

++QueensSHARE, Samuel Field YM/YWHA

Support and Networking Group

THURSDAY - Apr 9* 7:30 - 9:00PM

*Educational program, The Importance of Exercise in Cancer Recovery

++HarlemSHARE. Emblem Health Neighborhood Care, 215 W. 125th St., 2nd Fl. (between Adam Clayton Powell Blvd. & Frederick Douglass Blvd). Meets on the 1st & 3rd Tuesday each month.

TUESDAY - Apr 7 5:00 - 6:30 PM

TUESDAY - Apr 21* 4:00 - 5:30 PM

*Meets after Educational Program, Food Safety Tips. Presenter from God's Love We Deliver.

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 - Apr 29 6:00 - 7:30 PM

Support group in Japanese. SHARE main Office

FRIDAYS - Apr 10 6:00 - 7:30PM

FRIDAYS - Apr 24 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 - Apr 6 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 .)
MONDAY - Apr 16

**Breast and Ovarian Combined Support Groups
Lymphedema Support Group**

Women with lymphedema associated with breast or ovarian cancer meet to share experiences and information.

++SHARE Main Office
TUESDAYS - Apr 1 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 .)

MONDAY - Apr 27 6:00 - 7:30 PM
WEDNESDAY - Apr 8 6:00 - 7:30 PM

++ Queens SHARE, Samuel Field YM/YMHA
MONDAYS - Apr 6, 20 7:30 - 9:00 PM

++Staten Island SHARE, SI Hospital Nalitt Cancer Centre
WEDNESDAY - Apr 15 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 - Apr 14 6:00 - 7:30 PM

Telephone Support Group for Women with Metastatic Disease (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)

MONDAYS - Apr 6, 13, 20, 27 4:00 - 5:00 PM

Living with Uncertainty for Women with Metastatic Disease (evening) New Telephone Support Group

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

THURSDAYS - Apr 9, 23 6:30 - 8:00 PM

Telephone Support Group for Young Women with Metastatic Breast Cancer (new)

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 - Apr 1 8:00 - 9:00PM EST

Young Women's Support Group- VIDEO Conference Group

TUESDAY - Apr 7 7:30 - 8:30PM EST

EDUCATIONAL PROGRAMS

The Importance of Exercise in Cancer Recovery

Queens SHARE - Samuel Field YM/YMHA
THURSDAY - Apr 9 7:30 - 9:00 PM

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 Centre

MIÉRCOLES 12:30 a 2:00 de la tarde

15* de abril

++St. Luke's-Roosevelt Hospital (Manhattan)

1090 Amsterdam Avenue, Piso 10, Salón A, New York , NY 10025

MIÉRCOLES 12:30 a 2:30 de la tarde

8 y 22* de abril

++NY Presbyterian/Women at Risk (Manhattan)Milstein Bldg, 177 Fort Washington Ave, NY 10032

JUEVES 10:00 a 11:30 de la mañana

9 y 23* abril

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

10 y 24 de abril

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

VIERNES 6:30 a 8:30 de la noche

3 y 17* de abril

++ NY Presbyterian/Manhattan Cancer Services Centre

JUEVES 1:00 - 3:00PM

16* de abril

++Settlement Health

MIÉRCOLES 2:00 - 4:00PM

15* de abril

++BRONX. Lincoln Medical & Mental Health Centre

LUNES 11:00AM - 1:00PM

27* de abril

++ST Barnabas Hospital

VIERNES 2:00 - 4:00PM

17* de abril

++BROOKLYN

Make The Road NY

MARTES 10:00AM - 12:00PM

21* de abril

EDUCACION/MEDICINA ALTERNATIVA

LA MINORIA INMIGRANTE EN LA INVESTIGACION DEL CANCER

(Immigrant Minorities in Cancer Research) Settlement Health (Manhattan)

MIÉRCOLES 2:00 a 4:00 de la tarde

15 de abril

PLANIFICACION DE LA VIDA (Life Planning)

St. Barnabas Hospital (Bronx)

VIERNES 2:00 a 4:00 de la tarde

17 de abril

INTRODUCCION A MEDITACION DE SONIDO (Introduction to Sound Meditation)

++Mt. Sinai - St. Luke's (Manhattan)

MIÉRCOLES 12:30 a 2:30 de la tarde

22 de abril

CONSEJOS DE NUTRICION PARA SOBREVIVIENTES DE CANCER

(Nutrition Tips for Survivors)

++NY Presbyterian/Manhattan Cancer Services

JUEVES 1:00 a 3:00 de la tarde

16 de abril

INTRODUCCION A LAS ACEITES ESENCIALES (Introduction to Essential Oils)

++Beth Israel Comp Cancer Centre
MIERCOLES 12:30 a 2:00 de la tarde
15 de abril
++Queens Centre Mall (Queens)
VIERNES 6:00 a 8:30 de la noche
17 de abril
++NY Presbyterian Hosp/Milstein Building
JUEVES 10:00 a 11:30 de la mañana
23 de abril

DERECHOS LEGALES PARA SOBREVIVIENTES (Legal Rights)

++ Make the Road MY (Brooklyn)
MARTES 10:00 a 12:00 de la tarde
21 de abril

INTRODUCCION AL PROGRAMA BOLD LIVING (BOLD Living Programs)

++Lincoln Medical & Mental Health Centre
LUNES 11:00 a 1:00 de la tarde
27 de abril

SUPPORT CONNECTION, INC.

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.

ONGOING 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.

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

- 1) 3rd Monday of each month at 7:00 pm, Mar. 9: Hudson Valley Hospital Center, 1980 Crompond Road Cortlandt Manor
- 2) 4th Tuesday of each month at 7:00 pm, Mar. 24: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights

Telephone Group for Women with Advanced Stage 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.

1st Monday of each month, at 8 pm (NY time) Mar. 2

Young Women's Breast Cancer Support Group: Topics related to women who have or had cancer at a young age and want to be in a group where they feel comfortable with their peers.
2nd Wednesday of each month at 7:00 pm, Mar. 11: 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. 3rd Friday of each month at 12:30 pm, Mar. 19: Yorktown Jewish Center, 2966 Crompond Road, Yorktown Heights

Breast and Ovarian Cancer Support Groups: Topics related to living with breast or ovarian cancer through all stages of diagnosis, treatment and post-treatment. Four times/locations offered:

- 1) 1st Wednesday of each month at 7:00 pm, Mar. 4: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- 2) 1st Thursday of each month at 10:00 am, Mar. 5: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- 3) 1st Tuesday of each month at 10:00 am, Mar. 3: Vassar Brothers Medical Center, 45 Reade Place, Poughkeepsie
- 4) 2nd Tuesday of each month at 10:15 am, Mar. 10: East Fishkill Community Library, 348 Route 376, Hopewell Junction
- 5) 3rd Wednesday of each month at 7:00 pm, Mar. 18: Putnam Hospital, 670 Stoneleigh Avenue, Carmel

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

Yoga - A Path Toward Wellness- Saturdays, Noon - 1:30 pm Mar. 7, 14, 21, 28
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.

Parenting and Cancer: Talking to Your Children- Tuesday, 7:00-8:30, Mar. 3
Support Connection Office, 40 Triangle Center, Suite 40, Yorktown Heights, NY 10598
Join Jennifer Jackman, a licensed social worker, for an intimate discussion of being a parent while dealing with cancer. Because each family is different, there is no right or wrong way to be a parent. Many options and approaches for dealing with those difficult conversations will be discussed.

So You Think You Can Belly Dance. Thursday, 6:30-8:00, Mar. 19
Yorktown Jewish Center, 2966 Crompond Rd., Yorktown Heights, NY 10598.
Come together with instructor Sara Bell for a fun and carefree experience as you lose yourself in the world of Belly Dancing. Relax, let go and have a good time. No dance skills are required. Wear sweats, leggings and top, and socks.

Marge's Knitting Circle- Wednesday, 6:30-8:00 pm Mar. 25
Support Connection Office, 40 Triangle Center, Suite 100, Yorktown Heights, NY 10598.
Whether you are a master of the trade or someone who wants to learn the craft, you are welcome. Instructor Nancy Horsey will be happy to help you learn, or complete a forgotten project. Just bring your desire to create warmth, spin the yarn and enjoy the camaraderie of a shared interest.

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Cheryl R. Lindenbaum Comprehensive Cancer Center at Hudson Valley Hospital Center, 1980 Crompond Rd., Cortlandt Manor, NY 10567. At this session our Book Group will discuss *The Fault In Our Stars* by John Green. Join us for a discussion of the purpose of life, love, and leaving a mark on the world as seen through the eyes of two remarkable teenagers finding their way together.

WEST ISLIP BREAST CANCER COALITION FOR LONG ISLAND, INC
www.wibcc.org ■ westislipwibcc@aol.com
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 camisole at time of discharge and each lumpectomy patient requiring radiation therapy with a specially designed complimentary post-surgical sports bra.

WOMEN AT RISK

www.womenatrisknyc.org ■ info@womenatrisknyc.org

NewYork-Presbyterian Hospital/ Columbia University Medical Center

601 W. 168th St. #7, New York, NY 10032

212.305.9525

English Support Group for Women with Breast Cancer

Facilitated by our Patient Navigator, Nancy Singleton, WAR's bimonthly support groups provide a forum in which patients may share their concerns, hopes, fears and triumphs.

Every other Friday, 2:00 - 3:00 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) 342-0297.

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.

Jueves 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 Lola Ruz-Curry por el teléfono (212) 305-9894

YOUNG SURVIVAL COALITION NATIONAL OFFICE

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

First Wednesday 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 third Wednesday 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/New-York-Young-Survival-Coalition-Face-2-Face-Networking/>

For questions or more information, contact YSC Northeast Regional Field Manager, Medha Sutliff at msutliff@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 or call (877) YSC-1011.

NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK

1042 Comfort Road, Spencer, NY 14883

www.nysbcscen.org

607/279 1043/Fax 917-591-8108

