



NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK AUGUST 2014 EMAIL CALENDAR

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 ■ 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

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All services are free and confidential.

ALL 2014 SUPPORT GROUP SCHEDULE

Women with Breast Cancer

8 weeks: Starting on Wednesday, August 27, 6:30 p.m.

Please check our website for additional support groups - breast-cancer.adelphi.edu/we-can-help/support-groups/

These groups and others are offered upon request.

Groups are held at the Adelphi Breast Cancer Program, Adelphi University School of Social Work, Garden City, NY. Additional groups can also be offered off-site, in the community.

For information, questions, or to join a support group, call the Hotline at 800.877.8077 or Sandi Kafenbaum, LCSW, Counseling Coordinator, at 516.877.4314.

All services are free and confidential.

UPCOMING FORUMS

CREATIVE CUPS -BUILD THE PERFECT BRA

Creative Cups is Back!

To Register and for more information visit:

www.adelphi.edu/creative-cups or call the hotline: 800.877.8077

Final Submission of Bras: October 15, 2014

Creative Cups Auction & Reception: March 19, 2015

CELEBRATION OF SURVIVORSHIP

Wednesday, October 15, 2014

Ruth S. Harley University Center Ballroom, Adelphi University, Garden City, NY

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

840 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 cancer survivors. Bring a lunch - beverage and 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

Friends & Family Care Givers Networking/Support Group

Facilitator led- offered the 2nd Thursday of the month:
5:30pm - 7:00pm

Living with Metastatic Breast or GYN Cancer Support Group

Facilitator led - offered the 1st and 3rd Thursday of every month:
12:00 - 1:30pm
Bring a lunch - beverage and dessert provided!

Lymphedema Awareness Networking/Support Group

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

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, Jean Sobraske at (585) 473-8177.

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:

UNDERGOING RENOVATIONS. CLOSED FOR AUGUST

BREAST CANCER OPTIONS

www.breastcanceroptions.org ■ hope@breastcanceroptions.org

101 Hurley Ave., Suite 10, Kingston NY 12401

845-339-HOPE (4673)

UPCOMING PROGRAMS- For information email: hopenemiroff@yahoo.com or call 845-339-4673

CAMP LIGHTHEART-Tuesday August 12- Friday August 15th 2014

Camp Lighthouse is an overnight camp for children from 8-14 who have a mom with breast cancer or children who have lost their mothers to breast cancer. It is a chance for children to meet others who have had similar experiences. Our professional staff is headed by a child psychotherapist who is also an outdoor specialist which helps the kids feel comfortable and safe. The camp is held at the Omega Institute in Rhinebeck NY and is free.

SPONSORS: Omega Institute, United Breast Cancer Foundation, Ulster Savings Bank, Hudson Valley Foundation for Youth Health, your donations

METASTATIC BREAST CANCER RETREAT- September 10th to September 12th, 2014

Omega Institute, Rhinebeck NY. First consideration will be to women from the Hudson Valley. Breast Cancer Option began the retreat because there are few resources and services for women with advanced breast cancer. Participants are in a welcoming supportive environment where they find understanding and support. The retreat offers an opportunity to look at the issues surrounding their breast cancer, gather information, and move beyond an intellectual

understanding of the disease. Exploring feelings and fears is an essential part of the healing process. Guided discussions include dealing with difficult feelings, living with advanced breast cancer, decreasing stress.

SPONSORS: Omega Institute, Miles of Hope Breast Cancer Foundation

IN-HOME MASSAGE-Breast Cancer Options will be able to provide a limited number of free in-home massages to breast cancer survivors who are homebound or have trouble getting around because of their treatments. Available until the end of August. If you are interested in having a licensed massage therapist give you a massage, please contact us: hopenemiroff@yahoo.com or call 845-339-4673

YOUNG SURVIVORS CONFERENCE- Saturday November 8, 2014

MidHudson Regional Hospital of Westchester Medical Center

The Herb & Sue Ann Redl Center for Cancer Care- Poughkeepsie NY

Featuring workshops on:

- Infertility issues, premature menopause and sexual dysfunction
- Aggressive Screening Protocols, Genetic Risk Assessment, Follow-up
- Breast Cancer and the Environment- Scientific information covering areas of risk that are not frequently discussed in physicians' offices or in traditional cancer resources.
- Radiation Choices
- Breast Cancer Recovery- Breast cancer recovery- dealing with mastectomy, getting physically back in shape after chemo.

PEER LED SUPPORT GROUPS

DUTCHESS COUNTY

- Hopewell Junction East Fishkill: East Fishkill Library- 1st Thursday 10:15-11:15
- Beacon: Wingate at Beacon-3rd Wednesday, 6:30-8PM
- Poughkeepsie: Metastatic breast cancer meeting- Vassar Brothers Hospital 2nd Sat, noon-2
- **COMING SOON** Support Group at St. Francis/Westchester Hospital- Poughkeepsie NY

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

COLUMBIA COUNTY

- Hudson- Columbia Healthcare Consortium-call

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

SELF MASSAGE CLINICS: For help with lymphedema & stress. Call for information

BCO NEWS: Weekly cutting edge E-news updates. sign up on website

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. Available February 2010

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.

HEALTHY LIFESTYLES PROGRAMS: Programs are listed on our website Events Calendar and look at how we can improve our health, deal with treatment side effects, cope with financial/legal issues and reduce our risk of recurrence.

BREAST CANCER NETWORK OF WESTERN NEW YORK (BCNWN Y)

www.bcnwny.org ■ bcnwny@verizon.net

716/706-0660

3297 Depew, NY 14043

The Breast Cancer Network of Western New York offers Quality of Life Activities, Support Groups and Educational Programs for Survivors. The following quality of life activities are free classes offered at different times during the year. Call 716-706-0060 for further information. All our services are free of charge for survivors.

Reminder: Save the Date: Education Day Saturday November 8, 2014; Protocol Restaurant. More news to follow.

Quality of Life Activities

Drawing Class- We will review and strengthen our basic drawing skills, examine composition, try various techniques, and use a variety of media while discovering that we can all draw. This class is open to anyone who wants to draw, whether you have experience or not. Limited to 10 people.

Yoga is a physical, mental, and spiritual discipline. Originating in ancient India whose goal is the attainment of a state of spiritual insight and tranquility. There's mounting evidence that yoga is an effective pain-control intervention and is effective during breast cancer treatment and survivorship in lessening fatigue.

Jewelry Making- From beginner to more advanced the instructor will teach you a variety of techniques. We supply all the materials, you just show up and make beautiful jewelry and go home with a smile!

Tai Chi- Learn beginning Tai Chi. Experience the gentle flowing movements of Tai Chi and treat your whole body to a gentle and relaxing workout. Say goodbye to sweating, puffing and panting. Say hello to feeling cool, calm, refreshed and energized.

Cooking Class- Learn how to prepare some new foods, including appetizers, salads, entrees and desserts. The class prepares great new recipes and then we sit down and enjoy what we have cooked. Great food, good company. Limited to 10 people.

Zumba- Beginning Zumba class with our own Miriam Kelley as our instructor. Zumba combines Latin and International music with a fun and effective workout system. Anyone can do Zumba!

Book Club- Meets once a month on Tuesday afternoons and discusses the book of the month. Sue Petherick, a survivor, leads the group.

Knitting Group- The Knitting Group is led by Georgeia Locurcio, a survivor and member of the board. She guides new knitters and suggests projects to older members of the group.

Support Groups

Monthly Support Group- A professionally led open support group meets the second Tuesday of the month at 8:00 pm following the monthly meeting. Call 716-706-0060 for more information.

Young Survivors Support Group- A professionally led support group for young survivors 45 and under meets the first and third Tuesday of the month at 7:00 pm. Contact Chris Bylewski at 716-565-2092 for more information.

A **Metastatic Therapy Group-** A professionally led therapy group for Metastatic patients meets the first and third Tuesday of the month at Noon. Contact Chris Bylewski at 716-565-2092 for more information.

Look Good Feel Better- The American Cancer Society offers a Look Good Feel Better program. Volunteer beauty professionals conduct a free workshop for cancer survivors. Learn beauty techniques, how to cope with skin changes and hair loss using cosmetic and skin care products donated by the cosmetic industry. Contact the American Cancer Society at 1-800-ACS-2345 to register.

TLC Tote Program- Totes are distributed to newly diagnosed patients during the first 6 months following diagnosis. Each Tote contains information on diagnosis and treatment options, pathology information, complimentary therapies. Dr. Susan Love's breast book, and local breast cancer resources and comfort items.

Lending Library- Informational resources, books and pamphlets on breast cancer, woman's wellness, nutrition and spiritual support are available for loan from our library. 2 computers are available for use by survivors.

Financial Assistance - Adopt A Family, Lymphedema Fund and the Bella Moglie Metastatic Fund are available for breast cancer patients with financial need. Contact Alice Gray at 716-741-3832 for qualifying information.

Education Day - Education Day features a keynote speaker on Breast Cancer the first Saturday of November each year. There is also a Panel Discussion with three professionals that work with breast cancer patients in Western New York. A breast cancer survivor also talks about her journey and acts as a motivational speaker.

Office- Office hours are 11 am-3pm on Monday Wednesday and Fridays at 3297 Walden Avenue, Depew, NY 14043. 716-706-0060 The office is staffed with volunteers.

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 a 501(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 or to speak with a Patient Navigator.

Yoga Classes - Breast cancer "alivers" may find these classes an effective way to regain a sense of serenity, security and hope. Tuesday/Thursday mornings at 10:00am at Hope Club, 1 Penny Lane, Latham.

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.

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: Year round. Assists newly diagnosed women with funding for transportation to medical appointments, delivery of meals, homecare and more.

Students & Scientists Breast Cancer/Environment Research Program: GNBCC's 2013 sponsored students will be displaying posters of their summer laboratory internships at the BCERP Conference in Madison, Wisconsin

Reaching Multicultural Communities: Advocates Mentoring Advocates, development of this educational project at Icahn School of Medicine at Mount Sinai, New York.

Prevention Is the Cure--

Presentations on environmental links to breast cancer year round.

HEALTH ALLIANCE® 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-supp

EXERCISE AND WELLNESS CLASSES:

Tai Chi-Mondays: 8/4, 8/11, 8/18, 8/22

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

Advanced Qi Gong-Tuesdays: 8/5, 8/12, 8/19, 8/26

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

Gentle Yoga-Wednesdays: 8/6, 8/13, 8/20, 8/27

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

Smartbells-Thursdays: 8/7, 8/14, 8/21, 8/28

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: 8/7, 8/21

11:00am-12:30pm-Reuner Cancer Support House, 80 Mary's Ave. Kingston NY

Weekend Women's Support Group-Saturdays: 8/9, 8/23

10:00-11:30am-Reuner Cancer Support House 80 Mary's Ave. Kingston NY

Men's Support Group-2nd Monday: 8/11 Cancelled will resume in September

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

Metastatic Support Group-1st and 3rd Tuesdays: 8/5, 8/19

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

Caregiver/Family Support Group-3rd Monday: 8/18

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

Ovarian Support Group-Wednesday: 8/27

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

Continuity of Care Bereavement Support Group-Monday: 8/22

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

Evening Continuity of Care Support Group-Monday: 8/22

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

Miso Happy Cooking Club-Call for more information. Summer schedule TBA.

Memoir Writing Workshop I with Abigail Thomas-Thursdays: 8/7, 8/14, 8/21, 8/28
3:00 - 5:30pm - Reuner Cancer Support House 80 Mary's Ave. Kingston NY
(Waiting list)

Memoir Writing Workshop II with Al Konigsberg-Fridays, 8/1, 8/8, 8/15, 8/22, 8/29
2-3:30 pm - Reuner Cancer Support House 80 Mary's Ave. Kingston NY

Poetry Circle with Blaze Ardman -Monday: 8/22
3:00- 4:30pm - Reuner Cancer Support House 80 Mary's Ave. Kingston NY

Hypnosis for Smoking Cessation with Frayda Kafka-Wednesday: 8/6
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: 8/6
7pm - Reuner Cancer Support House

HUNTINGTON BREAST CANCER ACTION COALITION

www.hbcac.org ■ friends@hbcac.org

PO Box 1446, Huntington NY 11743

631/547-1518

HBCAC's Students and Scientists Environmental Research Scholarship Program will sponsor six 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>.

Gift of Health & Inspiration is an attractive tote bag filled with heartwarming gifts for women leaving Huntington Hospital and Memorial Sloan Kettering, Commack facility after surgery. Items like a personal journal, survivor handbook, yoga video, music cd, scented candle and lip balm are included to help uplift the spirits during a hard time.

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.

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

1 IN 9: THE LONG ISLAND BREAST CANCER ACTION COALITION

www.1in9.org ■ info@1in9.org

P.O. Box 729, Baldwin , NY 11510

Hewlett House is located at 86 East Rockaway Road in Hewlett

1 in 9: The Long Island Breast Cancer Action Coalition & Hewlett House

516-374-3190

1 in 9 is pleased to offer a wide array of classes and support groups at our program and learning resource center, Hewlett House. Hewlett House is a community resource center for all cancer concerns, located at 86 East Rockaway Road in Hewlett, NY, 11557. Our website is www.1in9.org. All classes and support groups are a free program service conducted at Hewlett House. Please remember that you must pre-register in order to attend. Please call Hewlett House at 516-374-3190 to register and get the latest class and support group offerings with the current schedule of days and times. Some of our ongoing and regularly scheduled classes and support groups are listed below.

ONGOING PROGRAMS AND SERVICES:

Cancer Support Group- Tuesdays 11:15 am-12:15 pm

Facilitator: Jill Alper, MSW, CSW

Ongoing group. For those in need of support for all cancer-related illnesses. Group members of different ages and with different types of cancer come together each week to support one another.

Newly Diagnosed Breast Cancer Support (in treatment)-Tuesday 12:30-1:30

Facilitator: Jill Alper, MSW, CSW

For those recently diagnosed with breast cancer.

Thriving Through and Beyond Cancer-Tuesdays & Wednesdays

Facilitator: Dr. Ronald I Cohen, Psy. D.

Dr. Cohen specializes in Psychotherapeutic Oncology. Utilizing the myriad of emotions as a pathway, the group will seek to: Use critical emotional roads to transition a family break down into a

break through. Avoid denying or minimizing anger, fear, and obsession and actually incorporating discomfort to reach new opportunities. Use our misfortune into an actual stimulation to grow and regenerate new solutions as a couple or family.

Discussions- Wednesdays 1:00-2:30 pm

Facilitator: Geri Barish

An informal, ongoing chat for people whose lives have been touched by cancer.

Cancer Support Group for Bilateral Surgery- Wednesdays 5:30-6:30 pm

Facilitator: Geri Barish. For women who have had bilateral surgery, double mastectomy.

Family Support & Cancer Support- By appointment

Facilitator: Florence Brodsky, MSW, CSW

For family members of those who have had cancer or are undergoing treatment.

Bereavement Support- One on One Counseling

Facilitator: Florence Brodsky, MSW, CSW

For those who have recently suffered a loss related to cancer.

Lymphedema Support- Call for information- For men and women with lymphedema.

Adolescent Support & Mentoring- By appointment

Facilitator: Marlene Natale, NYS Certification in Guidance & Counseling.

For those adolescents whose lives have been touched by cancer-related illnesses.

What is Spiritual Direction? -By Appointment

Facilitator: Charlie Roemer

Spiritual direction has no agenda; it's not therapy and not about religious doctrine or training. We reflect on where we might see or feel the presence of the divine in our lives. It's understood that one person's answers may or may not be similar to another's, and that's OK

Yoga/Stress Reduction- Mondays 1:30-2:30 pm.

Facilitator: Charles Roemer

No need to be flexible, strong, or even ambulatory to participate. For all cancer-related illness.

Decoupage Art Class- Tuesdays 1:00-2:30 pm

Facilitator: Sharon Gross

The art of decoupage under glass is in reformatting paper images to create something else. A single image formatted to a specified size or a collage of cut and layered images arranged for a desired effect - the end result uninhibited artistry.

Reiki Clinic- By appointment

Facilitator: Donna Miller-Small, Master Teacher & Practitioner.

Learn about and experience this simple healing technique. For all cancer-related illness.

Crochet Class- Thursdays 11:00 am-1:00 pm

Instructor: Sharon Barrett

Learn to crochet or expand your crocheting skills. The group is designed to help cancer patients draw strength from each other and enjoy togetherness in this circle of friendship.

Four Weeks to a Healthier You- Thursdays 2:30-4:00 pm

Series on Nutrition by Donna Miller-Small, Reiki Master Teacher & Practitioner.

You will learn which foods to include and avoid, secrets of label reading, delicious simple recipes, how to shop. Gain increased confidence & self esteem from taking control of your diet.

Breast Cancer Exercise Program- Saturdays 11:00 am-12:00 pm Call Hewlett House for more information. For those breast cancer patients who are finished with treatment. Provided by personal trainers certified in teaching exercise & wellness to breast cancer survivors.

Private & Family Counseling- Available on an as-needed basis. Call for an appointment.

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.

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 - Aug 12, 26 6:00 - 7:30 PM

++BronxSHARE, Jacobi Medical Center. 1400 Pelham Parkway South (Corner of Eastchester Road and Pelham Parkway South) Bronx , NY 10461

FRIDAY - Aug 22 1:00 - 2:30 PM

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

TUESDAYS - Aug 12, 26** 3:30 - 5:00 PM

**Ed. Program, Health Insurance:Coverage Denials, and Appeals

++BrooklynSHARE, Kings Bay YM/YWHA. 3495 Nostrand Ave. (betw. Brooklyn & New York Aves.),1st floor. Multipurpose Room

MONDAY - Aug 11 7:30 - 9:00 PM

++SHARE/Women at Risk. New York-Presbyterian Hospital/Columbia University Medical Center, 161 Fort Washington Ave , Herbert Irving Pavilion, Garden Fl., Conf. Rm.

FRIDAYS - Aug 8, 22 2:00 - 3:30 PM- To register contact Nancy Singleton (212)342-0297

++HarlemSHARE, Emblem Health Neighborhood Care, 215 W. 125th St. 2nd Fl. (between Adam Clayton Powell Blvd. & Frederick Douglass Blvd.). Focused on the concerns of African, African-American, and Caribbean women. Support group will meet the 1st & 3rd Tuesday of each month

TUESDAY - Aug 5 5:30 - 7:00 PM

TUESDAY - Aug 19 4:00 - 5:30 PM

++QueensSHARE, Samuel Field YM/YWHA. 58-20 Little Neck Pkway (bet 59th& 60th Ave), Little Neck

Support and Networking Group

WEDNESDAY, Aug 13 7:30 - 9:00 PM

++SHARE/Riverdale YM/YWHA. 5625 Arlington Ave., Bronx, NY

SUNDAYS - Aug 3, 17 5:00 - 6:30 PM

To register, please email betteeclark@gmail.com or call 718 548-8200 ext. 241

++Support Group in Japanese

SHARE Main Office

FRIDAY - Aug 8 6:00 - 7:30 PM

FRIDAY - Aug 22 12:30 - 2:00 PM

Breast Cancer Post-Treatment Support. 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 - Aug 27 6:00 - 7:30 PM

DCIS Support Group. Conflicting interpretations of the risk presented by a diagnosis of DCIS (ductal carcinoma in situ), differing opinions about appropriate treatment, and emotional issues generated by a diagnosis of DCIS will be addressed.

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

MONDAY -Aug 4

6:00 - 7:30 PM

DCIS Telephone Support Group. Call the SHARE Breast Cancer Helpline to register and receive instructions on how to participate: 212 382-2111

WEDNESDAY - Aug 20

6:00 - 7:30 PM

Breast Reconstruction. This program is for women who are considering, starting or have completed any type of reconstruction and want to share their experiences.

SHARE Main Office

THURSDAY - Aug 21

6:00 - 7:30 PM

Coping with Aromatase Inhibitors and Tamoxifen. This support group is for women who are currently taking aromatase inhibitors or Tamoxifen, as well as for those trying to decide whether or not to take them. These medications can reduce the risk of recurrence, but may cause side effects that impact quality of life.

SHARE Main Office

Tuesday - Aug 19

6:00 - 7:30 PM

Young Women's Support Group via Video Conference Call. Discuss issues related to a breast cancer diagnosis at a young age with others in a monthly video conference call. It's easy to participate: Visit the following URL for information to sign

up:www.sharecancersupport.org/videoconference

TUESDAY - Aug 5

7:30 - 8:30 PM EDT

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

SHARE Main Office

WEDNESDAY - Aug 6

6:00 - 7:30 PM

Registration required: register through the SHARE Breast Cancer Helpline: 212 382-2111

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 - Aug 13

6:00 - 7:30 PM

++Queens SHARE, Samuel Field YM/YWHA

MONDAYS -Aug 4, 18

7:30 - 9:00 PM

Metastatic Cancer: Support and Education

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 - Aug 4, 11, 18, 25 4:00 - 5:00 PM

Living with Uncertainty for Women with Metastatic Disease (evening) 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 these diseases. Call the SHARE Breast Cancer Helpline to register and receive instructions on how to participate: (212) 382-2111

THURSDAYS - Aug 14, 2

6:30 - 7:30 PM

EDUCATIONAL PROGRAMS

Health Insurance: Coverage Denials, and the Appeals Process. Vivienne Duncan, Esq., Director, Cancer Advocacy & Elderlaw Projects, City Bar Justice Center, will discuss common reasons why private insurers deny health insurance claims. She will explore frequently used reasons for coverage denial, including experimental/investigational treatment, lack of medical necessity, out-of-network care, and the pre-existing condition exclusion, and offer strategies patients may use to combat them. The discussion will also include a brief overview of laws that offer particular benefits for cancer patients.

Brooklyn SHARE - Restoration Plaza
TUESDAY - Aug 26 3:30 - 5:00 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)

++St. Luke's-Roosevelt Hospital (Manhattan) 1090 Amsterdam Ave, Piso 10, Salón A, NY 10025
MIÉRCOLES 12:30 a 2:30 de la tarde

13* de agosto

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

JUEVES 10:00 a 11:30 de la mañana

14* de agosto 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 tarde

8* de agosto

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

VIERNES 6:30 a 8:30 de la noche

1* de agosto

++Beth Israel Comprehensive Cancer Ctr (Manhattan)(Campus Oeste)325 West 15th St. (entre la 8ª y 9ª Avenida)

Piso 1, Cuarto de conferencia

Miercoles 12:30 a 2:00 de la tarde

20* de agosto

++Settlement Health (Manhattan) (El Barrio) 212 East 106th St (entre la 2da y 3era Avenida),

Piso 3, Cuarto de conferencia

Miercoles 4:00 a 6:00 de la tarde

20* de agosto

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

Viernes 1:00 a 3:00 de la tarde

8 de agosto

++St Barnabas Hospital (Bronx) Salon de Infusion #165, 4422 Third Ave

Viernes 2:00 a 4:00 de la tarde

15* de agosto

*programa educativo

Educacion/Medicina Alternativa

Salud Oral Para Pacientes Con Cancer (Oral Health for Cancer Patients)-Jasper Bonilla y David Ramirez, asistentes dentales y estudiantes de higiene dental en NYU College of Dentistry, discutirán los efectos secundarios que puedan tener la quimioterapia y la radiación en la salud oral del paciente. Además hablarán sobre pasos a tomar antes, durante y después del tratamiento para reducir riesgos e impacto de estos efectos.

++St. Lukes-Roosevelt Hospital (Manhattan)

Miercoles 12:30 a 2:30 de la tarde

13 de agosto

++Beth Israel Comprehensive Cancer Ctr.

Miercoles 12:30 a 2:00 de la tarde

20 de agosto

La Importancia De Ejercicio Para Sobrevivientes (The Importance of Exercise for Survivors)Dr. Martha Eddy, fisiologa de ejercicio y terapeuta de movimiento. Ella explicara la importancia del ejercicio en la recuperacion, como incluir los ejercicios correctos en su rutina semanal y que movimientos ayudan aliviar los dolores asociados con su tratamiento.

++NY Presbyterian Hospital (Manhattan)

Jueves 10:00 a 11:30 de la mañana
14 de agosto

Introducción a la aromaterapia (Introduction to Aromatherapy) Aromaterapia es el uso de aceites esenciales de plantas que ayudan a equilibrar la mente, el cuerpo y el espíritu. Es utilizado en pacientes de cáncer, principalmente como forma de tratamiento de soporte que pudiera reducir el estrés y la ansiedad.

++St. Barnabas Hospital (Bronx)

Viernes 2:00 a 4:00 de la tarde
15 de agosto

El Uso De Suplementos Durante y Después Del Tratamiento (The Use of Supplements During & After Treatment) Ines Tejada, RN, enfermera oncológica, hablará acerca de los suplementos más populares en la comunidad latina y cómo estos afectan los medicamentos y tratamientos de cáncer.

++Settlement Health (Manhattan)

Miércoles 4:00 a 6:00 de la tarde
20 de agosto

Nutrición Para Sobrevivientes (Nutrition for Cancer Survivors) Brian Leal, nutricionista, discutirá la nutrición básica y la dieta DASH, que ha demostrado reducir la presión arterial, el colesterol y mejorar la sensibilidad a la insulina.

++Queens Center Mall (Queens)

Viernes 6:30 a 8:30 de la noche
1 de agosto

La Obesidad Y El Cáncer (Obesity and Cancer) Los estudios han mostrado un aumento significativo en la incidencia de cáncer, incluyendo el cáncer de seno después de la menopausia, en las personas que están sobrepeso. Dr. Jacqueline Carreño es un médico especialista en medicina interna con una sub-especialidad en medicina bariátrica. Ella discutirá la relación entre el peso corporal y el cáncer y lo que podemos hacer para mantener un peso saludable.

++Beth Israel Comprehensive Cancer Ctr (Campus Oeste)

325 West 15th St (entre la 8a y 9a Avenida), Piso 1, Cuarto de conferencia, NY 10011

MIÉRCOLES 12:30 a 2:00 de la tarde
18 de septiembre

Introducción A Terapia Floral (Introduction to Flower Therapy) Al tomar las esencias florales podemos entender mejor nuestros procesos emocionales. Al balancear las emociones, el cuerpo se fortalece y se produce la armonización de cualquier estado que estaba ocasionando desequilibrio. Maria Fernanda Hubeaut es una terapeuta floral certificada y dirigirá este taller.

++Settlement Health (El Barrio) 212 East 106th Street (entre la 2da y 3ra Avenida), Piso 3, Cuarto de Conferencia, NY 10029

MIÉRCOLES 4:00 a 6:00 de la tarde
18 de septiembre

Manejando Los Efectos Secundarios De La Quimioterapia (Managing the Side Effects of Chemotherapy) Inés Tejada, RN, enfermera de oncológica les ayudará a entender la función de la terapia hormonal en el tratamiento del cáncer de seno.

++Lincoln Medical & Mental Health Care (Bronx) 234 East 149th St, Bronx, NY 10451

LUNES 11:00 a 1:00 de la tarde
30 de septiembre

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.

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, Aug. 18: Hudson Valley Hospital Center, 1980 Crompond Road Cortlandt Manor
- 2) 3rd Thursday of each month at 7:00 pm, Aug. 21: Putnam Hospital Center, 670 Stoneleigh Ave., Carmel
- 3) 4th Tuesday of each month at 7:00 pm, Aug. 26: 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) Aug. 4

Young Women's Breast and Ovarian 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, Aug. 13: 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, Aug. 15: 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 Thursday of each month at 10:00 am, Aug. 7: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- 2) 1st Tuesday of each month at 10:00 am, Aug. 5: Vassar Brothers Medical Center, 45 Reade Place, Poughkeepsie
- 3) 1st Wednesday of each month at 7:00 pm, Aug. 6: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- 4) 2nd Tuesday of each month at 10:15 am, Aug. 12: East Fishkill Community Library, 348 Route 376, Hopewell Junction
- 5) 3rd Wednesday of each month at 7:00 pm, Aug. 20: Putnam Hospital, 670 Stoneleigh Avenue, Carmel

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

Yoga - A Path Toward Wellness

Saturdays, Noon - 1:30 pm Aug. 2, 9, 16, 23

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 more tranquil mind. Experience the benefits of yoga, which include a stronger, healthier body and a calmer, more focused mind.

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 comisode 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 Nancy at (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

www.youngsurvival.org ■ info@youngsurvival.org
61 Broadway, Suite 2235, New York, NY 10006
646-257-3000/877-YSC-1011 (toll free)

Metastatic Support Group Call - First Tuesday - 8:00-9:30 pm EST

Join other young women with metastatic breast cancer, every 2nd Tuesday of the month from 8:00-9:30 pm (ET)/5:00-6:30 pm (PT), for our telephone networking and support calls. These calls are

facilitated by Susan Glaser, MSW, Evelyn Lauder Breast Center at Memorial Sloan-Kettering Cancer Center and are open to new and previous participants. Registration is required. For more information or to register for the call, please email your full name to ywabc@youngsurvival.org. National call-in number: (800) 804-6968; international call-in number: (647) 723-7260; access code: 4242163

**YSC New York City "Women on Wednesdays" Young Women's Support Group
First Wednesday of every month- 6:30-8:00 pm EST**

Women on Wednesdays 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. 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. For questions or more information, email yscnewyorkcity@youngsurvival.org. 61 Broadway, Suite 2235, New York, NY

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.

C4YW- the Annual Conference for Young Women Affected by Breast Cancer. Orlando, FL: Feb. 21-23, 2014. Join YSC and Living Beyond Breast Cancer for a weekend full of educational sessions, wellness activities, and connecting with other young women affected by breast cancer. Register here, travel grants still available: www.c4yw.org/attend. Spread the word!

NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK
1042 Comfort Road, Spencer, NY 14883
www.nysbcscen.org 607/279 1043/Fax 917-591-8108