



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

www.nysbcscen.org

1042 Comfort Road, Spencer, NY 14883
(607)279-1043/Fax (917)591-8108



The NYS Breast Cancer Network's 2014 Public Policy Agenda:

The Compassionate Care Act: A6357A (Gottfried); S4406A (Savino)

These bills would render legal the prescribing, purchase, and use of marijuana for medicinal use. They specifically require that patients be certified by a healthcare practitioner^[1] to have a "serious condition" for which marijuana is likely to have a therapeutic or palliative effect. The bills also require registration of the patient with the DOH before they are allowed access to exclusively state-regulated dispensaries. This bill passed the Assembly in 2013 and the Network calls on the Senate to pass the Compassionate Care Act in this legislative session so breast cancer survivors and others living each day with difficult illnesses and painful treatments can finally find safe and legal relief.

[1] A "healthcare practitioner" is defined as a physician, physician's assistant or nurse practitioner.

Call for a Statewide Ban of Hydrofracking in New York Until and Unless It Is Proven Safe

The New York State Breast Cancer Network (NYSBCN) calls for a comprehensive Health Impact Assessment of high volume hydrofracking (HVHF) that examines long-term health effects and that must be carried out according to well-established scientific standards. We further believe that since a thorough review of existing scientific evidence, including human and livestock health studies, water and air pollution studies and accident reports finds fracking unsafe and unreliable, it should be banned in New York State until and unless it can be proven safe. Between 10,000 and 50,000 gallons of chemicals are used to frack a single well one time. At least 25% of the 700+ chemicals used in HVHF are linked to cancer. Another 37% are endocrine disruptors that interfere with our hormone systems and have been implicated in cancers of the breast, prostate, pituitary, testicle, and ovary.

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
All services are free and confidential.

Women Post Treatment and Newly Diagnosed with Breast Cancer

8 weeks: Mondays, 10:30 am -12:00 noon

Young Women with Breast Cancer

Ongoing, Weekly: Mondays, 7:00 - 8:30 pm

Women with Metastatic Breast Cancer

Ongoing, 2nd & 4th Mondays, 1:30 - 3:00 pm

Men with Breast Cancer

Ongoing, monthly: 2nd Mondays, 7:00 - 8:30 pm

* Pre-registration is required.

* Other groups are offered upon request.

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

* Groups are held at the Adelphi Breast Cancer Program, Adelphi University School of Social Work, Garden City, NY.

* All services are free and confidential.

Our 2013 support groups are sponsored by the Nassau County Women's Bar Foundation and the Alpern Family Foundation.

BABYLON BREAST CANCER COALITION

www.babylonbreastcancer.org ■ bbcest1993@aol.com

100 Montauk Highway, Copiague NY 11726

(631)893-4110

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

ONGOING PROGRAMS AND SERVICES

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

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

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

BREAST CANCER COALITION OF ROCHESTER
www.breastcancercoalition.org ■ 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: 3/11 & 3/25
5:30pm - 7:00pm

Networking/Support Group for Breast Cancer Survivors II

Facilitator led- offered the 1st and 3rd Thursday of the month: 3/6 & 3/20
5:30pm - 7:00pm

Friends & Family Care Givers Networking/Support Group

Facilitator led- offered the 2nd Thursday of the month: 3/13
5:30pm - 7:00pm

Living with Metastatic Breast or GYN Cancer Support Group

Facilitator led - offered the 1st and 3rd Thursday of every month: 3/6 & 3/20
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: 3/12
5:30 - 7:00pm

Gentle Yoga

Mondays, 2/24 - 3/31
5:30 & 7:00pm
Registration Required

Voices & Visions Writing Workshop

Tuesdays, 2/25 - 3/25 - 6:00 - 8:00pm
Registration Required

Healing Arts Initiative - Qi Gong

Saturdays, 2/22 - 3/29 - 9:00 - 10:15am
Registration Required

Evening Educational Seminar - 3/26- 7:00 pm

"Clean, Green and Healthy: Choosing Safer Household & Personal Care Products"
Kate Winnebeck and Katrina Korfmacher, PhD

Book Club - 3/27- 6:00 - 8:00pm

The Sense of an Ending by Julian Barnes

Peer Advocates Lending Support - P.A.L.S

For those interested in mentor support
Ongoing

The 11th Annual Cindy L. Dertinger Advanced Breast Cancer Seminar: Tools for the Journey -

Friday, April 4, 2014 from 1:00 - 5:00 pm at the Memorial Art Gallery,
500 University Avenue, Rochester, NY. Admission is free, however, reservations
are required. Call BCCR at (585)473-8177 for more information or to register.

Advanced BC Seminar

April 4.

All programs are held at the Breast Cancer Coalition of Rochester (unless otherwise noted) 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:

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)

Breast Cancer Options Complementary Medicine Conference
Sunday, April 27th, 2014 - 8:30am to 4pm
SUNY New Paltz Lecture Center

Register online: http://breastcanceroptions.org/complementary_medicine_conference0.aspx

Keynote Speaker: Mitchell Gaynor, MD- Strategic Planning for Risk Reduction: How to Help Patients Prevent Cancer and Its Underlying Causes

Workshops: An Integrative Approach to Breast Health; Nutrition and Cancer; Breast Cancer and the Environment; Personalizing Cancer Treatment; Vitamin V: Using Visualization for Stress

Speakers: ; Scott Berliner RPH; Janet Gray, PhD; Ajamu Ayinde, MA, ACH, Certified Medical Hypnotherapist; Genomic Health/Caris Molecular

ONGOING PROGRAMS AND SERVICES: www.breastcanceroptions.org

DUTCHESS COUNTY

PEER LED SUPPORT GROUPS

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

-Beacon: *Wingate at Beacon*-3rd Wednesday- 6:30-8pm

-Poughkeepsie- Metastatic Support group: Vassar Brothers Hospital- 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

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

-Middletown: TBA

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

SULLIVAN COUNTY -TBA

ACUPUNCTURE CLINICS:

5 free acupuncture sessions when deemed necessary during or after breast cancer treatment. Locations in Ulster, Dutchess, Columbia, Greene, Sullivan & Orange Counties. Putnam County has been added.

BCO NEWS: Weekly cutting edge E-news updates.

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 (BCNWNY)

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 for Survivors. The following classes are offered at different times during the year. Call 716-706-0060 for further information.

ACTIVITIES

Monthly Membership Meeting- 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. Participants are able to get a 5 minute massage, zumba, 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 Chris 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, BCNWN, 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 charged.

Monthly Educational Program

Safety and Self-Defense for Women" Steve Spoth, Owner of Training Edge to speak.

Depew Police Officer and Deb Gick.

3297 Walden Avenue, Depew

All welcome- Open Meeting

New Morning Yogi Class- 10:30-11:30 am Fridays

Yoga also offered on Monday evenings at 6:00-7:00 pm

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 -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

Local resources

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. 2 computers are also available for searching the web.

Financial Assistance- We currently have 3 financial programs available: Adopt a Family which provides assistance for medical and utility bills; Metastatic Fund, which provides assistance to metastatic patients; and Lymphedema Fund which provides funds for sleeves and treatment. 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 or to speak with a Patient Navigator.

Wednesday, March 12th, 6:00pm at Hope Club, One Penny Lane, Latham - "**A Matter of Compassion: Medical Marijuana in New York State**" Join patients, caregivers and experts to discuss: What does research say about the use of medical marijuana to treat serious illnesses, such as chronic pain, multiple sclerosis and cancer? What are the details of the Compassionate Care Act, the medical marijuana bill currently under consideration in NY? What is the patient perspective on medical marijuana? What are your questions? Contact CRAAB! to register at 435-1055.

Yoga Classes - Breast cancer "alivers" may find these classes an effective way to regain a sense of serenity, security and hope. Offering Yoga Classes in Albany, Latham and Niskayuna. Wednesdays at Noon at The Yoga Loft, 540 Delaware Avenue, Albany. March 5, 12, 19, 26. Wednesdays at 6:00pm at The Eastern Parkway Methodist Church, 943 Palmer Avenue, Schenectady. March 12, 19, 26. Tuesday/Thursday mornings at 10:00am at Hope Club, 1 Penny Lane, Latham. March 4, 6, 11, 13, 18, 20.

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 6, 13, 20, 27; April 10.

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 Noon at the Colonie Community Center, 1653 Central Avenue, Colonie. March 14, 21, 28; April 4, 11.

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, Albany. March 3, 10, 17.

Nia Joy of Movement - Nia is a physical conditioning program that delivers cardiovascular aerobic exercise and whole-body conditioning. It integrates movements from dance, martial arts and yoga. Mondays at 5:30pm at The Court Club, 444 Sand Creek Road, Albany. March 3, 10, 17, 24, 31.

Strength & Metabolism - This class provides the research-based benefits of resistance training, including increasing muscle mass, strength and energy. Wednesdays at 7:00pm at Plaza Fitness, Stuyvesant Plaza, Albany. March 5, 12, 19.

Donna's Vegan Delights - Discover how delicious and healthy Vegan cooking can be. Join us for hands-on, fun-filled classes twice a month. Held from Noon-2:00pm at Hope Club, 1 Penny Lane, Latham. You must pre-register for each class by calling Hope Club at 220-6960. Space is limited. March 4, 18.

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 selecting students for 2014 summer laboratory internships.

Community Partner/ Breast Cancer Environment Research Program (BCERP) with the Icahn School of Medicine at Mount Sinai, New York

Reaching Multicultural Communities: Advocates Mentoring Advocates, GNBCC participating in the 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.

NYSBCN Breast Cancer Advocacy Day, March 18th: GNBCC participating in this annual advocacy day

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: 1/6, 12/9, 1/3, 1/2, 1/27

10:00-11:00am-Reuner Cancer Support House

Qi Gong

Tuesdays: 1/7, 1/14, 1/21, 1/28

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

Smartbells

Thursdays: 1/2, 1/9, 1/16, 1/23, 1/30

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

Gentle Yoga

Wednesdays: 1/8, 1/15, 1/22, 1/29

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

Jazzercise

Fridays: 1/24, 1/31

4:30-5:30pm 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: 1/2, 1/16

11:00am-12:30pm-Reuner Cancer Support House

Evening Women's Support Group

2nd Thursday: 1/9, 1/23

7:00-8:30pm-Reuner Cancer Support House

Men's Support Group

2nd Monday: 1/13

5:30-7pm-Reuner Cancer Support House

Metastatic Support Group

1st and 3rd Tuesdays: 1/7, 1/21

2:00-3:30pm-Reuner Cancer Support House

Caregiver/Family Support Group

3rd Monday: 1/20

7:00-8:30pm-Reuner Cancer Support House

Ovarian Support Group

Wednesday: 1/29

7:00-8:30 pm-Reuner Cancer Support House

Miso Happy Cooking Club

Tuesday: 1/28 "Japanese Home Cooking with Youko Yamamoto

10:30am-1pm-Reuner Cancer Support House Kitchen

Hypnosis for Smoking Cessation

Wednesday: 1/8

5:30-7:00pm-Reuner Cancer Support House

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

Hypnosis for Weight Loss

7pm - Reuner Cancer Support House

Memoir Writing Workshop

Thursdays with Abigail Thomas (closed) 1/2, 1/9, 1/16, 1/23, 1/30

3:30-5:30pm---Reuner Cancer Support House

Fridays with Carol Dwyer 1/3, 1/10, 1/17, 1/24, 1/31

2-3:30 pm - Reuner Cancer Support House

Smoking Cessation Group - - The Butt Stops Here with Larry McGrath

Session I: 1/20, 1/22, 1/17, 1/29

Admin Conf. Room - HealthAlliance Hospital Mary's Ave. Campus

\$40. for 4 sessions

Healthy Brains/Happy Lives - An Integrative Approach

With Kelly Jennings, Naturopathic Doctor and Chinese Med. Practitioner

1/22 5:30-7:00 Reuner Cancer Support House

Snowdate 1/29

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

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 and West 44th St .)

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

++ BronxSHARE, Jacobi Medical Center. 1400 Pelham Parkway South Building 1, 6th Floor, 6S Conference Room (Corner of Eastchester Road and Pelham Parkway South), Bronx , NY 10461

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

++ BrooklynSHARE, Kings Bay YM/YWHA. 3495 Nostrand Ave (bet. U & V Aves) Rm 226, Bklyn, NY 11229

MONDAY - Jan 6 7:30-9:00 PM

++ BrooklynSHARE, Restoration Plaza. 1368 Fulton St (bet. Brooklyn and New York Aves), 1st Floor Multipurpose Room, Brooklyn, NY 11216

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

++ SHARE/Women at Risk. New York-Presbyterian Hospital/Columbia University Medical Center, Women At Risk Resource Library, 161 Fort Washington Ave, Herbert Irving Pavilion, Garden Floor Conference Room

FRIDAYS - Jan 10,24 2:00 - 3:30 PM

To register, please contact Nancy Singleton at (212)342-0297

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

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

TUESDAY - Jan 21 4:00 - 5:30 PM

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

Queens, NY 11362

THURSDAY - Jan 9 7:30 - 9:00 PM

++ (New!) SHARE/Riverdale YM-YWHA. 5625 Arlington Ave, Bronx , NY 10471

SUNDAYS - Jan 5, 26 5:00 - 6:30

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

++ (NEW!)Support Group in Japanese

SHARE Main Office

Friday - Jan 10 6:00 - 7:30 PM

Friday - Jan 24 12:30 - 2:00 PM

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

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

WEDNESDAY - Jan 29 6:00 - 7:30 PM

DCIS Support Group- Conflicting interpretations of the risk presented by DCIS, differing opinions about appropriate treatment and emotional issues generated by a diagnosis of DCIS will be addressed.

SHARE Main Office

MONDAY - Jan 6 6:00 - 7:30 PM

(NEW!)DCIS Telephone Support Group- Call the share Breast Cancer Helpline to register and receive instructions on how to participate: (212) 382-2111

WEDNESDAY - Jan 22 6:00 - 7:30 PM

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- 6:00 - 7:30 P.M

Jan 8(Wed), Jan 27(Mon)

++ QueensSHARE, Samuel Field YM/YMHA

MONDAYS - Jan 6,27 7:30 - 9:00 PM

Caregiver 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

TUESDAY - Jan 14 6:00 - 7:30 PM

Register through the Caregiver Support Helpline at (855) 498-5523

Metastatic Cancer: Support and Education- Registration Required

Please register through the SHARE Breast Cancer Helpline (212) 382-2111

Telephone Support Group (daytime)Women with metastatic breast cancer can register by calling the SHARE Breast cancer Helpline, (212) 382-2111. Funding provided by Judges and Lawyers Breast Cancer Alert (JALBCA)

Every MONDAY 4:00 - 5:00 PM

No group on April 14

(New!) Living with Uncertainty (evening) Telephone Support Group for Women with Metastatic Breast Cancer Or Recurrent Ovarian Cancer. SHARE's evening support group, which used to meet in person, now meets by TELEPHONE twice each month. Join others via telephone to discuss living with these diseases. Call the SHARE Breast Cancer Helpline to register and receive instructions on how to participate: (212) 382-2111

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

Young Women and Breast Cancer

(New!) Young Women's Support group Now via VIDEO CONFERENCE CALL

Discuss issues related to being diagnosed with breast cancer at a younger age with other young women in a monthly video conference call.

It's easy to participate: RSVP to the SHARE Breast Cancer Helpline (212) 382-2111. Make sure to include your email address when registering. You will receive an email providing instructions for how to participate.

TUESDAY - Jan 7 7:30 - 8:30 PM

EDUCATIONAL PROGRAMS

Building a Healthy Mind and Body - Kathleen Wesa, MD, will talk about the integrative medicine services offered at Memorial Sloan-Kettering Cancer Center , including a variety of complementary therapies like Nutrition Counseling, Acupuncture and Massage, Meditation, And Fitness. To register, please call UFT (212)539-0667 or email Kisha.johnson@uftwf.org.SHARE in collaboration with UFT UFT, 52 Broadway, 19th Floor, Suite C. (Trains #4&5 to Wall ST, R & w To Rector St.)

THURSDAY - Jan 16 5:00 - 7:00 PM

What is NEW in Breast Cancer Research? Hear medical and advocacy perspectives on the latest breast cancer research, clinical trials, and treatment strategies presented at the renowned San Antonio Breast Cancer Symposium. Dr Goldfarb, Assistant Attending Physician Memorial Sloan-Kettering Cancer Center, will interpret findings, answer questions and discuss what the research results mean to us.

SHARE Main Office

THURSDAY - Jan 23 6:00 - 7:30 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 Avenue, Piso 10, Salón A, NY 10025

MIÉRCOLES 12:30 a 2:30 de la tarde

8 de enero

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

JUEVES 10:00 a 11:30 de la mañana

9 de enero

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 de enero

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

VIERNES 6:30 a 8:30 de la noche

10 de enero

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

JUEVES: 10:00 a 11:30 de la mañana

1 y 24 de enero

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

++ Beth Israel Comprehensive Cancer Ctr (Campus Oeste) 325 West 15th Street (entre la 8a y 9a Avenida), Piso 1, Cuarto de conferencia, New York, NY 10011

MIÉRCOLES 12:30 a 2:00 de la tarde

15 de enero

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

MIÉRCOLES 4:00 a 6:00 de la tarde

15 de enero

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

LUNES 11:00 a 1:00 de la tarde

27 de enero

++ (Nueva) NY Presbyterian/Manhattan Center Services Program (Manhattan)

Avon Breast Imaging (entrada del lobby), 1130 St. Nicholas Avenue , New York , NY 10032

VIERNES 1:00 a 3:00 de la tarde

1 y 24 de enero

++ St. Barnabas Hospital (Bronx)

Salón de Infusión #165, 4422 Third Avenue, Bronx, NY 10457

VIERNES 2:00 a 4:00 de la tarde

17 de enero

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) 1st Thursday of each month at 7 pm, Mar. 6: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- 2) 3rd Monday of each month at 7 pm, Mar. 17: Hudson Valley Hospital Center, 1980 Crompond Road Cortlandt Manor
- 3) 3rd Thursday of each month at 7 pm, Mar. 20: Putnam Hospital Center, 670 Stoneleigh Ave., Carmel
- 4) 4th Tuesday of each month at 7 pm, Mar. 25: 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. 3

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 pm, Mar. 12: 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. 21: 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 am, Mar. 6: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- 2) 1ST Tuesday of each month at 10 am, Mar. 4: Vassar Brothers Medical Center, 45 Reade Place, Poughkeepsie
- 3) 2nd Tuesday of each month at 10:15 am, Mar 11: East Fishkill Community Library, 348 Route 376, Hopewell Junction
- 4) 3rd Wednesday of each month at 7 pm, Mar. 19: 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. 1, 8, 15, 22, 29
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.

Marge's Knitting Circle- Wednesday, 6:30pm-8pm, Mar. 26

Support Connection, 40 Triangle Center, Suite 100, Yorktown Heights, NY

Knitters of all levels of experience are invited to come spend a winter's evening knitting a square or two for an afghan. Beginners will be offered instruction so that they can participate.

Meditation- Monday, 6pm-7pm, Mar. 24

Mahopac Public Library, 668 Route 6, Mahopac, NY

Instructor Chun Kim Levin will gently guide participants to experience many different ways to meditate so they can reap its many benefits. These benefits include slowing and deepening breath, relaxing the nervous system, muscles and tendons, increasing the efficiency of the immune system, aiding in blood flow and heart efficiency, and increasing digestive system efficiency.

Managing Menopause for Women Living With Breast and Ovarian Cancer

Tuesday, March 18, 7pm - 8:30pm- Somers Public Library, 82 Primrose Street, Katonah NY

Speaker: Dr. Corinne Menn, Board Certified Gynecologist, Fellow of the American College of OB/GYN, and a Certified Menopause Practitioner. Topics to include: The physiology of menopause, including premature menopause from chemotherapy as well as surgical menopause; Troublesome aspects of menopause (such as hot flashes, insomnia, anxiety and sexual dysfunction) and how to treat them; Long term health risks associated with early menopause, such as low bone density, cardiovascular and neurologic disease; Safe and effective ways for breast and ovarian cancer patients to deal with menopause.

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 comisole 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