



NEW YORK STATE BREAST CANCER SUPPORT & EDUCATION NETWORK OCTOBER 2013 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

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.

BENEDICTINE HOSPITAL ONCOLOGY SUPPORT PROGRAM

Herbert H. and Sofia P. Reuner Cancer Support House

80 Mary's Avenue

Mailing Address: 105 Mary's Avenue, Kingston, NY 12401

845-339-2071

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

EXERCISE AND WELLNESS CLASSES:

Tai Chi- Mondays: 10/7, 10/14, 10/21, 10/28

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

Qi Gong- Tuesdays: 10/1, 10/8, 10/15, 10/22, 10/29

7:00-8:00pm--- ASB Auditorium

Gentle Yoga- Wednesdays: 10/2, 10/9, 10/16, 10/23, 10/30

9:30-10:45am-ASB Auditorium

Smartbells- Thursdays: 10/3, 10/10, 10/17, 10/24, 10/31

9:30-10:45am-ASB Auditorium

SUPPORT GROUPS:

Daytime Women's Support Group- 1st and 3rd Thursdays: 10/3, 10/17

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

Evening Women's Support Group- 2nd and 4th Thursday: 10/10, 10/24

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

Men's Support Group- 2nd Monday: 10/14

5:30-7pm-Reuner Cancer Support House

Metastatic Support Group- 1st and 3rd Tuesdays: 10/1, 10/15

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

Caregiver/Family Support Group- 3rd Monday: 10/21

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

Ovarian Support Group- Last Wednesday: 10/30

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

Special Events:

Hypnosis for Smoking Cessation- 10/2

5:30-7pm-Reuner Cancer Support House

Music and Imagery 10/7, 10/21

1-2:30pm-Reuner Cancer Support House

Hypnosis for Weight Control- 10/19

12pm-Reuner Cancer Support House

Watercolor & Words- 10/7, 10/14, 10/21

1-2:30pm-Reuner Cancer Support House

Miso Happy Cooking Club

10/13 at 4:45-7:15pm-Reuner Cancer Support House Kitchen

10/22 at 10:30am-1pm-Reuner Cancer Support House Kitchen

Choral Ensemble -10/3, 10/10, 10/17,10/24

6:30-8pm-ASB, Auditorium

The Actual Dance- Sunday, October 6th

A play by Sam Simon

Perspective of the love partner in the Breast Cancer Journey

7pm-HealthAlliance Administrative Service Building Auditorium

Breast Health Program

What you need to know and what you can do to reduce your Breast cancer risk

Wednesday, October 23rd- 6-8pm-HealthAlliance Hospital Mary's Ave Auditorium

Zoe Weinstein will discuss Breast Density and implications for Risk and imaging.

Nancy Treuman, MS., RD and Ellen Marshall, MS., LCSW will discuss modifiable risk factors with food demo

Angel Ortloff LMT will conduct exercise (smartbells) demo

Holding On, Letting Go- Friday, October 25th

7PM-HealthAlliance Hospital Auditorium

The Third Public Reading of the OSP Memoir Group

Kick-off Event and Fundraiser for their Anthology

Mind Body Approaches to Treating Post-Traumatic Stress Disorder

2nd Annual Conference co-sponsored by the Hudson Valley Psychological Association and VETFAMSA

Saturday, October 26th- 9AM to 5:30PM (Registration at 8:30AM)

Auditorium of the HealthAlliance Hospital: Mary's Ave Campus

Presenters Include: Dr. Richard Brown, Dr. Asha Clinton, Dr. Patricia Gerbarg, Dr. Carol Kessler, and many more!

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 - Bring your lunch - beverage and dessert provided!
Every Friday at Noon

Support Group for Breast Cancer Survivors I-Facilitator led- offered every 2nd and 4th Tuesday evening: 10/8 & 10/22
5:30pm - 7:00pm

Support Group for Breast Cancer Survivors II- Facilitator led- offered the 1st and 3rd Thursday of the month: 10/3 & 10/17
5:30pm - 7:00pm

Friends & Family Care Givers Support Group- Facilitator led- offered the 2nd Thursday of the month: 10/10
5:30pm - 7:00pm

Living with Metastatic Breast Cancer Support Group -Facilitator led - offered the 1st and 3rd Thursday of every month: 10/3 & 10/17
12:00 - 1:30pm

Lymphedema Awareness Networking/Support Group- Facilitator led - offered every 2nd Wednesday of every month: 10/9
5:30 - 7:00pm

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

Gentle Yoga- Monday Evenings
6 week session - registration required

Healing Arts - Qi Gong
Saturday mornings
5 week session - registration required

Voices and Vision Writing Workshop- Tuesday Evenings
5 week session - registration required

RISE I & II (Relationships, Intimacy, Sexuality, Empowerment)- Friday, 10/4
2:00 - 3:30 pm - RISE II for ages 50+
6:00 - 7:30 pm - RISE I for ages 49 and under

BCCR Book Club- Flight Behavior by Barbara Kingsolver
Thursday, 10/24
6:00 - 8:00 pm

All programs are held at the Breast Cancer Coalition of Rochester and are free for breast 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)

UPCOMING EVENTS

'Picking up the Pieces After a Cancer Diagnosis.'

COLUMBIA COUNTY. Columbia Healthcare Consortium. 325 Columbia St, Hudson

*** Thursday, October 17: Take Charge! Working with your Cancer Care Team.**

Patient-centered care and the highest quality of care are now priorities in all health care systems.

Learn what this means and the important role of the patient, their caregivers and family have from cancer screening, diagnosis, treatment and survivorship.

Speaker: Maureen Killackey, MD; Professor of Clinical Obstetrics and Gynecology, Weill

Cornell Medical College.

*** Thursday, November 21: The Health Insurance Exchange- (NY State of Health)How it Can Help You**

NY State of Health is a marketplace where you and your family can buy affordable health insurance coverage. You may also qualify for financial assistance to help pay for it. Speakers will help you learn how to shop for, compare coverage and enroll in a low-cost quality plan that's right for you.

Speaker TBA

LIFE AFTER BREAST CANCER- A program for Young Women with Breast Cancer

Thursday October 24 at 6PM

Mid-Hudson Medical Group. 600 Westage Business Ctr Dr, Fishkill, NY 12524

Join Hannah Brooks, MD, FACS for an intimate chat about the special issues that young women face after a breast cancer diagnosis.

This program focuses on the unique needs of young women (in their early 40s and younger) who have been diagnosed with breast cancer. A cancer diagnosis is a life-altering experience for most individuals; however, young women facing breast cancer often feel especially alone and overwhelmed. From parenting young children and concerns about future fertility, to managing careers and sustaining relationships, young women struggle to balance their illness with their personal and professional lives.

PLEASE REGISTER - 845/339-4673 or hope@breastcanceroptions.org

ONGOING PROGRAMS AND SERVICES: www.breastcanceroptions.org

PEER LED SUPPORT GROUPS

DUTCHESS COUNTY

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

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

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: *Middletown Galleria Mall Community Room. 1st Wed.-6:00-7:30pm*

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

SULLIVAN COUNTY - MOVING TO MONTICELLO 2013

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 (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 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 Y, 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 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.

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. For more information, contact instructor Nick Boyar at 607-272-2062 or nickboyar1@yahoo.com. The class is offered free of charge to those with cancer.

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

Shop Amazon.com and Support CRAAB! If you are someone who likes to shop online, you know that Amazon.com has the largest selection of merchandise you can find. CRAAB! has partnered with Fundinco and Amazon to raise funds for our programs. Go to: <http://www.fundinco.org/orghome/php?orgid=872>, and click on the Amazon button to start shopping. It's that easy!

October 8th - Ted's Fish Fry, Wolf Road, Colonie. 4:00pm - 7:45pm. Support CRAAB! and have a delicious fish dinner. A percentage of your dinner expense will be donated to CRAAB!. For an additional \$1, you can purchase a pink ribbon to wear proudly during the month of October.

October 27th - Pumpkins in the Park 5K Race, Corning Preserve, Albany. 7:30am Pick up Packets; 9:00am Race begins; 10:30am Awards Ceremony. There will be music, snacks and lots of pink pumpkins. Call or email to register: 855-723-3060 or Diane@PAE-Albany-Saratoga.com

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 and Niskayuna. Wednesdays at Noon at The Yoga Loft, 540 Delaware Avenue, Albany. Oct. 2, 9, 16, 23, 30, Nov. 6, 13. Wednesdays at 6:00pm at The Methodist Church, Eastern Parkway, Niskayuna. Oct. 2, 9, 16, 23, 30, Nov. 6, 13, 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. Oct. 3, 10, 17, 24, 31, Nov. 14, 21, Dec. 5.

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. Oct. 4, 11, 18, 25, Nov. 1, 8, 15, 22.

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. Oct. 7, 14, 21, 28, Nov. 4, 11, 18.

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. Oct. 7, 21, 28, Nov. 4, 18, 25, Dec. 2.

Strength & Metalbolism - 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. Oct. 2, 9, 16, 23, 30, Nov. 6, 13, 20.

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 sponsored students will be working on abstracts to submit to November BCERP Conference in Madison, Wisconsin.

Prevention Is the Cure--Presentations on environmental links to breast cancer year round.

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)

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

Breast cancer support - ongoing

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

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

TUESDAYS - Oct 8, 22 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 - Oct 25 1:00 - 2:00 PM

++ BrooklynSHARE, Kings Bay YM/YWHA, 3495 Nostrand Avenue

MONDAY - Oct 7 7:30 - 9:00 PM

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

TUESDAYS - Oct 8, 22* 3:30 - 5:00 PM

*Lymphedema Program

++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 Fl. Conf. Rm.

FRIDAYS - Oct 11, 25 2:00 - 3:30 PM

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

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

THURSDAY - Oct 10* 7:30 - 9:00 PM

*SHARE Fundraiser

++ HarlemSHARE, The Ralph Lauren Center - 1919 Madison Avenue

New York, NY 10029

TUESDAYS - Oct 8 6:00 - 7:30 PM , Oct 22 4:00 - 5:30 PM

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

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

WEDNESDAY - Oct 23 6:00 - 7:30 PM

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

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

MONDAY - Oct 7 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 information and experiences.

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

THURSDAY - Oct 24 6:00 - 7:30 PM

Coping with Aromatase Inhibitors and Tamoxifen- This support group is for women who are taking aromatase inhibitors or tamoxifen, or trying to decide whether to take them. These medications can reduce the risk of recurrence, but may cause side effects that can impact our life.

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

TUESDAY - Oct 15 6:00 - 7:30 PM

Ongoing Ovarian Cancer Support- To register, please call (212) 719-120. 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 - Oct 9 6:00 - 7:30 PM

MONDAY - Oct 28 6:00 - 7:30 PM

++ Queens SHARE, Samuel Field YM/YMHA

MONDAYS - Oct 7, 21 7:30 - 9:00 PM

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

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

TUESDAY - Oct 8 6:00 - 7:30 PM

Telephone Support Group for Women with Metastatic Disease- 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 - Oct 7, 14, 21, 28 4:00 - 5:00 PM

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

THURSDAYS - Oct 10, 24 6:30 - 8:00 PM

Breast Cancer Support for Young Women- This group will discuss issues related to being diagnosed with breast cancer at a younger age: relationships, caring for young children, ones changed sense of self, and professional issues.

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

TUESDAY - Oct 1 6:00 - 7:30 PM

Challenges of Being a Senior - For women of retirement age who have had breast or ovarian cancer. What kind of challenges do we face? Are they medical, mental, social, emotional? Leys talk about them and share some coping mechanisms.

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

MONDAY - Oct 7 2:30 - 4:00 PM

EDUCATIONAL PROGRAMS

Managing Symptoms and Side Effects: How Caregivers Can Help (WEBINAR) Jane Carleton, MD, medical oncologist at The Monter Cancer Center, will present information on how caregivers can help their loved ones manage the symptoms and side effects of metastatic breast cancer and treatment. Q&A will follow. This program is made possible by SHARE supporters and Genentech.

WEDNESDAY - Oct 23 1:00 - 2:00 PM

Hereditary Cancer: Know Your Legal Rights - If you have a known genetic mutation or are considering genetic testing for cancer, you may face discrimination by employers and insurers. This informative session will acquaint you with the legal protections afforded under GINA (Genetic Information Non-Discrimination Act) and other relevant legal issues. Featuring Sandra Park, an attorney for the ACLU Women's Rights Project, who represented the plaintiffs in the case against Myriad Genetics and the U.S. Patent and Trademark Office. Come with questions. Co-Sponsored by FORCE and SHARE.

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

MONDAY - Oct 21 6:00 - 7:30 PM

Lymphedema: Information and Support- Jane Dweck, a co-founder of StepUp-SpeakOut.org, a comprehensive online source of information about lymphedema, will explain and show various daytime and nighttime garments used in the treatment and control of lymphedema. Discussion to follow.

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

TUESDAY - Oct 8 3:30 - 5:00 PM

Managing Your Cancer Diagnosis: Five Essentials to Save Time and Stay Focused

(WEBINAR)

Author and breast cancer survivor Melanie Young will discuss "five commandments" to help you navigate your cancer journey with greater confidence. By making a plan to manage your cancer diagnosis, you can help put cancer in its place in your life. Business woman, blogger and breast cancer survivor, Melanie Young is author of Getting Things Off My Chest: A Survivor's Guide to Staying Fearless and Fabulous in the Face of Breast Cancer. Follow Melanie on Twitter @mightymelanie, Facebook.com/MelanieYoung and www.melanieyoung.com

WEDNESDAY - Oct 16

1:00 - 2:00 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 Avenue, Piso 10, Salón A, NY 10025

MIÉRCOLES 12:30 a 2:30 de la tarde

9 y 23 de octubre

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

JUEVES 10:00 a 11:30 de la mañana

10 de octubre

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

11 de octubre

++ St. Barnabas Hospital (Bronx) Salón de Infusión Primer Piso, 4422 Third Ave Bronx, NY 10457

VIERNES 2:00 a 4:00 de la tarde

18 de octubre

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

LUNES 11:00 a 1:00 de la tarde

28 de octubre

Educación/ Medicina Alternativa (Education Programs)

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.

++ 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

16 de octubre

++ Aromaterapia: Una Terapia Complementaria Para Las Mujeres En Tratamiento (Aromatherapy: A Complementary Therapy for Women in Treatment)

Susu, experta en Terapias Holístico les hablara acerca de la Aromaterapia, esta practica que lleva miles de años pueden ser de beneficio físico (el sistema inmunológico) y emocional.

++ 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

16 de octubre

Dueda Medica (Medical Debt) Esta presentación se centrará en las medidas que se pueden tomar antes del tratamiento para evitar o reducir la cantidad de los gastos médicos y los derechos de los pacientes enfrentándose con facturas del hospital sustanciales. También se proporcionara información que ayude en la negociación con hospitales y proveedores médicos.

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

LUNES 11:00 a 1:00 de la tarde

28 de octubre

Planificación De La Vida (Life Planning) El Cancer Advocacy Project es un proyecto en el City Bar Justice Center, una organización legal sin fines de lucro del New York City Bar Association, que atienden a personas con cáncer en Nueva York. Esta presentación se centra en la planificación de la vida, tales como testamentos simples, poderes, proxies, y los testamentos vitales.

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

JUEVES

10:00 a 11:30 de la mañana

24 de octubre

SOUTH FORK BREAST CANCER COALITION

www.southforkbreast.com ■ info@southforkbreast.com

P.O. Box 1074, Southampton, NY 11969 631/726-8606

ONGOING PROGRAMS AND SERVICES:

NEWLY DIAGNOSED SUPPORT GROUP: East Hampton - Wednesdays, 4:00 PM to 6:00 PM.

This support group is for women who have been newly diagnosed with breast cancer. Held in East Hampton every Monday afternoon. Located at the East Hampton Health Care Center, Pantigo Lane, East Hampton. Please call Edyle O'Brien at 631-723-0514 to join

YOGA: Tuesdays and Thursdays, 4:30 PM to 6:00 PM

Yoga class is tailored to meet the needs of women who have been diagnosed with breast cancer. Classes provide meditation, guided visualization and stretching. Whether this is your first time trying yoga or you are experienced, come as you are. Parrish Memorial Hall located on the grounds of Southampton Hospital.

WELLNESS SUPPORT GROUP: 6:30 PM to 8:00 PM

The Wellness Support Group provide psychosocial support group for women. Join Edyle O'Brien at the Hampton Bays Library for the Wellness Program. Held every other Monday. FREE. To join this support group, please call Edyle at 723-0514

ELLEN'S WELL: Group counseling addresses and explores concerns, feeling and issues that arise from a breast cancer diagnosis. Meditation, yoga, and other stress management techniques aimed at enhancing quality of life through developing awareness of the mind-body connection are utilized. Facilitated by Ms. Edyle O'Brien, C.S.W., a surgical oncological social worker.

NEIGHBORS HELPING NEIGHBORS: The Neighbors Helping Neighbors Program was created to help relieve the day to day pressures for breast cancer patients undergoing chemotherapy or radiation therapy by helping them to manage family and home commitments during this stressful period.

We offer Transportation to help any woman on the East End who has breast cancer - whether it is to go to the doctors, have chemo, go to radiation therapy and even for women who do not have breast cancer but need some assistance in getting to the hospital to have a Mammogram.

BOSOM BUDDY (en español). Addresses a critical need of Latina women who face their disease far from family and friends, in a foreign environment and sometimes in poverty. We offer a range of interventions that help Latinas throughout the continuum of breast cancer survivorship including diagnosis, treatment and recovery. Services include "Patient Navigators" who assist Latinas diagnosed with breast cancer in making appointments for clinical breast exams, pap smears and Mammograms. Patient Navigators can also accompany them to their appointments and medical follow-ups.

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 7:00 pm, Oct. 3: NWH at Chappaqua Crossing, 480 Bedford Road, Chappaqua
- 2) 3rd Monday of each month at 7:00 pm, Oct.21: Hudson Valley Hospital Center, 1980 Crompond Road Cortlandt Manor
- 3) 3rd Thursday of each month at 7:00 pm, Oct. 17: Putnam Hospital Center, 670 Stoneleigh Ave., Carmel
- 4) 4th Tuesday of each month at 7:00 pm, Oct. 22: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights

Telephone Group for Women with 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.

3rd Tuesday of each month, at 8 pm (NY time) Oct. 15

Young Women's Breast Cancer Support Group: Topics related to women who have or had cancer at a young age and want to be in a group where they feel comfortable with their peers.
2nd Wednesday of each month at 7:00 pm, Oct. 9: 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, Oct. 18: 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, Oct. 3: Support Connection office, 40 Triangle Center, Suite 100, Yorktown Heights
- 2) 2nd Monday of each month at 10:00 am, Oct. 14: Putnam Hospital, 670 Stoneleigh Avenue, Carmel
- 3) 2nd Tuesday of each month at 10:15 am, Oct. 8: at East Fishkill Community Library, Hopewell Junction, NY
- 4) 3rd Wednesday of each month at 7:00 pm, Oct 16: Putnam Hospital, 670 Stoneleigh Avenue, Carmel

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

Yoga - A Path Toward Wellness

Saturdays, Noon - 1:30 pm, Oct. 5, 12, 19, & 26

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.

Questions and Answers About Nutrition and Meal Planning

Tuesday, Oct. 15, 7-8:30 pm

United Methodist Church, 300 Main Street, Mt. Kisco, NY. Registered dietician Alison Cecere, MS, RD, CDN, will discuss nutrition and lifestyle strategies for optimizing wellness in cancer care. Focus

will be on meal planning, food shopping, and other practical aspects of nutrition for cancer survivors.

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

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

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

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

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

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

WOMEN AT RISK

www.womenatrisknyc.org ■ info@womenatrisknyc.org
NewYork-Presbyterian Hospital/ Columbia University Medical Center
601 W. 168th St. #7, New York, NY 10032
212.305.9525

English Support Group for Women with Breast Cancer

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

Every other Friday, 2:00 - 3:00 PM. New participants may start at any time.

Women At Risk Resource Library- Room 1035, 10th Floor
Herbert Irving Pavilion, 161 Fort Washington Avenue, New York, NY
For more information or to attend, please call 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.

NEW YORK STATE BREAST CANCER SUPPO