

ONE-ON-ONE

Helpline 650-326-6686

Monday–Thursday, 9 a.m.–5 p.m.
Friday, 8 a.m.–3 p.m.
First & Fourth Saturdays, 9 a.m.–3 p.m.

Our phone line can offer support, navigate you through our services (everything is free of charge), or connect you with other resources in the community.

Counseling

Our team of licensed therapists can provide one or two free individual tele-health therapy sessions. We also offer Cancer Journey Coaching to support your move into holistic healing and self-empowerment.

The Boutique

Make an appointment for contactless fitting on our back patio. We have wigs, hats, scarves, bras, prostheses, and more.

Buddy Program

Breast or ovarian cancer survivors provide support by sharing their personal experience with you over the phone. Through this program, we match you with a Buddy who experienced a similar diagnosis or treatment, or who can relate to you in other ways.

Insurance/Employment

A volunteer specialist can answer questions and offer strategizing and support regarding employment, employee benefit concerns, and health insurance.

Financial Assistance

We have two programs, the Breast and Ovarian Cancer Emergency Fund and the Karen Swanson Fund. For more information, please contact our Helpline or email info@bayareacancer.org.

650-326-6686 | info@bayareacancer.org | bayareacancer.org
Registration necessary. Programs with limited enrollment are subject to cancellation.

You can access our most up-to-date calendar online at bayareacancer.org and get connected to our remote programs and services by emailing us at info@bayareacancer.org.

We've gone virtual!



SUPPORT GROUPS

As always, all of our services are free of charge! **Registration is required for all support groups.** Currently, all programs (except for ZSFGH General Breast Cancer) take place via Zoom.

DCIS

First Monday, 5:30–7 p.m.
Barbara Kirsch, Ph.D.

Metastatic Breast Cancer

Every Monday, 6–8 p.m.
Dorote Lucci, Ph.D.

Navigating Transitions: Palliative Care And Hospice Information

Third Tuesday, 5:30–7 p.m.
Dr. Liza Bakunina & Theresa Koettters, R.N., M.S.

In partnership with:



PJCC General Breast Cancer

Second Wednesday, 7–8:30 p.m.
Judy Goldstein, LCSW

In partnership with:



Gynecological Cancer

First and third Thursdays, 11 a.m.–12:30 p.m.
Colleen Lam Nguyen, LMFT

ZSFGH General Breast Cancer

Second Friday, 2–3:30 p.m.
Karen Newcomb, LMFT

In partnership with:



Newly Diagnosed/In-Treatment

Every Saturday, 3–4:30 p.m.
Dorote Lucci, Ph.D.

Post-Treatment

Second Saturday, 1–2:30 p.m.
Amy Armes, LMFT
Active treatment (e.g., surgery, chemotherapy, radiation) must be done before client can attend.

Triple Negative Breast Cancer

Third Saturday, 10:45 a.m.–12:45 p.m.
Laurie Nelson, LMFT

Hereditary Cancer

Quarterly, please refer to online calendar.
Rachel Hodan, Licensed Genetic Counselor & Amy Armes, LMFT

In partnership with: 

Young Women's Group (45 and younger)

Young Women's Breast Cancer Group with Mills-Peninsula

For those in-treatment or post-treatment
First & third Thursdays, 7–8:30 p.m.

Judy Goldstein, LCSW

In partnership with



Note: Our support groups provide a private place for individuals to discuss their experiences, share ideas, and provide support to one another. BACC groups and activities are voluntary associations of social support. They are not professional therapy and may not meet all of your emotional support needs.



FITNESS

Register for one of our gentle exercise classes via Zoom to improve coordination, balance, and strength. Classes are tailored to participant needs. Friends and family welcome!

Yoga for Healing & Recovery

Light Athletic Stretch and Release (LASR) yoga— a moderate yoga flow for all levels.

Healthy Steps

Healthy Steps is an exercise program designed to open up the lymphatic system, improve range of motion, reduce scar restriction, and more.

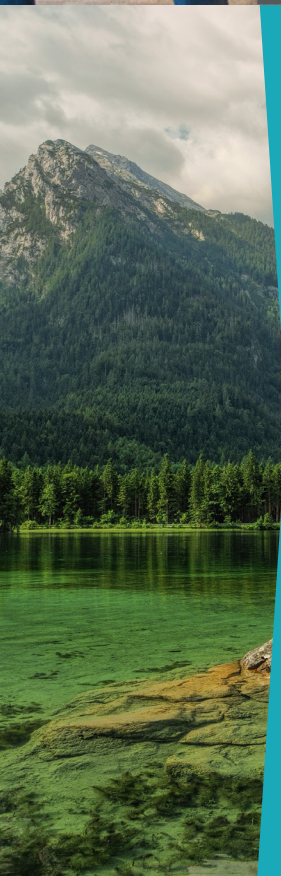
Pilates

This class focuses on postural alignment, flexibility, and core strengthening. Exercises and the flow of the class are evolved from the classic work of Joseph Pilates and are designed to address limitations specific to cancer-related surgeries and subsequent treatments.

Every Mon. Yoga H & R
9:30–10:30 a.m.
Jido Lee Ferguson

Every Wed. Healthy Steps
8:45–9:45 a.m.
Susie Danzig, BFA

Every Fri. Pilates
1:30–2:15 p.m.
Rachel Peters, PT, M.S., OCS



WELLNESS

Healing and Guided Imagery

Lisa will guide you through deep relaxation techniques for mind and body, helping you to tap into your own healing powers and lower your stress level. CD audio recordings are available for loan in our library.

Mindfulness Meditation

Stress can often leave us feeling frustrated, tense, and overwhelmed. In this class, you will learn to respond to stress with mindful, nonjudgmental awareness of your body and mind, instead of with irritability and self-criticism. The techniques you will learn aim to support you in alleviating stress and anxiety.

Writing Through Cancer

Going beyond “Dear Diary” and learning different ways to write in your journal adds color, perspective, and dimension to your reflective writing. With the help of these journal tools, you can gently but powerfully explore the various aspects of yourself, your life, and your relationship with others.

First & Third Wed. Healing and Guided Imagery
5:30–7 p.m.
Lisa Petrochi, B.A., MH

Second & Fourth Wed. Mindfulness Meditation
5–6:15 p.m.
Dorote Lucci, Ph.D.

Second & Fourth Wed. Writing Through Cancer
6:30–8 p.m.
Karen Newcomb, LMFT

Distance Reiki Sessions

Contact us for appointments.
Monica Celle Kuechenmeister, Reiki Level 1&2, Pranic Healing 1–3, RN, M.B.A.
Veronica Bunya, Reiki Level 1



PEER SUPPORT

Death Café

In partnership with: MISSION HOSPICE & HOME CARE

Check online program calendar for dates.

The objective of this group is “to increase awareness of death with a view of helping people make the most of their (finite) lives.” Learn more at deathcafe.com.

Virtual Caregivers Retreat

In partnership with: Breathing Spaces Support Network for Family Caregivers

Connect with other caregivers from the comfort of your own home. Tell your stories, share your experiences, and gain support from others who understand what you’re going through. Enhance your own ability as a caregiver in this safe and welcoming environment.

SERVICES AVAILABLE IN SPANISH

Spanish Language Breast Cancer Support Group

Third Saturday of the month, 10–11:30 a.m.
Martha Carrillo-Brewer, LMFT, LPCC

Additional Services

- Boutique assistance
- Karen Swanson Fund & Breast and Ovarian Cancer Emergency Fund
- Personalized Cancer Information & Education
- Screening Navigation Program

Please contact us at 650-326-6299, ext. 22, or info@bayareacancer.org.



PERSONALIZED CANCER INFORMATION & EDUCATION

One-on-One Appointments

Our Cancer Information and Education Specialists, Erika Bell, Ph.D., and Victoria Youngblood, Ph.D., B.S.N., can help you with the following, at no cost: understand your pathology report, find appropriate resources to address your medical questions, learn about standard treatment guidelines, navigate our library, locate clinical trials, and explore a personal decision using My Personalized Decision Guide.

Library & Virtual Resource Center

At our online **Library** we have an extensive collection of medical articles relevant to your diagnosis, treatment options, and well-being. We also have some materials (books, DVDs, CDs) available to check out via curbside pick-up.

To help you find reliable information online, we have also compiled a list of resources at our **Virtual Resource Center: bayareacancer.org/virtual-resource-center**. Here you will find COVID-19 information, ideas for decreasing anxiety, indoor activities for this unprecedented time, and more.