



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 Helpliners can offer support, explain our services (everything is free of charge), or connect you with other resources in the community.

Counseling

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

The Boutique

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

Buddy Program

Breast and 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 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.

All services free of charge.



SUPPORT GROUPS

All our programs and services are free of charge!
You must complete a Support Group Consent Form before joining a group. All groups are meeting via Zoom.

Ductal Carcinoma in Situ (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.

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.
Lacey Morris, M.A.

Young Women’s Breast Cancer (45 and younger)

Every Thursday, 7–8:30 p.m.
Judy Goldstein, LCSW

In partnership with:



Please 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 your emotional support needs.

ZSFGH General Breast Cancer

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



Newly Diagnosed/In-Treatment Breast & Ovarian Cancer

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

Post-Treatment

Second and fourth Saturdays, 1–2:30 p.m.
Amy Armes, M.A., LMFT
Active treatment (e.g., surgery, chemotherapy, radiation) must be completed before attending.

Triple Negative Breast Cancer

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

Hereditary Cancer

Check online program calendar for dates.
Rachel Hodan, M.A., Licensed Genetic Counselor & Amy Armes, M.A., LMFT

In partnership with: 

Black, Indigenous, and People of Color with Breast Cancer

Third Monday, 5:30–7 p.m.

This group is for Black, Indigenous, and people of color who have been diagnosed with any stage of breast cancer. In this group, individuals come together to offer support, resources, and encouragement while sharing experiences and building relationships.



FITNESS

Register for 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 Matwork
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 for H & R
9:30–10:30 a.m.
Jido Lee Ferguson
- Every Wed.

Healthy Steps
8:45–9:45 a.m.
Susie Danzig, B.F.A.
- Every Fri.

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

Personal Training
Charis Pontis, M.B.A., CPT, CET
Charis works with cancer patients during and post-treatment to develop individualized programs for fitness and movement specific to their abilities and goals. She can help you incorporate more movement throughout the days with more energy and strength, and less stress.



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 Petrocchi, 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
Contact us for appointments.
Reiki is an energy practice that promotes relaxation and a positive mental state.
Monica Celle Kuechenmeister, Reiki Level 1&2, Pranic Healing 1–3, RN, M.B.A., and Veronica Bunya, Reiki Level 1



PEER SUPPORT

Death Café
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.

In partnership with:
 MISSION HOSPICE & HOME CARE

Online Care Circle for Family Caregivers
Check online program calendar for dates.

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. Learn more at breathingspacesfc.com.

In partnership with:
 Breathing Spaces
Support Network for Family Caregivers

SERVICES AVAILABLE IN SPANISH

Spanish Language Breast Cancer Support Group
Third Thursday of the month, 6–7 p.m.
Tatiana Martinez, LMFT

Additional Services available in Spanish

- 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 yareni@bayareacancer.org.



PERSONALIZED CANCER INFORMATION & EDUCATION

Cancer Information and Education
Erika Bell, Ph.D., and Victoria Youngblood, Ph.D., M.S.N.-WHNP

Our cancer information and education specialists 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*.

Navigating Transitions: Palliative Care and Hospice Information
Liza Bakunina, M.D.
In partnership with Mission Hospice & Home Care

We can help with questions you might have, but have never voiced. Topics might include: What is palliative care? What is hospice? How do they differ? How do I prepare myself or my family if my disease state changes? What practical things should I complete? Bring all questions or concerns. Liza volunteers with Mission Hospice & Home Care as a Community Ambassador and has experience in palliative and hospice care.

Library and Virtual Resource Center

Our online library has an extensive collection of medical articles relevant to your diagnosis, treatment options, and well-being. We also have books, DVDs, and 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, suggested indoor activities, and more.