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

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. In partnership with Sutter Health

Young Women’s Breast Cancer
Every Thursday, 7–8:30 p.m.
Judy Goldstein, LCSW

ZSFCH 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.

Triple Negative Breast Cancer
Third Saturday, 10:45 a.m.–12:45 p.m.
Laurie Nelson, LMFT

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.

Please note: Our support groups provide a private space 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.
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.

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,” 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.

PERSONALIZED CANCER INFORMATION & EDUCATION

Cancer Information and Education
Enke Bek, Ph.D., and Victoria Youngblut, Ph.D., M.S.N.-WHNP

Our cancer information and education specialists can help you with the following and can understand your pathology report, find appropriate resources to address your medical questions, learn about standard treatment guidelines, locate clinical trials, and explore a personal decision using My Personalized Decision Guide.

Navigation 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 consider? Filling all questions or concerns. Liza volunteers with Mission Hospice & Home Care as a Community Ambassador and has experience in palliative and hospice care.

PEER SUPPORT

Death Café
Check online program calendar for dates. In partnership with: 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.

Online Care Circle for Family Caregivers
Check online program calendar for dates. In partnership with: 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.

PERSONALIZED CANCER INFORMATION & EDUCATION

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.

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 yaren@bayareacancer.org.

WEB 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 yaren@bayareacancer.org.