

PROGRAM CATALOG

Bay Area Cancer Connections supports anyone affected by breast or ovarian cancer with personalized services that inform and empower.

(650) 326-6686
info@bayareacancer.org
bayareacancer.org

**HELPLINE
(650) 326-6686**

Monday–Thursday: 9:00am–5:00pm
Fridays: 9:00am–3:00pm

Our Helpline can offer support, explain our services, or connect you with other resources in the community.

Our center is open Monday–Wednesday from 9:00am–5:00pm. The staff work remotely on Thursday and Friday.

One-on-One

THE BOUTIQUE

We have wigs, hats, scarves, bras, prostheses, and more. The items we carry vary based on the donations we receive. Call our Helpline to make an appointment with our staff and volunteers.

COMFORT TOTES

Our Comfort Totes are available for clients who are newly diagnosed or those facing a recurrence. Our totes include helpful items that can provide comfort during a client’s treatment. They are put together with love and care by our volunteers. Call our Helpline to ask about a tote.

BUDDY PROGRAM

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

COUNSELING

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

FINANCIAL ASSISTANCE

We have two programs, the **Breast and Ovarian Cancer Emergency Fund** and the **Karen Swanson Fund**. If you’re in treatment, the Breast and Ovarian Cancer Emergency Fund can help with expenses related to rent, utilities, co-pays, funeral expenses etc.

The Karen Swanson Fund is available to help fulfill a special need or end-of-life request for those with metastatic (stage IV) breast or recurrent ovarian cancer.

INSURANCE/EMPLOYMENT

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



All of our programs and services are free of charge. Except as noted below, all groups meet via Zoom. Registration is required and includes completing a consent form before joining a group. Registration for support groups closes 24 business hours before the group meeting time. We kindly ask that everyone arrive on time to group. Please note that clients who arrive more than 15 minutes late may not be admitted to the session.

SUPPORT GROUPS

General Metastatic Breast Cancer

Every Monday, 6:00–7:30pm
Dorote Lucci, Ph.D.

Metastatic Breast Cancer for Those Who Are More Than One Year Post Diagnosis

Every Monday, 6:00–7:30pm
Laura Crutchlow, LCSW

Ductal Carcinoma in Situ (DCIS)

First Monday, 5:30–7:00pm
Barbara Kirsch, Ph.D.

Black, Indigenous, and People of Color with Breast Cancer

Third Monday, 5:30–7:00pm
Dolores Moorehead, M.S., APCC

General Breast Cancer

Fourth Monday, 11:00am–12:30pm
Karen Newcomb, LMFT



Post-Treatment or Maintenance Therapy Breast Cancer for People 45 and Under

First and third Wednesday, 7:00–8:30pm
Judy Goldstein, LCSW

General Breast Cancer

Second Wednesday, 7:00–8:30pm
Judy Goldstein, LCSW

Breast Cancer for People 45 and Under

Every Thursday 7:00–9:00pm
Judy Goldstein, LCSW

Gynecologic Cancer

First and third Thursday, 11:00am–12:30pm
Laura Crutchlow, LCSW

Spanish Language Breast Cancer: Mujeres Unidas

Third Thursday, 7:00–8:00pm

Mujeres Unidas: Grupo de cáncer de mama en español

Tercer jueves del mes, 7:00-8:00pm
Tatiana Martinez, LMFT

Newly Diagnosed and In-Treatment Breast and Ovarian Cancer

Every Saturday, 3:00–4:30pm
Dorote Lucci, Ph.D.

Breast and Ovarian Cancer Post-Treatment

Second and fourth Saturday, 1:00–2:30pm
Amy Armes, M.A., LMFT

Triple Negative Breast Cancer

First and third Saturday, 10:45am–12:15pm
Laura Crutchlow, LCSW

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 of your emotional support needs.



FITNESS

Register for our gentle exercise classes offered via Zoom to improve coordination, balance, and strength. Friends and family are welcome!

Yoga for Healing and Recovery

Monday, 9:30–10:30am
Jido Lee Ferguson, Yoga Therapist (C-IAYT) and Instructor (RYT-500)

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

Healthy Steps

Wednesday, 4:45–5:45pm
Susie Danzig, B.F.A.

This exercise class is designed to open up the lymphatic system, improve range of motion, reduce scar restriction, and more.

Pilates Matwork

Friday, 1:30–2:15pm
Rachel Peters, PT, M.S., OCS

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 cancer-related limitations specific to surgeries and treatments.

WELLNESS



Healing and Guided Imagery

First and third Wednesday, 5:30–7:00pm
Lisa Petrocchi, B.A., M.H.

This class 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 of Healing and Guided Imagery are available for loan in our library.

Mindfulness Meditation

Second and fourth Wednesday, 5:00–6:15pm
Dorote Lucci, Ph.D.

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.

Beauty and Wellness 101

Check the online program calendar for dates.

Beauty and Wellness 101 is a specialized course taught via Zoom or In-Person by Lipstick Angels' professional makeup artists and estheticians, and utilizes a holistic approach to beauty and skincare.

Lipstick Angels

Writing Through Cancer

Second and fourth Wednesday, 6:30–8:00pm
Karen Newcomb, LMFT

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 journaling tools, you can gently but powerfully explore the various aspects of yourself, your life, and your relationships with others.

SURVIVORSHIP



Support for Those Who Have Completed Treatment

While the end of cancer treatment may seem like a cause for celebration for some, for many it brings about feelings of loss and heightened anxiety. It's the loss of the active “fight” against the disease, regular support from medical professionals, and a shift in perspective on life post-treatment. While there is no roadmap to make this transition out of treatment, there are tools that we can utilize to help us move forward on this journey.

We offer programs that allow you to connect with fellow survivors through group sessions, workshops, peer support, and social events. Our goal is to share tools and strategies to manage post-treatment challenges and build a positive, resilient mindset.

Your journey doesn't end with treatment; it evolves. Let us help you thrive with strength, hope, and support.

Exhale Moment

A 9-week closed support group for people who have completed treatment for breast or ovarian cancer. This is a hybrid group, with the first and last meeting taking place in person at BACC's San Mateo office and with weekly meetings taking place online. This group will provide a safe place to exchange support, get information, and receive guidance while discussing the unique challenges of living through post-treatment with other cancer survivors. Contact our Helpline to learn more about this and the other types of programs offered.



Personalized Cancer INFORMATION & EDUCATION

Cancer Information and Education

Erika Bell, Ph.D., Asa Sharif, M.D.

Our Cancer Information and Education Specialists can help with the following: understanding your pathology report, finding appropriate resources to address your medical questions, learning about standard treatment guidelines, identifying clinical trials, and exploring a personal decision using My Personalized Decision Guide.

Library

Our Cancer Information and Education webpage has an extensive collection of searchable breast and ovarian cancer medical articles. Books, DVDs, and CDs are available to check out from our lending library and are searchable on our online library catalog.

Special Presentations

We host featured events each month that range from reducing stress and anxiety to nutrition, and more. Please visit the online program calendar for dates.

BACC
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