

## PROGRAM CATALOG

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

(650) 326-6686

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bayareacancer.org

## HELPLINE (650) 326-6686

Disponible en español

**Monday–Thursday:** 9:00 a.m. – 5:00 p.m.  
**Friday:** 9:00 a.m. – 3:00 p.m.

Our Helpline can offer support, explain our services, or connect you with other resources in the community. Our center is open Monday–Wednesday from 9:00 a.m. to 5:00 p.m. Our staff work remotely on Thursday and Friday.

## One-on-One

### THE BOUTIQUE

We offer wigs, hats, scarves, bras, prostheses, and more—all free of charge. 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 facing a recurrence. Our totes include helpful items that can provide comfort during a client's treatment and beyond. 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 experiences with you. Through this program, we can match you with a Buddy who has experienced a similar diagnosis or treatment or 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 rent, utilities, co-pays, funeral expenses, and other related costs.

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 one business day before the group meeting time. We kindly ask that everyone arrive on time for group. To support group cohesion, 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 – 7:30 p.m.  
Dorote Lucci, Ph.D.

#### Metastatic Breast Cancer for Those Who Are More Than One Year Postdiagnosis

Every Monday, 6:00 – 7:30 p.m.  
Laurie Jones, LCSW

#### Ductal Carcinoma in Situ (DCIS)

First and third Monday, 6:45 – 8:00 p.m.  
Barbara Kirsch, Ph.D.

#### Black, Indigenous, and People of Color with Breast Cancer

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

#### General Breast Cancer

Second Wednesday, 7:00 – 8:30 p.m.  
Judy Goldstein, LCSW

#### General Breast Cancer

Fourth Monday, 11:00 a.m. – 12:30 p.m.  
Karen Newcomb, LMFT



#### Spanish Language Breast Cancer: Mujeres Unidas

Third Thursday, 7:00 – 8:00 p.m.

#### Grupo de cáncer de seno en español

Tercer jueves del mes, 7:00 – 8:00 p.m.  
Tatiana Martinez, LMFT

#### Spanish Language Breast Cancer Peer Support Group

Second Thursday, 2:00 – 3:30 p.m.

#### Grupo de cáncer de seno en español para pares

Segundo jueves del mes, 2:00 – 3:30 p.m.  
Amparo Martinez



#### Posttreatment for People 45 and Under with Breast Cancer

First and third Wednesday, 7:00 – 8:30 p.m.  
Judy Goldstein, LCSW

#### Breast Cancer for People 45 and Under

Every Thursday, 7:00 – 9:00 p.m.  
Judy Goldstein, LCSW

#### Gynecologic Cancer

First and third Thursday, 11:00 a.m. – 12:30 p.m.  
Laura Crutchlow, LCSW

#### Newly Diagnosed and In-Treatment Breast and Ovarian Cancer

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

#### Breast and Ovarian Cancer Posttreatment

Second and fourth Saturday, 11:00 a.m. – 12:30 p.m.  
Amy Armes, M.A., LMFT

#### Triple Negative Breast Cancer

First and third Saturday, 10:45 a.m. – 12:15 p.m.  
Laura Crutchlow, LCSW

Scan the QR code to see the full program calendar:



**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! Before registering, please consult your medical team to ensure it's safe for you to join a class.

## Yoga for Healing and Recovery

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

This exercise class focuses on Light Athletic Stretch and Release (LASR) yoga—a moderate yoga flow for all levels.

## Healthy Steps

**Wednesday, 4:45 – 5:45 p.m.**  
**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 – 2:15 p.m.**  
**Rachel Peters, PT, M.S., OCS**

This class focuses on postural alignment, flexibility, and core strengthening. The exercises and flow of the class 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 – 7:00 p.m.**  
**Lisa Petrocchi, B.A., M.H.**

This class will guide you through deep relaxation techniques for mind and body, helping you tap into your own healing powers and lower your stress level.

## Mindfulness Meditation

**Second and fourth Wednesday, 5:00 – 6:15 p.m.**  
**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 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. This self-care class utilizes a holistic approach to beauty and skincare.

**Lipstick  
Angels**

## Writing Through Cancer

**Second and fourth Wednesday, 6:30 – 8:00 p.m.**  
**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 posttreatment. 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 posttreatment 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

This is an eight-week closed support group for people who have completed treatment for breast or ovarian cancer. It is a hybrid group, with the first and last meetings 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 posttreatment 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.**

Our Cancer Information and Education Specialists can help you understand your pathology report, find appropriate resources to address your medical questions, learn about standard treatment guidelines, identify clinical trials, and explore a personal decision using My Personal Decision Guide.

## Resources

Our Cancer Information and Education webpage has an extensive list of resources for breast and ovarian cancer information and support. It also contains a searchable collection of medical articles organized by topic.



## 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**  
Bay Area Cancer Connections