

# support groups

**You do not need to make this journey alone! Join a BCRC Support Group to share your experiences, solutions, questions and concerns in an understanding, caring environment.**

## **Coping With Breast Cancer**

This 6-week program is designed specifically to support women who are in active treatment (less than 1 year from the date of their diagnosis) to cope with the short and medium-term effects of breast cancer and its treatment. Weekly discussions will focus on the issues of importance to those in the group, and may include making treatment decisions, communication, managing hair loss and fatigue, fears of recurrence, loss of control, self esteem, body image, loss of independence, employment issues, chemo-brain, post-treatment anxiety, and more.

**Facilitator:** Elsje Reiss, Licensed Clinical Social Worker  
**Dates/Time:** Wed. 10/13, 10/20, 10/27, 11/3, 11/10, and 11/17, 2010. 5:30-7:00pm  
**Location:** Bramwell House Living Room, YWCA Princeton

**Registration is required as the group will be closed to new participants after the first meeting**

*\*We will require a minimum of 10 women to express interest in attending this support group before it can begin.*

## **Beyond Breast Cancer**

Beyond Breast Cancer is an ongoing support group for breast cancer survivors. Monthly meetings will help breast cancer survivors cope with the medium and long term effects of breast cancer and its treatment, while also focusing on practical ways to move beyond breast cancer and return to wellness. Discussions will focus on the issues of importance to those in the group and may include fear of recurrence, post-treatment anxiety, coping with long term treatment side-effects, employment issues, genetic testing, communicating with family, healthy lifestyle changes, and more.

**Facilitator:** Elsje Reiss, Licensed Clinical Social Worker  
**Dates/Time:** 3rd Monday of each month, 5-6:30pm  
**Location:** BCRC Multipurpose Room, YWCA Princeton

**Registration is required, but this group is open to new members at any time.**





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## Advanced Breast Cancer Support Group

Support for women living with Stage IV breast cancer. Share experiences, solutions, triumphs and concerns. Topics of discussion include coping with treatment side effects, facing fears, pain management, communicating with family and more.

**Facilitator:** Elsje Reiss, Licensed Clinical Social Worker  
**Dates/Time:** 1st and 3rd Mondays of each month, 7:30-9pm  
**Location:** Bramwell House Living Room, YWCA Princeton  
Registration is required, but this group is open to new members at any time.

## Curémonos - Apoyando a Mujeres Latinas con Cáncer de Seno Curémonos - Supporting Latina Women with Breast Cancer

Un diagnóstico de cáncer de seno te cambia la vida repentinamente y te invade de temor. Sobrellevar el diagnóstico puede ser especialmente difícil si los médicos no hablan tu idioma, o si no tienes familia cerca para brindarte apoyo. **Curémonos** está aquí para asegurarte que no estas sola durante esta jornada! En **Curémonos**, conoceras otras mujeres Latinas como tu que han vivido o estan viviendo con cáncer de seno. Podras compartir tus temores, preguntas, sugerencias y triunfos. Aprenderas como sobrellevar los efectos secundarios del tratamiento, mejoramiento en la comunicación con médicos y familia, recuperación de auto-estima y salir adelante despues de la enfermedad, todo en un ambiente comprensivo y caluroso. Al apoyarnos mutuamente, nos ayudaremos a curar la mente, cuerpo y espíritu.

**Curémonos** es GRATIS y no es necesario registrarse. Todas las actividades se realizan en Español. Para más información en Español, por favor correo electrónico Maria al saintgermain5@comcast.net; en Inglés, por favor llamar a Kara al 609-497-2100, ext. 346.

**Facilitadota:** Maria Spillman, una BCRC Voluntaria Latina sobreviviente de cancer de seno  
**Fechas y Horarios:** Segundo Sabado de cada mes de 10-11:30am (*empezando el 8 de Mayo, 2010*)  
**Lugar:** St. Francis Medical Center, Convent Conference Room (CCR) #2  
 601 Hamilton Ave., Trenton, NJ 08629 (*entre a través de la entrada de Chambers Street*)

A breast cancer diagnosis changes you life unexpectedly and fills you with fear. Coping can be especially difficult if doctors don't speak you language, or you don't have family nearby to support you. **Curémonos** is here to make sure you do not go through this journey alone. At **Curémonos** you will meet other Latina women just like you who have lived or are living with breast cancer. You can share your fears, questions, suggestions, and successes. You will learn how to cope with treatment side-effects, improve communication with doctors and family, regain self-esteem and move beyond breast cancer, all in a warm and caring environment. By supporting each other, you will help each other heal – body, mind and spirit.

**Curémonos** is FREE and registration is not necessary. All activities are conducted in Spanish. For more information in Spanish email Maria at saintgermain5@comcast.net; in English call Kara at 609-497-2100, ext. 346.

**Facilitator:** Maria Spillman, Latina breast cancer survivor and BCRC Volunteer  
**Dates & Times:** 2nd Saturday 10-11:30am  
**Location:** St. Francis Medical Center, Convent Conference Room (CCR) #2  
 601 Hamilton Ave., Trenton, NJ 08629 (*enter through the Chambers Street entrance*)