



January, February, March, April 2010

We are survivors who have faced breast, metastatic breast, and ovarian cancer. We're here to provide emotional support and practical advice to you, your family and your friends. Our services include hotlines, support groups, educational programs, and advocacy activities. All programs are free of charge.

SHARE HOTLINE

Volunteers who answer calls to the SHARE Hotline are women who have had breast or ovarian cancer. They offer you the support and understanding of true peers and can help you think through your options in a confidential and supportive conversation.

Breast (212) 382-2111, Toll Free (866) 891-2392

Ovarian (212) 719-1204, Toll Free (866) 53-SHARE (866-537-4273)

Latina/En Español (212) 719-4454, línea gratuita (866) 891-2392

(para programas en Español vea la página 4)

Breast Cancer Support Groups

REGISTRATION IS REQUIRED. Please register through the SHARE Breast Cancer Hotline (212) 382-2111

See page 3 for Educational Programs

Breast Cancer Support - Ongoing

Ongoing groups for women recently diagnosed with breast cancer, those still undergoing treatment, and those who have completed treatment. Share experiences, feelings and information. Women may join at any time. Registration is required for new participants.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
TUESDAYS 6:00 - 7:30 PM
Jan 12, 26 Feb 9, 23 Mar 9, 23 Apr 13, 27
- **BrooklynSHARE – Kings Bay YM/YWHA**
3495 Nostrand Ave. (bet. U & V Aves). Free parking available.
MONDAYS 7:30 - 9:00 PM
Jan 4 Feb 1 Mar 1 Apr 12
- **BrooklynSHARE – Restoration Plaza**
1368 Fulton St. (bet. Brooklyn & New York Aves), 5th Fl. Board Rm.
TUESDAYS 3:30 - 5:00 PM
Jan 5, 19 Feb 2, 16 Mar 9, 23 Apr 6, 20
- **BronxSHARE**
Soundview Health Care Network, 731 White Plains Rd.
Dates to be determined. Call SHARE Hotline for information.
- **SHARE/Women At Risk**, NY Presbyterian Hosp/Columbia University
Med. Ctr - Women at Risk Resource Library, 161 Ft. Washington Ave,
Herbert Irving Pavilion, Rm. 1035, 10th Fl.
FRIDAYS 2:00 - 3:00 PM
Jan 15, 29 Feb 12, 26 Mar 12, 26 Apr 9, 23
To register, please contact Nancy Singleton at (212) 342-0297

- **QueensSHARE, Samuel Field YM/YWHA**
58-20 Little Neck Pkwy (bet. 59th & 60th Aves), Little Neck
TUESDAYS 7:30 - 9:00 PM
Jan 12 Feb 9 Mar 9 Apr 13

Breast Cancer Post-Treatment Support & Networking

Women who are more than 2 years out of treatment will have an opportunity to reflect on their experiences after surgery, radiation, and chemotherapy are completed as well as share common concerns, feelings, questions, and information about breast cancer as they learn to live with the diagnosis.

- **QueensSHARE, Samuel Field YM/YWHA**
58-20 Little Neck Pkwy (bet. 59th & 60th Aves), Little Neck
THURSDAYS 7:30 - 9:00 PM
Jan 14 Feb 11 Mar 11 Apr 8

Breast Cancer Support for Young Women

This ongoing group will discuss issues related to being diagnosed with breast cancer at a younger age: fertility, childbearing, premature menopause, relationships, caring for young children, one's changed sense of self, professional workplace issues, and coping with fears of recurrence. There will be an educational component and networking opportunities in some of the meetings.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
TUESDAYS 6:00 - 7:30 PM
Jan 5 Feb 2 Mar 2 Apr 6

Breast Cancer Support Groups

REGISTRATION IS REQUIRED. Please register through the SHARE Breast Cancer Hotline (212) 382-2111.

Survivors Growing Older

For older women... Share your thoughts, feelings, information and questions about learning to live with breast cancer. Women may join at any time. Registration is required for new participants.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
TUESDAYS 2:30 - 4:00 PM
Jan 12, 26 Feb 9, 23 Mar 9, 23 Apr 13, 27

DCIS Support Group

Often there are conflicting interpretations of the risk presented by a diagnosis of DCIS (ductal carcinoma in situ). There are different opinions about appropriate treatment. The emotional issues generated by a diagnosis of DCIS will be addressed at this peer-led support group.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
WEDNESDAYS 6:00 - 7:30 PM
Jan 6 Feb 3 Mar 3 Apr 21

Breast Reconstruction

This single session group is for women who are considering, starting or have completed any type of reconstruction and want to share information and experience, and discuss their concerns.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
WEDNESDAYS 6:00 - 7:30 PM
Jan 20 Apr 7

Lymphedema Support

Women with lymphedema associated with breast or ovarian cancer meet to share experiences and information, and discuss the emotional issues that arise while coping with this chronic condition.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
WEDNESDAY - Feb 24 6:00 - 7:30 PM

Women with a Local Recurrence or Second Primary

Experiencing a local recurrence or second primary brings up uncomfortable questions. Why did this happen again? What does it mean for the future? Is it easier or more difficult to deal with the second time? If you have had breast cancer for the second time within the past 2 years, join us in a supportive exchange to talk about the many issues this has brought up for you.

- **SHARE Main Office**
THURSDAY - Jan 28 6:00 - 7:30 PM

Men's Group

This group is for men whose wives/partners have been diagnosed with any stage of breast or ovarian cancer. Men will have the opportunity to share experiences and support each other as they help their partners deal with cancer. The facilitators are husbands of SHARE participants. The group is scheduled at the same time as the Ongoing Breast Cancer Support Group for women.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts).
TUESDAYS 6:00 - 7:30 PM
Jan 12 Feb 9 Mar 9 Apr 13

Breast Cancer Support for Lesbians

SHARE and the Lesbian Cancer Initiative co-sponsor this support group, facilitated by a breast cancer survivor from SHARE and a social worker from the Lesbian Cancer Initiative. The group offers a safe space for participants to discuss the impact of cancer on their lives, sexuality, body image, and relationships.

- **Lesbian, Gay, Bisexual & Transgender Community Center**
208 West 13th Street (7th Ave)
Thursdays, from Feb 4th-April 8th 2010 from 6:00 PM - 7:30 PM.
Please contact the Lesbian Cancer Initiative (212) 620-7310 before the first session.

Ovarian Cancer Support Groups - Ongoing

REGISTRATION IS REQUIRED. Please register through the SHARE Ovarian Cancer Hotline (212) 719-1204.

Continuing support groups for women who are dealing with an ovarian cancer diagnosis and wish to share their questions, concerns, and hopes with others.

- **SHARE Main Office, 1501 Broadway, Suite 704A**
WEDNESDAYS 6:00 - 7:30 PM
Jan 13, 27 Feb 10, 24 Mar 10 (*Laughter Festival*), 24 Apr 14, 28
- **QueensSHARE, Samuel Field YM/YWHA**
58-20 Little Neck Pkwy (bet. 59th & 60th Aves), Little Neck
MONDAYS 7:30 - 9:00 PM
Jan 11, 25 Feb 8, 22 Mar 8, 22 Apr 19
WEDNESDAY - Apr 7 7:30 - 9:00 PM
- **Staten IslandSHARE, American Cancer Society, 173 Old Town Rd.**
WEDNESDAYS 6:30 - 8:30 PM
Jan 27 Feb 24 Mar 24 Apr 28
In collaboration with American Cancer Society - Staten Island Region

Laughter Festival 2010

Have post-holiday doldrums got you down? Feeling guilty about already breaking your New Year's resolution?

Resolve to chase your winter blues away with an evening of warmth and laughter with sister ovarian cancer survivors.

Bring your favorite jokes and/or funny stories (cancer-related or not, it's up to you) and we'll find out if laughter really is the best medicine.

Also, please bring crackers, vegetables or chips to share. Assorted dips and beverages will be provided.

SHARE Main Office
1501 Broadway, Suite 704A
WEDNESDAY - March 10, 2010
6:00 - 7:30 PM

Metastatic Support Groups

Please register: SHARE Breast Cancer Hotline (212) 382-2111, SHARE Ovarian Cancer Hotline (212) 719-1204

Metastatic/Recurrent Cancer Group

A daytime group in which women with metastatic breast or recurrent ovarian cancer meet and share their experiences. The group is facilitated by a psychotherapist who is also a SHARE participant and a breast cancer survivor. Registration is required.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts). THURSDAYS (*Day & Time change!*) 12:00 - 1:30 PM
Jan 7, 14, 21 Feb 4, 11, 18 Mar 4, 11, 18 Apr 1, 8, 15, 22

Telephone Support Group for Women with Metastatic Disease

SHARE has a telephone support program for metastatic women on Mondays, from 4:00 - 5:00 PM. If you are interested in participating in this program, please call the SHARE Breast Cancer Hotline, (212) 382-2111. *This program is funded by JALBCA.*

Living with Uncertainty

A new evening group for women with metastatic breast cancer. How do you live with continuing treatment, and medical uncertainty? How do you get the support and quality medical care you need? How do you create your best quality of life as a woman with metastatic disease? Share your experiences and learn from each other. You can join at any time. **The facilitators are SHARE participants living with metastatic disease.**

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts). MONDAYS 6:00 - 7:30 PM
Jan 25 Feb 22 Mar 22 Apr 19
Also see below "Learning to Live with Advanced Cancer," Apr 8.

If you would like to speak with a trained SHARE volunteer who is living with metastatic breast cancer, please call the SHARE Breast Cancer Hotline, (212) 382-2111.

Educational Programs (*open to the public unless otherwise noted*)

To register, please call (212) 719-2943, ext. 338, or email mmazina@sharecancersupport.org

Advocates Report Back from San Antonio Breast Cancer Symposium

Hear medical and advocacy perspectives on the latest breast cancer research, clinical trials, and treatment strategies presented at this internationally renowned conference. Dr. Rick Michaelson, Chief Medical Officer for Oncology, Cancer Center of Saint Barnabas Hospital, and SHARE advocates will interpret the findings, answer questions and discuss what the research results mean to us. *This program is presented by SHARE in collaboration with the American Cancer Society.*

- **American Cancer Society**, 132 West 32nd Street, 4th Floor Conference Room
THURSDAY - Jan 21 6:00 - 7:30 PM

Legal Issues Affecting Cancer Survivors

Cancer survivors may face particular legal issues when they deal with their employers and insurance companies. Speakers from the Cancer Advocacy Project of the City Bar Justice Center will outline the applicable health and employment laws and explain what rights individuals have when they face unfair or discriminatory practices. Q & A will follow. *SHARE in collaboration with the Cancer Advocacy Project of the City Bar Justice Center.*

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts). THURSDAY - Feb 18 6:00 - 7:30 PM

New Developments in the Medical Treatment of Breast Cancer

Dr. Clifford A. Hudis, Chief, Breast Cancer Medicine Service, Attending Physician, Memorial Sloan-Kettering Cancer Center, Professor of Medicine, Weill Medical College of Cornell University, will discuss new treatments for all stages of breast cancer including hormonal treatments, treating HER2/neu positive breast cancer, and new ways of thinking about who should receive treatment. Q&A will follow.

Co-sponsored by United Federation of Teachers.

Coffee, tea and cookies will be served.

- **UFT Headquarters**, 52 Broadway, 5th Fl. Auditorium
(trains #4 & 5 to Wall St, R & W to Rector St)
WEDNESDAY - Mar 31 6:00 - 7:30 PM

Learning to Live with Advanced Cancer

Recurrent ovarian cancer and metastatic breast cancer raise many challenging issues: facing the shock of diagnosis, understanding treatment options, coping with side effects, enrolling in clinical trials, and living the best life you can in the face of serious illness. An oncology nurse, an expert in palliative care and pain management, and a social worker will address these issues. There will be plenty of time for you to ask questions and add to the discussion.

- **SHARE Main Office**, 1501 Broadway, # 704A (bet. W. 43 & W. 44 Sts). THURSDAY - Apr 8 6:00 - 7:30 PM

Save the date: Tuesday, March 9, 2010 8:30 AM - 3:30 PM

12th Annual Albany Advocacy Day Albany Legislative Office Building

For information about orientation and participation in these events, please leave a message at (212) 719-0364, ext. 337

Save the date: Saturday, May 22 - Tuesday, May 25, 2010

The 2010 Annual National Breast Cancer Coalition (NBCC) Advocacy Training Conference

Renaissance Washington, DC Hotel, 999 9th Street, NW



SHARE tiene una línea informativa nacional atendida por sobrevivientes de cáncer de seno o de ovario, entrenadas y expertas en el tema. Llame gratis al (866) 891-2392 y nuestras voluntarias estarán listas para apoyarla. LatinaSHARE ofrece grupos de apoyo y programas educativos gratuitos para mujeres con cáncer de seno o de ovario en la ciudad de Nueva York. Las participantes tendrán la oportunidad de recibir e intercambiar información actualizada, apoyo, fortaleza y esperanza.

GRUPOS DE APOYO PARA MUJERES CON CÁNCER DE SENO O DE OVARIO

St. Luke's-Roosevelt Hospital

440 West 114 Street, New York, NY, Piso 2, Sala de Conferencia (a la izquierda del ascensor)

MIÉRCOLES 12:30 a 2:00 de la tarde

13 de enero, 10 de febrero, 10* de marzo y 14* de abril

Este grupo es auspiciado en parte por La Fundación de Susan G. Komen

Settlement Health (East Harlem)

212 E 106th St (entre las Avenidas 2 y 3)

MIÉRCOLES 4:00 a 6:00 de la tarde

20 de enero, 17 de febrero, 3* y 17 de marzo, 7 y 21* de abril

NY Presbyterian/Women At Risk

Milstein Building, 177 Ft. Washington Ave., Piso 7, Salon 213

JUEVES 10:00 a 11:30 de la mañana

14 de enero, 11 de febrero, 11 y 25* de marzo, 8 y 22* de abril

Favor de llamar para reservar al (212) 305-9894

St. Vincent's Cancer Center (Lower Manhattan)

325 W 15th St. (entre las Avenidas 8 y 9)

MIÉRCOLES 12:30 a 2:00 de la tarde

20 de enero, 17 de febrero, 17 de marzo y 21* de abril

Make the Road NY (LAIC - Queens)

92-10 Roosevelt Ave., Jackson Heights, NY

VIERNES 5:30 a 7:00 de la noche

15 de enero, 19 de febrero, 12 y 26* de marzo y 9 y 23* de abril

Queens Center Mall - Community Room (Elmhurst/ Queens)

90-15 Queens Blvd, 92nd Street entre 57 y 59 avenidas, Salon de Comunidad-Primer Piso, Elmhurst, NY

VIERNES 7:00 a 9:00 de la noche

22 de enero, 19 de febrero, 5 y 19* de marzo, 16 y 30 de abril

*programa educacional

EDUCACIÓN/MEDICINA ALTERNATIVA

Los cosméticos y el cáncer (Cosmetics and Cancer)

Marian Feinberg, "For a Better Bronx"

● St. Luke's-Roosevelt Hospital
MIÉRCOLES 10 de marzo 12:30 a 2:00 de la tarde

● St. Vincent's Cancer Center (Lower Manhattan)
MIÉRCOLES 21 de abril 12:30 a 2:00 de la tarde

Taller sobre ejercicios para ayudar la memoria después del tratamiento de cáncer (Memory Boosters for Chemo-Brain)

Dante Tipiani, del hospital de Mt. Sinai

● Settlement Health (East Harlem)
MIÉRCOLES 3 de marzo 4:00 a 6:00 de la tarde

● Make the Road NY (Queens)
VIERNES 23 de abril 5:30 a 7:00 de la noche

Como mejorar su apariencia despues de la cirugía (After Surgery Prothesis Information) Nidia Sosa, Amoena Consultant

● Queens Center Mall - Community Room (Elmhurst, NY)
VIERNES 19 de marzo 7:00 a 9:00 de la noche

● NY Presbyterian/Women At Risk (Wash. Heights)
JUEVES 25 de marzo 10:00 a 11:30 de la mañana

● Settlement Health (East Harlem)
MIÉRCOLES 21 de abril 4:00 a 6:00 de la tarde

Autoestima y la sobrevivencia de cáncer (Self Esteem and Survivorship) Estela Gadivia, Life Coach

● Make the Road NY (Queens)
VIERNES 26 de marzo 5:30 a 7:00 de la noche

● St. Luke's-Roosevelt Hospital
MIÉRCOLES 14 de abril 12:30 a 2:00 de la tarde

● NY Presbyterian/Women At Risk (Wash. Heights)
JUEVES 22 de abril 10:00 a 11:30 de la mañana

Taller sobre asuntos legales para sobrevivientes (Legal Rights for Survivors) Rodrigo Santelices, Esq.

● Queens Center Mall - Community Room (Elmhurst, NY)
VIERNES 30 de abril 7:00 a 9:00 de la noche

La lucha contra el cáncer a nivel político:

Orientación para las personas que asistirán a la Conferencia de la NBCC que se realizara del 22 al 25 de mayo 2010 en DC

Arelis Torres, de la Junta Consejera de LatinaSHARE, les hablara sobre las propuestas legislativas de NBCC para el año 2010 y como usted puede ayudar a hacer esas legislaciones realidad. Aprenda técnicas que pueda utilizar para realizar sus metas en la lucha política. Le invitamos a unirse a la delegación de Latinas a la conferencia.

Si esta interesada en asistir a la conferencia, hay becas disponibles en enero para preparar y entregar en SHARE antes de la primera semana de marzo. Con su formulario se necesita entregar un cheque o giro postal de \$35 dólares a nombre de NBCC. Es requisito asistir a este taller si va a la conferencia.

IMPORTANTE: La conferencia esta conducida siempre en inglés.

Oficina Central de SHARE, 1501 Broadway #704A

VIERNES 30 de abril 2010 2:00 a 4:00 de la tarde



DECIMOCUARTO ANIVERSARIO DE "EL DIA DE LOS REYES"

LatinaSHARE les invita a la celebración anual para las mujeres con cáncer de seno u ovario y sus familiares. Traiga su comida favorita.

Sabado, 30 de enero

11:00 a 3:00 de la tarde

**Children's Aid Society, 130 East 101 St.,
entre las avenidas Lexington & Park**

*Para asistir llame a Ivis Febus-Sampayo
al 212-937-5576*