

BREAST CANCER ONLINE EDUCATIONAL PROGRAMS

Program	Date	Time	Format
Dance Exercise for Breast Recovery with <i>Moving for Life</i>	Mondays Apr 1, 8, 15, 22, 29 May 6, 13, 20, 27 Jun 3, 10, 17, 24 Thursdays Apr 4, 11, 18, 25 May 2, 9, 16, 23, 30 Jun 6, 13, 20, 27	12-1pm ET	Zoom
Yoga and Meditation for All Women with <i>Three and Half Acres</i>	Thursdays Apr 4, 18 May 2, 16 Jun 6, 20	6-7pm ET	Zoom
Our BC Life Podcast	Thursdays Apr 18 May 16 Jun 20		Podcast
Why Black Data Matters in Clinical Trial Research	Thursday Apr 4	3-4pm ET	Webinar
Embracing Life's Balancing Act	Friday Apr 12	2-3pm ET	Webinar
Let's Talk About It: Breast Cancer (Communication, Intimacy, and Sex... Oh My!)	Wednesday Apr 17	1-2:30pm ET	Zoom
Part I - Anticipatory Grief: Experiencing grief before the loss has happened	Friday Apr 19	12-1pm ET	Webinar
NEW! Let's Talk About It: Black Women with Breast Cancer (Black Hair and Post-Chemo)	Thursday April 25	7:30-8:30pm ET	Zoom



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Let's Talk About It: Breast Cancer (What is Mindset and Does it Really Matter?)	Wednesday May 15	1-2:30pm ET	Zoom
NEW! Let's Talk About It: Black Women with Breast Cancer (Societal Pressures & Stressors)	Thursday May 23	7:30-8:30pm ET	Zoom
Part II- Body Grief: Losing parts of ourselves and our identity before, during and after cancer treatment	Friday May 24	12-1pm ET	Webinar
Let's Talk About It: Breast Cancer (Survivor's Guilt)	Wednesday Jun 5	1-2:30pm ET	Zoom
The Importance of Black Women Understanding the Chemicals in Their Personal Care Products	Tuesday Jun 11	12-1pm ET	Webinar
Part III- Cumulative Grief: Learning how to honor the many losses that occur in a brief period of time	Friday Jun 14	12-1pm ET	Webinar
NEW! Let's Talk About It: Black Women with Breast Cancer (Work/Life/Love Post-Cancer)	Thursday Jun 20	7:30-8:30pm ET	Zoom



BREAST CANCER SUPPORT GROUPS

Group Name	Date	Time	Location
Ductal Carcinoma in Situ (DCIS - Stage 0) Support Group	Mondays Apr 1 May 6 Jun 3	6-7:30pm ET	Zoom
Breast and Ovarian Cancer Support for Women of African Descent	Tuesdays Apr 2, 16 May 7, 21 Jun 4, 18	1st Tuesday: 6-7:30pm ET 3rd Tuesday: 4-5:30pm ET	Zoom
General Breast Cancer Support Group	Tuesdays Apr 9 May 14, 28 Jun 11, 25	6-7:30pm ET	Zoom
General Breast Cancer Support Group	Wednesdays Apr 17 May 15 Jun 19	9:30-11am ET	Zoom
AYA Breast Cancer Support Group	Wednesdays	6-7pm ET	Zoom
General Breast Cancer Support Group	Thursdays Apr 11 May 9 Jun 13	7-8:30pm ET	Zoom
Aromatase Inhibitors (AIs) and Tamoxifen Support Group	Thursdays Apr 18 May 16 Jun 20	6-7:30pm ET	Zoom
General Breast Cancer Support Group	Sundays Apr 14 May 12 Jun 9	5-6:30pm ET	Zoom

