

METASTATIC BREAST CANCER ONLINE EDUCATIONAL PROGRAMS

Program	Date	Time	Format
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 MBC Life Podcast	Wednesdays Apr 3, 17 May 1, 15, 29 Jun 12, 26		Podcast
Embracing Life's Balancing Act	Friday Apr 12	2-3pm ET	Webinar
NEW! MBC Matters Meet Up: Blood Test Results - Understanding Your Laboratory Test Report	Tuesday Apr 16	7-8pm ET	Zoom
Part I - Anticipatory Grief: Experiencing grief before the loss has happened	Friday Apr 19	12-1pm ET	Webinar
Part II- Body Grief: Losing parts of ourselves and our identity before, during and after cancer treatment	Friday May 24	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



METASTATIC BREAST CANCER SUPPORT GROUPS

Group Name	Date	Time	Location
MBC Support Group	Mondays Apr 1, 8, 15, 22, 29 May 6, 13, 20, 27 Jun 3, 10, 17, 24	12:30-2pm ET	Zoom
MBC Support Group	Mondays Apr 1, 8, 15, 22, 29 May 6, 13, 20, 27 Jun 3, 10, 17, 24	4-5pm ET	Telephone
MBC Support Group	Mondays Apr 1, 8, 15, 22, 29 May 6, 13, 20 Jun 10, 17, 24	8-9:30pm ET	Zoom
MBC Support Group	Tuesdays Apr 2, 16, 30 May 14, 28 Jun 11, 25	4-5:30pm ET	Zoom
MBC Support Group for Black Women	Tuesdays Apr 23 May 28 Jun 25	6-7pm ET	Zoom
MBC Support Group for Young Women	Wednesdays Apr 3 May 1 Jun 5	8-9pm ET	Zoom
Breast Cancer Brain Mets (BCBM) Support Group	Thursdays Apr 11, 25 May 9, 23 Jun 13, 27	3-4:30pm ET	Zoom

