

DEDICATED EXPERIENCED SUPPORT

SHARE

for women facing breast or ovarian cancer

Free Services for Women Affected by **Breast, Ovarian or Metastatic Breast Cancer**



Helpline

Support Groups

Education

Online Communities

LatinaSHARE (Servicios Gratis en Español)

日本語でのサポート

.....
844.ASK.SHARE

PROGRAM GUIDE SEPT-DEC 2019

SHARE

for women facing breast or ovarian cancer

Dear Friend,

As SHARE's community continues to grow, we remain committed to providing the highest quality information and support to anyone facing breast or ovarian cancer. SHARE is deeply grateful to the doctors, researchers, and wellness experts who offer their expertise for over 100 educational programs each year, and to the over 200 Helpline volunteers and support group facilitators who share their compassion and unique wisdom to those in need.

One of the major events that allows SHARE to continue supporting those impacted by breast or ovarian cancer is **A Second Helping of Life**. The 16th annual **A Second Helping of Life**, a tasting event featuring New York City's top female chefs, will be held on September 23, 2019. Tickets are still on sale at sharebenefit.org. You can also celebrate with us by sharing our posts on social media with **#2ndHelpingSHARE**.

Sincerely,



Jacqueline Reinhard
Executive Director

About SHARE

SHARE is a national nonprofit that supports, educates, and empowers women affected by breast or ovarian cancer, with a special focus on medically underserved communities. All of SHARE's services are provided in both English and Spanish, including national Helplines in 20 languages, support groups, expert-led educational programs, clinical trial assistance, community outreach, online communities, corporate education, advocacy, caregiver support, and survivor-patient navigation. For more information visit sharecancersupport.org

Getting to SHARE

SHARE's services are offered in select locations and nationally via telephone and computer. SHARE's main office is located at:

165 West 46th Street, Suite 712
Meeting Room: Suite 706
New York, NY 10036
212.719.0364

We're in the Actors' Equity Building, also labeled 1560 Broadway.



@SHARECancerSupport



@SHARELatina



@SHARECancerSupport



@SHAREAAAProgram



@SHAREing

sharecancersupport.org

latina.sharecancersupport.org

HELPLINE: 844.ASK.SHARE

(844.275.7427)

Support for Breast • Ovarian • Caregivers • Metastatic • Latina/En Español

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BREAST CANCER SUPPORT &

Register at sharecancersupport.org/support-groups or 212.382.2111

NEW! WESTCHESTER BREAST & OVARIAN CANCER SUPPORT GROUP

Westchester Medical Center
19 Bradhurst Ave., Ste. 250 North
Hawthorne, NY 10532
Thursdays, 1:30-3pm
Sep 5 Oct 3 Nov 7 Dec 5

POST-TREATMENT BREAST CANCER SUPPORT GROUP

SHARE Main Office
165 W 46th St., Ste. 706
New York, NY 10036
Wednesdays, 6-7:30pm
Sep 25 Oct 23 Nov 20

DCIS SUPPORT GROUP

SHARE Main Office
Mondays, 6-7:30pm
Sep 9 Oct 7 Nov 4 Dec 2

COPING WITH AROMATASE INHIBITORS AND TAMOXIFEN

SHARE Main Office
Thursdays, 6-7:30pm
Sep 19 Oct 17 Nov 21 Dec 19

BREAST & OVARIAN CANCER SUPPORT FOR WOMEN OF AFRICAN DESCENT

Harlem SHARE - Countee Cullen
Library
104 W 136th St., Auditorium
New York, NY 10030
Tuesdays, 5-6:30pm
Sep 3 Oct 1 Dec 3
Tuesdays, 4-5:30pm
Oct 15 Nov 19 Dec 17

***Exercise for Cancer Patients and Survivors with Moving for Life" after support group (p. 13)*

NEWLY DIAGNOSED BREAST CANCER PHONE SUPPORT GROUP

Mondays, 8:30-9:30pm ET
Sep 2, 16 Oct 7, 21 Nov 4, 18
Dec 2, 16

ONGOING BREAST CANCER SUPPORT GROUPS

SHARE Main Office
Tuesdays, 6-7:30pm
Sep 10, 24 Oct 15, 29 Nov 12, 26
Dec 10

Brooklyn SHARE - Restoration Plaza
1368 Fulton St., Fl. 1, Multipurpose Rm.
Brooklyn, NY 11216
Tuesdays, 3:30-5pm
Sep 10*, 24* Oct 22 Nov 12 Dec 10

Bronx SHARE - Jacobi Medical Center
1400 Pelham Pkwy. South, Building 1,
9th Floor, Room 903
Bronx, NY 10461
Wednesdays, 9:30-11am
Sep 25* Oct 23* Nov 20* Dec 18*

Bronx SHARE - Riverdale YM-YWHA
5625 Arlington Ave.
Bronx, NY 10471
Sundays, 5-6:30pm
Sep 15 Oct 13 (4-5pm), 27**
Nov 10, 24 Dec 1, 15

Queens SHARE - Samuel Field YM-YWHA
58-20 Little Neck Pkwy.
Queens, NY 11362
Thursdays, 7-8:30pm
Sep 12[†] Oct 10** Nov 14 Dec 12

***"Bone Health with Moving for Life" takes place during support group (p. 13)*

†"Descriptive Journaling" takes place during support group (p. 12)

EDUCATION

Register for online programs at sharecancersupport.org/online-education



TOPIC-DRIVEN ROUND TABLES

(see page 11 for more information)

ON TRIPLE NEGATIVE BREAST CANCER

Tuesdays, 6-7pm ET
Sep 10 Oct 15 Nov 12 Dec 10

ON DCIS

Wednesdays, 6-7pm ET
Sep 25 Oct 30 Nov 20

ON LOBULAR BREAST CANCER

Wednesday, December 18, 6-7pm ET

WEBINARS

(see page 10 for more information)

SYSTEMIC TREATMENT FOR EARLY STAGE HER2+ BREAST CANCER

Wednesday, Sep 18, 6-7pm ET

CANCER DISPARITIES IN THE 21ST CENTURY

Tuesday, October 8, 12-1pm ET

IN-PERSON EDUCATION

(see page 12-13 for more information)

To register for in-person programs, please call 212.719.2943 or visit sharecancersupport.org/calendar/in-person-programs

INTEGRATIVE HEALTH AND WELL-BEING DURING TREATMENT

Wednesday, October 16, 6-7:30pm

RECONSTRUCTIVE SURGERY OPTIONS FOR WOMEN WITH BREAST CANCER

Tuesday, October 22, 6-7:30pm

UPDATES IN THE MEDICAL TREATMENT OF BREAST CANCER

Thursday, November 7, 6-7:30 pm

EMBRACE YOUR BEAUTY

Date TBA

OVARIAN CANCER SUPPORT &

Register at sharecancersupport.org/support-groups or 212.719.1204

OVARIAN CANCER SUPPORT GROUPS

SHARE's ovarian cancer support groups are facilitated by long-term ovarian cancer survivors and welcome women diagnosed with any gynecologic cancer.

Lehigh Valley

Trinity Wesleyan Church
6735 Cetronia Road
Allentown, PA 18106

Thursdays, 7-8:30pm

Sep 19 Oct 17 Nov 21 Dec 19

Queens SHARE -

Samuel Field YM-YWHA

58-20 Little Neck Pkwy.
Queens, NY 11362

Mondays, 6:30-8pm

Sep 9 Oct 14 Nov 4 Dec 2

Staten Island SHARE -

SI Hospital Nalitt Cancer Center
Cancer Services at SIUH

256 C Mason Ave., 2nd Fl. Library
Staten Island, NY 10305

Wednesdays, 6:30-8pm

Sep 18 Oct 16 Nov 20 Dec 18

NEWLY DIAGNOSED OVARIAN CANCER SUPPORT GROUP

SHARE Main Office

165 W 46th St., Ste. 706
New York, NY 10036

Wednesdays, 6-7:30pm

Sep 4 Oct 2 Nov 6 Dec 4

ONGOING OVARIAN CANCER SUPPORT GROUP

This group serves those experiencing recurrent disease, whether on a treatment break, in prolonged treatment, or considering options going forward.

SHARE Main Office

Wednesdays, 5-6:30pm

Sep 18 Oct 16 Nov 20 Dec 18

COPING WITH AROMATASE INHIBITORS AND TAMOXIFEN

SHARE Main Office

Thursdays, 6-7:30pm

Sep 19 Oct 17 Nov 21 Dec 19

BREAST & OVARIAN CANCER SUPPORT FOR WOMEN OF AFRICAN DESCENT

Harlem SHARE - Countee Cullen
Library

104 W 136th St., Auditorium
New York, NY 10030

Tuesdays, 5-6:30pm

Sep 3 Oct 1 Dec 3

Tuesdays, 4-5:30pm

Oct 15 Nov 19 Dec 17

NEW! WESTCHESTER BREAST & OVARIAN CANCER SUPPORT GROUP

Westchester Medical Center

19 Bradhurst Ave., Ste. 250 North
Hawthorne, NY 10532

Thursdays, 1:30-3pm

Sep 5 Oct 3 Nov 7 Dec 5

EDUCATION

Register for online programs at sharecancersupport.org/online-education

WEBINARS

(see page 10 for more information)

NEW DEVELOPMENTS IN OVARIAN CANCER SURGERY

Wednesday, September 4, 1-2pm

CANCER DISPARITIES IN THE 21ST CENTURY

Tuesday, October 8, 12-1pm ET

WANT TO GET AWAY? CONSIDERING TREATMENT BREAKS IN OVARIAN CANCER

Monday, November 11, 3-4pm ET

TOPIC-DRIVEN ROUND TABLES

(see page 11 for more information)

ON OVARIAN CANCER

Wednesdays, 1-2:30pm ET
Sep 11 Oct 16 Nov 13 Dec 11

ASK ME ANYTHING

(see page 11 for more information)

ASK A GYN-ONC ANYTHING

Tuesday, September 24, 2-3pm ET

IN-PERSON EDUCATION

(see page 12-13 for more information)

To register for in-person programs,
please call 212.719.2943 or visit
[sharecancersupport.org/calendar/
in-person-programs](http://sharecancersupport.org/calendar/in-person-programs)

INTEGRATIVE HEALTH AND WELL- BEING DURING TREATMENT

Wednesday, October 16, 6-7:30pm

EMBRACE YOUR BEAUTY

Date TBA

LEARN AND CELEBRATE AT AN OVARIAN CANCER AWARENESS MONTH DOUBLE PROGRAM!

(see page 13 for more information)

Thursday, September 19, 5:30-9:30pm

ADVANCEMENTS IN OVARIAN CANCER SCREENING AND TREATMENT

Perlmutter Cancer Center, 5:30-7pm

OVARIAN CANCER SURVIVOR CELEBRATION

Bubo Restaurant, 7-9:30pm



METASTATIC BREAST CANCER

Register at sharecancersupport.org/support-groups or 212.382.2111

METASTATIC IN-PERSON LUNCHTIME SUPPORT GROUP

Facilitated by a professional therapist and peer living with advanced disease, this group explores practical tools and strategies to navigate daily living.

SHARE Main Office

165 W 46th St., Ste. 706

New York, NY 10036

Mondays, 12:30-2pm

Sep 9,* 16,* 23*

Oct 7,* 21,* 28*

Nov 4,* 11,* 18*

Dec 2,* 9,* 16*

**Moving for Life educational program (p. 13) after support group*

TELEPHONE SUPPORT GROUP FOR YOUNG WOMEN WITH METASTATIC BREAST CANCER

Suggested for women under 45. This group is sponsored in part by the Beth C. Tortolani Foundation.

Wednesdays, 8-9pm ET

Sep 4 Oct 2 Nov 6 Dec 4

AFTERNOON TELEPHONE SUPPORT GROUP

This group, facilitated by an LCSW, is ideal for women who are unable to make it to an in-person group.

Mondays, 4-5pm ET

Sep 2, 9, 16, 23, 30

Oct 7, 14, 21, 28

Nov 4, 11, 18, 25

Dec 2, 9, 16, 23, 30

EVENING TELEPHONE SUPPORT GROUP

Our evening phone group is peer-facilitated and focuses on the uncertainty of life with metastatic disease.

Thursdays, 6-7pm ET

Sep 5, 12, 19, 26

Oct 3, 10, 17, 24, 31

Nov 7, 14, 21

Dec 5, 12, 19

Additional MBC Resources

Available for iPhones



My MBC & Me

A free iOS mobile app by SHARE for people with metastatic breast cancer

Download at mymbcandme.org

CALL OUR METASTATIC HELPLINE, **TALKMETS!**

Call [844.ASK.SHARE](tel:844.ASK.SHARE) and choose **option 6** to speak with someone else living with MBC.

SUPPORT & EDUCATION

Register for online programs at sharecancersupport.org/online-education

TOPIC-DRIVEN ROUND TABLES

(see page 11 for more information)

ON METASTATIC BREAST CANCER: TALKING TO LOVED ONES ABOUT MBC

Tuesday, October 29, 1-2pm ET

IN-PERSON EDUCATION

(see page 12-13 for more information)

To register for in-person programs, please call 212.719.2943 or visit sharecancersupport.org/calendar/in-person-programs

EXERCISE FOR METASTATIC HEALTH

Mondays, 2:15-3:15pm
Sep 9, 16, 23 Oct 7, 21, 28
Nov 4, 11, 18 Dec 2, 9, 16

INTEGRATIVE HEALTH AND WELL-BEING DURING TREATMENT

Wednesday, October 16, 6-7:30pm

EMBRACE YOUR BEAUTY

Date TBA

WEBINARS

(see page 10 for more information)

BRAIN METASTASIS: EMERGING TREATMENTS AND REASONS TO BE HOPEFUL

Wednesday, September 25, 2-3pm ET

CANCER DISPARITIES IN THE 21ST CENTURY

Tuesday, October 8, 12-1pm ET

METASTATIC BREAST CANCER AND THE TUMOR MICROENVIRONMENT

Tuesday, November 12, 2-3 PM ET

RESEARCH UPDATES ON IMAGING AND TREATING METASTATIC LOBULAR BREAST CANCER

Wednesday, November 13, 1-2pm ET



Free Online Courses for HR+ HER2- MBC

SHARE is proud to collaborate with WebMD Education on three free online programs for HR+, HER2- metastatic breast cancer. Visit <http://bit.ly/mbccourse> to get started.

ONLINE PROGRAMS

Register at sharecancersupport.org/online-education

WEBINARS

NEW DEVELOPMENTS IN OVARIAN CANCER SURGERY

Surgery is an essential part of ovarian cancer treatment, and there are always new developments. In this webinar, John Chan, MD, Director of Gynecologic Oncology at UCSF, will explain in lay terms various topics on ovarian cancer surgery, from laparotomy to timing and staging of surgery to understanding the IP vs IV chemo debate.

Wednesday, September 4, 1-2pm

SYSTEMIC TREATMENT FOR EARLY STAGE HER2+ BREAST CANCER

Dr. Devika Gajria, medical oncologist at Memorial Sloan Kettering Cancer Center, will discuss current approaches for the treatment of early stage HER2+ breast cancer.

Wednesday, September 18, 6-7pm ET

BRAIN METASTASIS: EMERGING TREATMENTS AND REASONS TO BE HOPEFUL

Join Dr. Nancy Lin, Director of the Metastatic Breast Cancer Program at Dana-Farber Cancer Institute, as she discusses diagnosis, symptom management, emerging treatments and reasons to be hopeful with Julia Maues, a metastatic breast cancer patient advocate. This one-hour webinar will allow time for questions from participants. In collaboration with Living Beyond Breast Cancer and Young Survival Coalition.

Wednesday, September 25, 2-3pm ET

CANCER DISPARITIES IN THE 21ST CENTURY

Racial disparities in breast cancer mortality have been clearly documented despite widespread screening and advances in treatment. Otis W. Brawley, M.D., the Bloomberg Distinguished Professor of Oncology and Epidemiology at Johns Hopkins University, will explore with us: what causes these disparities, and what steps are needed to facilitate change?

Tuesday, October 8, 12-1pm ET

WANT TO GET AWAY? CONSIDERING TREATMENT BREAKS IN OVARIAN CANCER

How do we make time for the things that matter most when in long-term treatment? For our 5th Annual Joan Sommer Educational Program, Ronald Buckanovich, MD, PhD, Director of the Ovarian Cancer Center of Excellence at Magee Women's Research Institute, will enlighten us with his research on taking breaks from ovarian cancer treatment.

Monday, November 11, 3-4pm ET

METASTATIC BREAST CANCER AND THE TUMOR MICROENVIRONMENT

Dr. Cyrus M. Ghajar, Assistant Member PHS/Translational Research Program, Fred Hutchinson Cancer Research Center, will explain how microenvironments within distant tissues regulate dormancy and growth of disseminated tumor cells.

Tuesday, November 12, 2-3 PM ET

RESEARCH UPDATES ON IMAGING AND TREATING METASTATIC LOBULAR BREAST CANCER

Join Lobular Breast Cancer Alliance (LBCA) Scientific Advisory Board members Dr. Rachel Jankowitz, medical oncologist at the University of Pennsylvania Medical Center, and Dr. Gary Ulaner, radiologist at Memorial Sloan Kettering Cancer Center, to discuss imaging options to detect lobular breast cancer (ILC) metastasis and treatment response, and promising therapies. LBCA steering committee member and metastatic ILC advocate Elizabeth Viggiano will add the patient perspective.

Wednesday, November 13, 1-2pm ET

ASK ME ANYTHING

ASK A GYN-ONC ANYTHING

Sign on to our HealthUnlocked ovarian cancer community and have your questions answered live by Dr. Eloise Chapman-Davis, MD, gynecologic oncologist at Weill Cornell.

Tuesday, September 24, 2-3pm ET

TOPIC-DRIVEN ROUND TABLES

ON TRIPLE NEGATIVE BREAST CANCER

Women with early stage triple negative breast cancer (TNBC) can join Nancy Touhill via video or phone for discussions on topics like: “TNBC 101” (September 10), “Getting Through TNBC Treatment” (October 15), “Cancer and the Family” (November 12), and “Managing Fear and Anxiety” (December 10).

Tuesdays, 6-7pm ET

Sep 10 Oct 15 Nov 12 Dec 10

ON OVARIAN CANCER

Women with ovarian cancer can join Julie Larson, LCSW and peers via video or phone to learn about and discuss topics like: “Fear of Recurrence” (September 11), “Building Your ‘All-Star’ Cancer Support Team” (October 16), “Palliative Care 101” (November 13), and “Coping with the Holidays” (December 11).

Wednesdays, 1-2:30pm ET

Sep 11 Oct 16 Nov 13 Dec 11

ON DCIS

Women with DCIS can join facilitator Deb Hackenberry and others via video or phone to learn about and discuss topics including: “Health Literacy” (September 25), “Endocrine Therapy” (October 30), and “How to Stay Healthy During the Holidays” (November 20).

Wednesdays, 6-7pm ET

Sep 25 Oct 30 Nov 20

ON METASTATIC BREAST CANCER: TALKING TO LOVED ONES ABOUT MBC

Explore how to talk to friends, kids, and family members about your MBC diagnosis with Lisa Laudico, LMSW and metastatic peers via video or phone.

Tuesday, October 29, 1-2pm ET

ON LOBULAR BREAST CANCER

Join seasoned lobular breast cancer advocates Leigh Pate, Lobular Breast Cancer Alliance co-coordinator, and Elizabeth Viggiano to discuss your concerns and questions about lobular breast cancer and the role of advocacy to advance research and educate.

Wednesday, December 18, 6-7pm ET

IN-PERSON PROGRAMS

Register at 212.719.2943 or sharecancersupport.org/calendar/in-person-programs

DESCRIPTIVE JOURNALING

Susan McKellop, a certified “Journal to the Self” instructor, will demonstrate the usefulness of journaling through the challenges of diagnosis, treatment, and understanding one’s new normal.

Queens SHARE - Samuel Field YM-YWHA

58-20 Little Neck Pkwy.

Queens, NY 11362

Thursday, September 12, 7-8:30pm

INTEGRATIVE HEALTH AND WELL-BEING DURING TREATMENT

Ann Fonfa, founder of the Annie Appleseed Project, will discuss complementary therapies and collaborating on care during treatment.

SHARE Main Office

165 W 46th St., Ste. 706

New York, NY 10036

Wednesday, October 16, 6-7:30pm

RECONSTRUCTIVE SURGERY OPTIONS FOR WOMEN WITH BREAST CANCER

Breast reconstruction can help restore the look of the breast after a mastectomy. Education is key when deciding whether reconstruction is right for you, and if so, what kind. Get the facts about the many surgical options available from Dr. Deborah Axelrod, breast cancer surgeon, and Dr. Jamie P. Levine, plastic surgeon, of NYU Langone Health.

NYU Langone Health

550 1st Ave. at 31st St., Alumni Hall B
New York, NY 10016

Tuesday, October 22, 6-7:30pm

UPDATES IN THE MEDICAL TREATMENT OF BREAST CANCER

Larry Norton, MD, Senior Vice President of the Office of the President at MSKCC and Medical Director of the Evelyn H. Lauder Breast Center, will review the latest developments in breast cancer treatment. Co-sponsored by the United Federation Of Teachers.

United Federation of Teachers

52 Broadway, 19th Fl., Ste. D/E

New York, NY 10004

Thursday, November 7, 6-7:30pm

EMBRACE YOUR BEAUTY

Back by popular demand! Join SHARE for a day of pampering, self-care, and self-love at our “Embrace Your Beauty” event. Enjoy free makeovers, scarves, and giftbags. Sponsored by Thrive Causemetics and designer Elizabeth Gillett.

SHARE Main Office

Date TBA



MOVING FOR LIFE

EXERCISE FOR METASTATIC HEALTH

Practice movements best suited to meet your goals for physical and emotional health.

SHARE Main Office

165 W 46th St., Ste. 706
New York, NY 10036

Mondays, 2:15-3:15pm

Sep 9, 16, 23 Oct 7, 21, 28

Nov 4, 11, 18 Dec 2, 9, 16

BONE HEALTH

Learn and experience how movement can improve bone health, address osteopenia and osteoporosis, and decrease joint or bone pain.

Queens SHARE - Samuel Field YM-YWHA

58-20 Little Neck Pkwy., Queens, NY 11362

Thursday, October 10, 7-8:30pm

Bronx SHARE - Riverdale YM-YWHA

5625 Arlington Ave., Bronx, NY 10471

Sunday, October 27, 5-6:30pm

EXERCISE FOR CANCER PATIENTS AND SURVIVORS

Learn movements best suited to help you meet your physical and emotional goals.

Brooklyn SHARE - Restoration Plaza

1368 Fulton St., Fl. 1, Multipurpose Rm.
Brooklyn, NY 11216

Tuesdays, Sep 10 & 24, 5:15-6:15pm

Bronx SHARE - Jacobi Medical Center

1400 Pelham Pkwy. South
Building 2, 9th Floor, Room 902
Bronx, NY 10461

Wednesdays, 11:15am-12:15pm

Sep 25 Oct 23 Nov 20 Dec 18

LEARN AND CELEBRATE AT AN OVARIAN CANCER AWARENESS MONTH DOUBLE PROGRAM!

Thursday, September 19, 5:30-9:30pm

ADVANCEMENTS IN OVARIAN CANCER SCREENING AND TREATMENT

Gynecologic oncologist Douglas A. Levine, MD of NYU Langone Health will discuss the latest breakthroughs in screening, treatment, and disease management for ovarian cancer.

Perlmutter Cancer Center

160 E. 34th St., 11th Fl., Rm 1121
New York, NY 10016

Thursday, September 19, 5:30-7pm

OVARIAN CANCER SURVIVOR CELEBRATION

Whether you are a seasoned SHARE volunteer, a helpline caller, or a one-time program attendee, all are welcome to come and celebrate survivorship and mingle with other women who know what you're going through.

Bubo Restaurant

515 3rd Ave.
New York, NY 10016

Thursday, September 19, 7-9:30pm

CAREGIVER CIRCLE FOR FAMILY AND FRIENDS

CAREGIVER SUPPORT GROUP

If your family member, partner, or friend has been diagnosed with any stage of breast or ovarian cancer, attend this monthly group to receive validation and support, as well as practical information, from peer facilitators and other group members.

SHARE Main Office

165 W 46th St., Ste. 706

New York, NY 10036

Tuesdays, 6-7:30pm

Sep 10 Oct 8 Nov 12 Dec 10

CAREGIVER SUPPORT HELPLINE

Call **844.ASK.SHARE** or email us at caregiver@sharecancersupport.org

Tell your caregiver about
SHARE's caregiver services!

SHARE JAPANESE PROGRAM

日本語プログラム

あなたはひとりではありません。SHARE日本語プログラムにご相談ください

私たちは、乳がん・卵巣がんの経験者です。
もしあなたが、乳がん・卵巣がんと診断されたら…。
この病気のことをもっと知りたいと思ったら…。
乳がん・卵巣がんに立ち向かう皆さまの
お手伝いをさせていただきます。
すべてのサービスは無料です。

●SHARE日本語プログラム

ニューヨークで1978年から活動している乳がん・卵巣がん患者
支援団体SHAREの日本語部門で、2013年から活動しています。

〈患者・経験者サポートミーティング〉

定期的集まってお互いのことを語り合います。

〈啓発イベント〉

健康で楽しく生きるヒントを、皆さんで共有するのが目的です。

〈サポートボランティア〉

ミーティングの運営、患者さんのサポートなどのボランティアです。

★SHARE日本語プログラムについて詳しくは、HPをご覧ください

<http://sharejp.org/>

サポートミーティングスケジュール

SHARE日本語プログラムでは毎月、日本語で行うサポートミーティングを開催しています。
下記スケジュールをご確認の上、お気軽にご参加ください。

会場：SHARE本部(下記住所)

4th Fridays, 12:30-2pm

Sep 27 Oct 25 Nov 22 Dec 27

2nd Fridays, 6-7:30pm

Sep 13 Oct 11 Nov 8 Dec 13

日本語ヘルプライン | **347.220.1110**

応対時間：午前9時～午後5時(アメリカ東部時間)

お問い合わせはメールでも受け付けています
contact@sharejp.org

165 West 46th Street, Suite 712 (bet. Broadway & 6th Ave.)

PINK AND TEAL SEMINARS



*INSPIRATION AND MOTIVATION
FROM CANCER SURVIVORS*

Help your co-workers become proactive about their health by educating them about breast and ovarian cancer.

Healthy survivors will visit your office and discuss:

- Symptoms and early detection
- Risks and how to reduce them
- Screening options
- Effective communication with your doctor
- Your possible treatment options

Ask your HR manager to contact SHARE for a free, one-hour **Pink and **Teal** Seminar!**

CONTACT

Arlene Matlick, Director, 212.221.1593
amatlick@sharecancersupport.org



SHARE SPONSORS

SHARE gratefully acknowledges major support from the following corporations and foundations:

Aaron & Marion Gural Foundation
AbbVie Inc
Admore Air Conditioning Corp.
AFK Group
AstraZeneca
Avon Foundation for Women
Bader Media Group
Celgene
Cerami & Associates, Inc.
Clovis Oncology Inc.
Clune Construction Company
Dune Medical Devices
The Durst Organization
Eisai, Inc.
Empire Architectural Metal Corp.
Empire Dragons NYC
EvensonBest LLC
Fashion Targets Breast Cancer
Fred Geller Electrical, Inc.
Gardiner & Theobald
Gartner
Genentech, Inc.
Genomic Health, Inc.
Godosky & Gentile, PC
Henegan Construction Co., Inc.
HOK Architects/5 Bryant Park
Jaros Baum & Bolles
Jones Lang LaSalle Americas, Inc.
JRM Construction Management, LLC
Knoll, Inc.
Lee & Associates NYC
Lilken Associates
Eli Lilly and Company
MacroGenics
Merck
Morphotek
Mt. Sinai-St. Luke's

New York City Association of Hotel
Concierges
New York City Department of Health
and Mental Hygiene
New York City Department for the Aging
New York Community Trust
New York State Department of Health
Newmark & Company Real Estate
Novartis
Office Resources
Laura & Isaac Perlmutter Cancer Center
Pfizer Inc.
Plaza Construction, LLC
Principal Group
ProCirc, LLC
Protiviti
Puma Biotechnology, Inc.
Regional Cancer Care Associates,
Central Jersey Division
Skadden, Arps, Slate, Meagher &
Flom, LLP
SL Green Realty Corp
Speed Rack
Spring OB/GYN, PC
Steelcase
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The Switzer Group
The Craig B. Tate Foundation
Teknion, LLC
Tesaro
Beth C. Tortolani Foundation
Turner Construction Company
UBS
Unity International Group
WB Wood
Weill Cornell Breast Center
WebMD
Xyster Consulting Inc.

25 ANIVERSARIO

Apoyo con experiencia y dedicación

SHARE

para mujeres con cáncer de seno o de ovario

LatinaSHARE

Calendario de Grupos de Apoyo para Mujeres con
Cáncer de Seno, Cáncer de Ovario, y los Cuidadores



CONTÁCTENOS

latina.sharecancersupport.org
844.275.7427



SHARELatina

GRUPOS DE APOYO PARA MUJERES CON CÁNCER DE SENO, CÁNCER DE OVARIO, Y LOS CUIDADORES

MANHATTAN

Mt. Sinai St. Luke's Hospital

1111 Amsterdam Ave., Piso M-4
New York, NY 10025

2do y 4to miércoles del mes: 2:30-4:30 de la tarde

11*† y 25 de septiembre 9*† y 23* de octubre
13* de noviembre 18 de diciembre

Mt. Sinai/Dubin

1176 5th Ave.
Primer Piso, Salon de Conferencia
New York, NY 10029

2do y 4to jueves del mes: 11-1 de la tarde

12 y 26 de septiembre 10* y 24* de octubre
14 de noviembre 12 de diciembre

The Blavatnik Family-Chelsea Medical Center at Mt. Sinai

325 W. 15th St.
Piso 1, salón multiuso H-01
New York, NY 10011

3er jueves del mes: 2:30-4 de la tarde

19 de septiembre* 17 de octubre*
21 de noviembre* 5 de diciembre

NY Presbyterian/Manhattan Cancer Services

Avon Breast Imaging (entrada del vestíbulo)
1130 St. Nicholas Ave.
New York, NY 10032

3er viernes del mes: 5-7 de la noche

20 de septiembre 18 de octubre
15 de noviembre 20 de diciembre
Llame al 212.851.4520 para más información sobre este grupo.

NY Presbyterian Hospital/Columbia University Medical Center Library

161 Fort Washington Ave.
Piso 10, Sala 1035 (la biblioteca)
New York, NY 10032

2do y 4to jueves del mes: 10-11:30 de la mañana

12* y 26 de septiembre 10* y 24 de octubre
14* y 21 de noviembre 12 de diciembre

Settlement Health

212 E. 106th St.
Piso 3, Cuarto de Conferencia
New York, NY 10029

4to miércoles del mes: 2:30-4:30 de la tarde

25 de septiembre* 23 de octubre*
20 de noviembre* 18 de diciembre

Metropolitan Hospital

1901 1st Ave. (calle 97)
Cuarto 1D17 (entrada por la 2da Avenida)
New York, NY 10029

3er viernes del mes: 12:30-2 de la tarde

20 de septiembre*† 18 de octubre*†
15 de noviembre*† 6 de diciembre†

EL BRONX

Lincoln Medical and Mental Health Center

234 E. 149th St.
Primer piso, Salón de Conferencia
Bronx, NY 10451

último lunes del mes: 11-1 de la tarde

30 de septiembre† 28 de octubre†
18 de noviembre*† 16 de diciembre

BROOKLYN

Make the Road NY (Brooklyn)
301 Grove St.
Brooklyn, NY 11237

2do martes del mes: 10-12 de la tarde
17 de septiembre* 8 de octubre*
12 de noviembre* 10 de diciembre

QUEENS

Make the Road NY (Queens)
92-10 Roosevelt Ave.
Jackson Heights, NY

2do y 4to viernes del mes: 2:30-4:30 de la tarde
13 y 27^o de septiembre 11 de octubre*
8 y 22^o de noviembre 13 de diciembre

Queens Center Mall
90-15 Queens Boulevard
(Calle 92 entre las avenidas 57 y 59)
Elmhurst, NY 11373

3er viernes del mes: 6-7:30 de la noche
20 de septiembre 18 de octubre
15 de noviembre 20 de diciembre

LONG ISLAND, NY

Iglesia Saint Luke en Brentwood
266 Wicks Road
Brentwood, NY 11717

2do sábado del mes: 2:30-4:30 de la tarde
14 de septiembre 12 de octubre
9 de noviembre 14 de diciembre

¡NUEVO! HAWTHORNE, NY

Westchester Medical Center
19 Bradhurst Avenue
Atrium Level, Suite 250 North
Hawthorne, NY 10532

último viernes del mes: 10-11:30 de la mañana
27 de septiembre 25 de octubre
15 de noviembre 13 de diciembre

¡NUEVO! NEWARK, NJ

**Newark Beth Israel Medical Center's
Reverend Dr. Ronald B. Christian
Community Health & Wellness Center**
208 Lyons Avenue
Newark, NJ 07112

2do viernes del mes: 10-11:30 de la mañana
11 de octubre 8 de noviembre
13 de diciembre

ORLANDO, FL

350 E Jackson St.
Sala de recreo
Orlando, FL 32801

2do y 4to martes del mes: 2-3:30 de la tarde
10 y 24 de septiembre 8 y 22 de octubre
12 y 26 de noviembre 10 de diciembre

REUNIÓN DE PACIENTES DE CÁNCER DE SENO METASTÁTICO EN SETTLEMENT HEALTH

Este grupo se enfocara en lidiar con un diagnóstico del cáncer de seno metastasico y fomentar el apoyo mutuo entre las participantes y sus cuidadores, quienes enfrentan esta enfermedad. Para recibir más informacion sobre este grupo llame a Brenda Acosta al 212.221.1626 o envíe un correo electrónico a bacosta@sharecancersupport.org.

Settlement Health
212 E. 106th St.
(entre la 2^{da} y 3^a avenida)
Piso 3, Cuarto de Conferencia
martes, 1:30-4 de la tarde
15 de octubre 17 de diciembre

*programa educativo (p. 21-23)

†clase de baile con Moving for Life (p. 23)



PROGRAMAS ESPECIALES

SEMINARIOS VIRTUALES

LA VOZ HISPANA EN LA INVESTIGACIÓN DEL CÁNCER/ (THE HISPANIC VOICE IN CANCER RESEARCH)

La Dra Barbara Segarra-Vázquez explicará la importancia de la participación de personas hispana en la investigación del cáncer, y como participar en estas investigaciones. Además, nos explicará qué es un estudio clínico, cuáles son sus diferentes partes y cómo los estudios clínicos benefician a las mujeres hispanas.

martes, 17 de septiembre, 2-3 de la tarde

ENSAYOS CLÍNICOS (CLINICAL TRIALS)

El Dr. Santa-Maria repasará los conceptos básicos del cáncer de seno y las nuevas estrategias para combatir la enfermedad; enfatizando la importancia de los estudios clínicos, y cómo los pacientes pueden participar en estos estudios.

martes, 22 de octubre, 3-4 de la tarde

LA ASCENDENCIA GENÉTICA ENTRE LATINAS Y EL RIESGO DE CÁNCER DE MAMA (GENETIC ANCESTRY AMONG LATINAS AND BREAST CANCER RISK)

La Dra Fejerman presentará el descubrimiento de factores genéticos y no genéticos que contribuyen al riesgo y al pronóstico del cáncer de seno en la mujeres latinas. También hablará

sobre las disparidades en el pronóstico del cáncer de seno en esta población y sus posibles causas, incluyendo el acceso a información, pruebas de detección y atención médica.

martes, 19 de noviembre, 2-3 de la tarde

EN PERSONA

EL CÁNCER DEL SENO METASTÁSICO Y LA MUJER LATINA (METASTATIC BREAST CANCER AND THE LATINA WOMAN)

Ven y comparte una tarde con LatinaSHARE y Gilda's Club NYC en un evento para crear conciencia sobre las opciones de tratamiento y el impacto físico, emocional, familiar, y espiritual de cáncer de seno metastásico en las mujeres latinas.

Gilda's Club NYC
195 W. Houston Street
New York, NY 10014

viernes, 25 de octubre, 1-4 de la tarde



PROGRAMAS EDUCATIVOS

para los grupos de apoyo

INFORMACIÓN SOBRE VIVIENDAS ACCESIBLES Y ACCESS-A-RIDE (ACCESSIBLE HOUSING AND ACCESS-A-RIDE)

Suhali Mendez, de los Abogados de Nueva York para el Interés Público presentará acerca del servicio Access-A-Ride y también sobre las viviendas accesibles en la ciudad de Nueva York.

The Blavatnik Family-Chelsea Medical Center

jueves, 17 de octubre, 2:30-4 de la tarde

Make the Road NY (Queens)

viernes, 22 de noviembre, 2:30-4:30 de la tarde

Mt. Sinai St. Luke's Hospital

miércoles, 23 de octubre, 2:30-4:30 de la tarde

Mt. Sinai/Dubin

jueves, 24 de octubre, 11-1 de la tarde

LA IMPORTANCIA DE SU HISTORIAL FAMILIAR DE CÁNCER (THE IMPORTANCE OF YOUR FAMILY CANCER HISTORY)

Ivis Febus Sampayo, Directora General de SHARE, nos hablará sobre la importancia de conocer el historial familiar de cáncer y cuáles son los beneficios de compartir esta información con sus familiares.

Make the Road NY (Queens)

viernes, 27 de septiembre, 2:30-4:30 de la tarde

New York Presbyterian/Columbia University Medical Center Library

jueves, 24 de octubre, 10-11:30 de la mañana

Lincoln Medical & Mental Health Center
lunes, 28 de octubre, 11-1 de la tarde

RED INTEGRADA DE ACCESO A LA ATENCIÓN DEL CÁNCER (INTEGRATED CANCER CARE ACCESS NETWORK)

La Red Integrada de Acceso a la Atención del Cáncer (ICCAN, por sus siglas en inglés) brinda a los inmigrantes con cáncer más oportunidades para acceder a una atención de calidad. ICCAN presentará acerca de la variedad de servicios y recursos que pueden ayudar a aliviar la enorme carga financiera del tratamiento del cáncer, incluyendo el costo de la atención médica y los costos indirectos, como el transporte y la atención infantil.

Lincoln Medical & Mental Health Center
lunes, 18 de noviembre, 11-1 de la tarde

Settlement Health

miércoles, 20 de noviembre, 2:30-4:30 de la tarde

PLANIFICACIÓN DE LA VIDA (LIFE PLANNING)

El Instituto de Bienestar Legal de El Centro de Familia presentará sobre el tema de planificación de vida. Aprenda sobre Testamentos, Poderes Legales, Delegados de Salud, etc. Aprenda como el Instituto de Bienestar Legal le puede ayudar con sus problemas legales.

Mt. Sinai/Dubin

jueves, 10 de octubre, 11-1 de la tarde

PROGRAMAS EDUCATIVOS

para los grupos de apoyo

LEY DE VIVIENDA (HOUSING LAW)

El Instituto de Bienestar Legal de El Centro de Familia presentará sobre el tema de ley de vivienda. Aprenda sobre Desalojos, Derecho de Sucesión, Renta del Mercado Privado, Sección 8 y distintos subsidios que existen, etc. Aprenda como el Instituto de Bienestar Legal le puede ayudar con sus problemas legales.

Mt. Sinai St. Luke's Hospital
miércoles, 11 de septiembre, 2:30-4:30 de la tarde

Settlement Health
miércoles, 25 de septiembre, 2:30-4:30 de la tarde

Make the Road NY (Queens)
viernes, 11 de octubre, 2:30-4:30 de la tarde

LO BÁSICO DE ALZHEIMER Y PROBLEMAS DE LA MEMORIA (THE BASICS OF ALZHEIMER'S AND MEMORY PROBLEMS)

Licet Valois, LMSW, MPS Gerente de programas de cuidados y apoyo de la Organización de Alzheimer ofrecerá una charla sobre cómo podemos cuidar nuestro cerebro, nuestra memoria y nosotros mismos. Además, Valois explicara que es la deterioración normal de nuestro cerebro y que es anormal.

Mt. Sinai St. Luke's Hospital
miércoles, 9 de octubre, 2:30-4:30 de la tarde

Settlement Health
miércoles, 23 de octubre, 2:30- 4:30 de la tarde

NY Presbyterian Hospital/Columbia University Medical Center Library
jueves, 14 de noviembre, 10-11:30 de la mañana

¿QUÉ ROL JUEGA LA FÉ EN LA RECUPERACIÓN? (HOW DOES FAITH PLAY A ROLE IN RECOVERY?)

Yasmin Torres LMHC y Pamela Valdez LMSW de la Iglesia Espíritu de Hermandad en Williamsburg guiarán una conversación acerca de su estado de fé y su estado mental durante su recuperación del cáncer. Traiga sus preguntas acerca de cómo reconciliar su fé, espiritualidad y creencias con las dificultades del cáncer.

New York Presbyterian Columbia University Medical Center
jueves, 12 de septiembre, 10-11:30 de la mañana

Make the Road NY (Brooklyn)
martes, 17 de septiembre, 10-12 de la tarde



LA ESPIRITUALIDAD Y EL CÁNCER (SPIRITUALITY AND CANCER)

Margarita Zayas, maestra de Reiki, Conferencista, Motivadora holística, Fundadora y Directora de la Fundación de Apoyo Alfredo Zayas hablará sobre los sentimientos que puedan surgir al lidiar con el diagnóstico y tratamiento de cáncer. Aprenda como cultivar optimismo, fuerza y paz. Este taller es para cuidadores como para sobrevivientes.

The Blavatnik Family-Chelsea Medical Center

jueves, 19 de septiembre, 2:30-4 de la tarde

NY Presbyterian Hospital/Columbia University Medical Center Library

jueves, 26 de septiembre, 10-11:30 de la mañana

Make the Road NY (Brooklyn)

martes, 8 de octubre, 10-12 de la tarde

EL MASAJE ONCOLÓGICO (ONCOLOGY MASSAGE)

Los estudiantes del programa de CATA del masaje oncológico comprenden los síntomas que los pacientes de cáncer experimentan y enfocan en el masaje orientado en el confort. La investigación ha mostrado que los masajes pueden mejorar el dolor y también el humor del paciente. Los participantes de este grupo pueden experimentar los beneficios de este tipo de masaje en persona.

Make the Road NY (Brooklyn)

martes, 12 de noviembre, 10-12 de la tarde

Mt. Sinai St. Luke's Hospital

miércoles, 13 de noviembre, 2:30- 4:30 de la tarde

The Blavatnik Family-Chelsea Medical Center

jueves, 21 de noviembre, 2:30-4 de la tarde

CLASES DE BAILE PARA LA RECUPERACIÓN DEL CÁNCER PROPORCIONADAS POR MOVING FOR LIFE



Aprenda cuales tipos de ejercicio son mejores para lograr sus metas. Este taller conducido por la fisióloga de ejercicio, Dra. Martha Eddy de Moving for Life, explorará los factores que contribuyen a una recurrencia y además los movimientos que pueden ayudar con los efectos secundarios del tratamiento.

Mt. Sinai St Luke's Hospital

2do miércoles del mes, 1:30-2:30 de la tarde

11 de septiembre 9 de octubre

Make the Road NY (Queens)

4to viernes, 4:30-5:30 de la tarde

27 de septiembre

22 de noviembre

Metropolitan Hospital

3er viernes del mes, 2:30-3:30 de la tarde

20 de septiembre

18 de octubre

15 de noviembre

Lincoln Medical & Mental Health Center

último lunes del mes, 11-1 de la tarde

30 de septiembre

28 de octubre

18 de noviembre



A Tasting Event to Benefit SHARE

Monday, September 23, 2019

HOSTED BY

Amy Robach

Co-Anchor, ABC News' 20/20

HONORING

2019 Recipient of SHARE's

Anne Grant Advocacy Leadership Award

Andrea Jung

President and CEO, Grameen America

Sandra Lee

Chef, Writer, and Television Personality

Novartis

EXECUTIVE CHEF

Barbara Sibley

La Palapa

EXECUTIVE

CELEBRITY SOUS CHEF

Tamsen Fadal

Anchor, Pix11 News

RSVP or learn more: sharebenefit.org
Follow along at #2ndHelpingSHARE

SHARE

165 West 46th Street, Suite 712

New York, NY 10036

sharecancersupport.org

latina.sharecancersupport.org

844.ASK.SHARE

(844.275.7427)