

BREAST CANCER OPTIONS ONGOING PROGRAMS AND SERVICES

Breast Cancer Options provides free services in the Hudson Valley

WE WELCOME CALLS AND PROVIDE INFORMATION NO MATTER WHERE YOU LIVE!

PEER-LED SUPPORT GROUPS

New groups will be added: times and locations may be added. Please call 845-339-4673

www.BreastCancerOptions.org

COLUMBIA COUNTY	Hudson	84 Greene Street, Hudson	2 nd Thursday 6-7:30pm
DUTCHESS COUNTY	Beacon	Wingate at Beacon - 10 Hastings Drive	3 rd Wednesday 6:30-8pm
	Poughkeepsie	Young Survivor Breast Cancer Support Group Vassar Brothers Hospital Conference room B	1 st Tuesday 6-7:30pm
GREENE COUNTY	Palenville	Palenville Branch Library - 3335 Route 23A	1 st Thursday 6-7:30pm
ORANGE COUNTY	Cornwall	St. Luke's Cornwall Hospital. 19 Laurel Avenue, Ground Floor Conference Room	3 rd Wednesday 6-7:30pm
ULSTER COUNTY	New Paltz	The Living Seed- 521 Main St.	2 nd Wednesday 2-3:30pm
	New Paltz	Metastatic Breast Cancer Group Christ the King Church 2 Eugene L Brown Drive, New Paltz, NY 12561	2 nd Saturday Noon

HEALTHY LIFESTYLES CALENDAR

An informational digest that looks at topics related to breast cancer and the lifestyle changes you can make to reduce the risk of breast cancer and its recurrence. Call 845/339-HOPE to send for a copy

COMPANION ADVOCATES

for Breast Cancer-Related Medical Visits

Trained Survivors accompany newly diagnosed patients to medical visits. A Companion Advocate is there for support, to ensure that important questions get asked and answered and to share their experience. Information is confidential. No medical advice is given.

BREAST CANCER RESOURCE GUIDES

- ◆ An informational guide to resources and services in the Hudson Valley and surrounding areas.
- ◆ Guide to Local & National Insurance, Financial and Legal Resources

BCO NEWS

Weekly email news updates on all aspects of breast cancer. The information is intended for educational purposes only, in order to help patients make informed health choices. Sign-up on our website. www.BreastCancerOptions.org

INTEGRATIVE MEDICINE CONFERENCE

Listen to experts in the cancer field discuss recovery from breast cancer, nutrition, chemical exposures, prevention strategies and more.

CAMP LIGHTHEART

For The Children of Breast Cancer Survivors

A free sleep away camp for children from 8-15 who have a parent with breast cancer or children who have lost their mom to the disease. Campers are in a safe, nurturing and fun-loving environment with a professional staff. As with any group support camp lessens their feelings of isolation.

Held in Summer at Omega Institute, Rhinebeck NY.

RETREAT FOR WOMEN WITH METASTATIC BREAST CANCER

Participants are in a welcoming supportive environment where they can find understanding and support. There are guided discussions about issues specific to women with metastatic breast cancer, family night, managing stress, special speakers, writing workshops, and healing sessions. The retreat is free.