



# CANCER SUPPORTIVE SERVICES



We've gone virtual but we are still here to provide you support! We are using zoom to offer FREE programming for patients and caregivers. Zoom is an online platform which is accessible via phone, laptop, desktop, and tablet. We have included the links, dial in numbers and meeting IDs so you can join us.

## HOW TO ZOOM

1. Go to Zoom.us on your computer tablet or phone
2. Click the button in the top right corner that says "Sign Up, It's Free!"
3. Create an account and check your email to activate your account
4. When it is time for the group or activity you want to participate either click or type in the link in your open browser or open zoom and when click join a meeting and type in the meeting ID. If you don't have a working microphone or don't want to download zoom, call in using the phone numbers listed



## MEDITATION WITH ALICE

Join Alice on **Monday, Tuesday and Friday** for a **thirty minute guided meditation at 12:00pm** to find focus, peace, and calm and learn to let go of your anxiety and stress! The group will not meet on 10/5

<https://zoom.us/j/6965853710>  
or call in to 1-646-876-9923  
Meeting ID: 696-585-3710

## YOGA FOR CANCER SURVIVORS WITH ROBERTA

Looking to find a little peace of mind and stretch your body?  
Join Roberta for a virtual Yoga practice on **Fridays at 2:00-3:30pm on zoom.**

<https://us04web.zoom.us/j/730613875>  
Meeting ID: 730-613-875 Password: yfpwc



**Questions about Programming? Email [Alison.snow@mountsinai.org](mailto:Alison.snow@mountsinai.org)**





## YOGA FOR MEN WHO ARE CANCER SURVIVORS WITH JERRY

Join Jerry Snee for a virtual community and **Yoga practice on Thursdays 3:00-4:30pm** please note that this virtual yoga session has reverted to the usual time on Thursdays.

Zoom link: <https://zoom.us/j/91453647590>  
Meeting ID: 914 5364 7590 Password: jccyogamen

## MOUNT SINAI VOCAL ENSEMBLE

Join our Mount Sinai Vocal Ensemble for a little musical delight.

The group meets on Zoom  
**Mondays at 1:00pm**

Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.

Zoom Meeting

<https://us02web.zoom.us/j/4488002565?pwd=RWlOU2pJKzRTZENJUytRT1VzczY2UT09>  
Meeting ID: 448 800 2565  
Passcode: 506560



## VIRTUAL OPEN MIC EVENT

We are excited to announce our very first Open Mic! We are seeking performers to create a short video of you sharing your talent, playing an instrument, an acting monologue, spoken word, poetry, dance, or comedy- be creative! This is open to all talent levels. Videos will be compiled into one complete Mount Sinai Open Mic Show.

Keep videos 3 min or less, send videos to

**michaelinge@yahoo.com by 10/24! The Open Mic performance video of all performers will be released for viewing on Friday, October 30th!**

Questions reach out to Michael Inge at  
[michaelinge@yahoo.com](mailto:michaelinge@yahoo.com)



Questions about Programming? Email [Alison.snow@mountsinai.org](mailto:Alison.snow@mountsinai.org)

## CRAFTING WITH THE CREATIVE CENTER

The Creative Center is presenting Art Workshops via Zoom. Please email [info@thecreativecenter.org](mailto:info@thecreativecenter.org) for the workshop flyer which includes description, instructor bio, supplies you'll need to gather and the Zoom link! **Individual sessions with our Artist in Residence are also available in Spanish and English.**

Email [info@thecreativecenter.org](mailto:info@thecreativecenter.org) for more information about individual and group art projects.



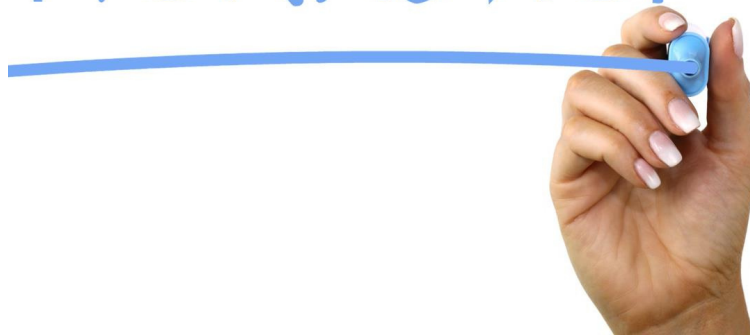
## LYMPHEDEMA WORKSHOP

Join **Berfin Mahmut, PT, DPT, CLT** (Certified Lymphedema Therapist) for this workshop. It is open to all patients with lymphedema.

**Tuesday, October 20th 1:30-2:30pm**

Please RSVP to [Alyssa.Freeman@mountsinai.org](mailto:Alyssa.Freeman@mountsinai.org) or call 646-740-7110 for zoom link/information

# WORKSHOP

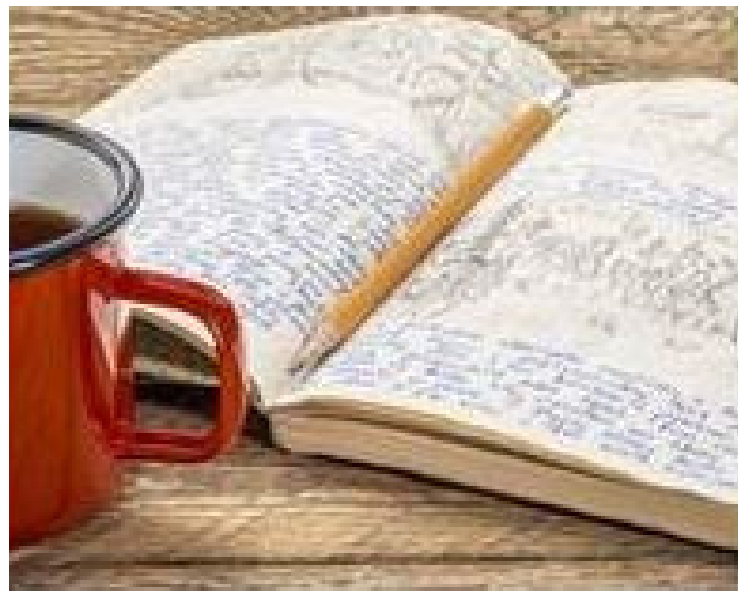


## JOURNALING & WRITING WORKSHOPS

Join our **Monday and Wednesday Journaling and Writing Workshops** at **3:00 pm** via Zoom! Emily will send out prompts the night before and we encourage you to take a moment, whether 10 minutes or an hour to write something, then we will gather together on Zoom to share what we have written! Email Emily to get the Zoom link and password: [erubin219@gmail.com](mailto:erubin219@gmail.com)

**Mondays: 3pm Oct 5, 12, 19, 26**

**Wednesdays: 3pm Oct 7, 14, 28**



**Questions about Programming? Email [Alison.snow@mountsinai.org](mailto:Alison.snow@mountsinai.org)**



## KNITTING GROUP

Check in with friends, work on your knitting or crocheting, discuss projects you are thinking about, show off what you are working on! You might even get inspired by our group of weekly knitters. **Thursdays from 12:30-1:30PM.** Once you get beyond the initial learning curve, knitting and crocheting can lower heart rate and blood pressure and reduce harmful levels of the stress hormone cortisol. But unlike meditation, craft activities result in tangible and often useful products that can enhance self-esteem.

<https://zoom.us/j/6965853710>  
or call in to 1-646-876-9923  
Meeting ID: 696-585-3710



## GRUPO DE ESPIRITUALIDAD PARA LATINAS

¿Te gustaría recibir apoyo usando tu espiritualidad y fe?

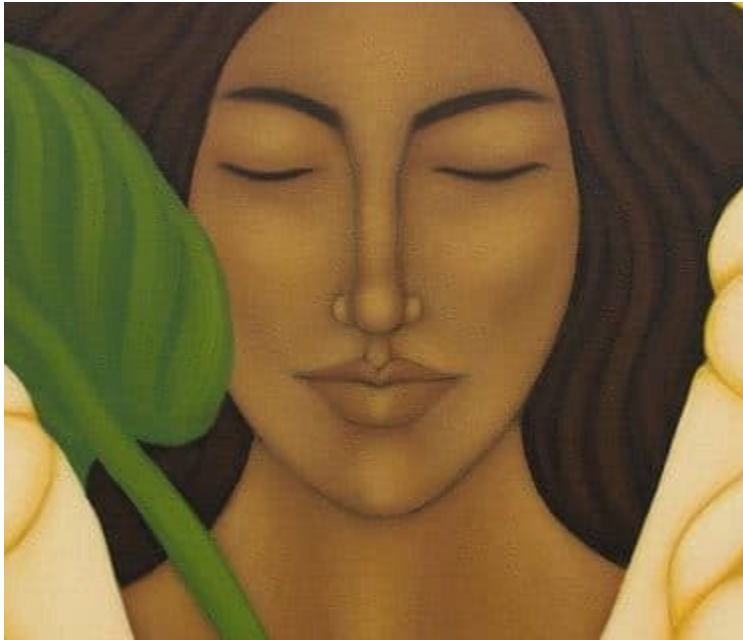
¿Estás buscando apoyo y conexión con otras mujeres que están pasando por una experiencia similar?

Acompáñanos todos los martes de 1-1:30 por Zoom.

Para más información puedes contactara:

Silvia Mejia 646-527-0226 o  
[Silvia.mejia@mountsinai.org](mailto:Silvia.mejia@mountsinai.org)

<https://zoom.us/j/6965853710>  
or call in to 1-646-876-9923  
Meeting ID: 696-585-3710



## BRAIN TUMOR SUPPORT GROUP

Seeking support for yourself or a loved one with a Brain Tumor? This open session allows you to share experiences, learn from others' experiences, exchange ideas and obtain support. It is led by Mount Sinai social workers, nurses and neurosurgeons.

Join this weekly online support group.

**Thursdays at 4:00pm**

To join the group email: [Kat Safavi, LCSW](mailto:Kat.safavi@mountsinai.org)  
[Kat.safavi@mountsinai.org](mailto:Kat.safavi@mountsinai.org)



Questions about Programming? Email [Alison.snow@mountsinai.org](mailto:Alison.snow@mountsinai.org)





**SEPHORA STANDS**

Classes for Confidence

## BRAVE BEAUTY IN THE FACE OF CANCER WITH SEPHORA

Join us for a virtual Brave Beauty class to discover techniques and products that address the visible effects of cancer treatments. Get skincare tips tailored to your needs and receive step by step instructions for creating a radiant complexion, natural looking brows, and defined eyes. **Products specifically for you will be sent to you before the class.** Participation is limited, so register early by August 21st to reserve your spot and make sure you get your care package and your personal instruction!

**October 27th at 1:30pm-3:00pm**

**To RSVP contact: Alyssa Freeman, LMSW**  
[alyssa.freeman@mountsinai.org](mailto:alyssa.freeman@mountsinai.org)

## RELAXATION TECHNIQUES TO PREPARE FOR SURGERY

Guided Imagery, Meditation and Hypnosis are powerful tools in preparing the mind and body for surgery. Join **Nancy Bourque, LCSW** to learn techniques to prepare you for your upcoming cancer surgery.

**Thursday, October 22nd 2:00-3:00 pm**

RSVP to Nancy Bourque, LCSW, OSW-C  
email: [Nancy.bourque@mountsinai.org](mailto:Nancy.bourque@mountsinai.org)/  
212-604-6097 for the Zoom information



**We're Here to Support You**

Our support groups are the perfect place to talk with other people affected by blood cancers, including patients, family members, and caregivers.

**LEUKEMIA & LYMPHOMA SOCIETY**

## SURVIVING SURVIVORSHIP: MANAGING LIFE DURING & AFTER A BLOOD CANCER DIAGNOSIS

Join this monthly meeting for education, support, and information sharing. The group is open to leukemia, lymphoma and myeloma patients and survivors, their adult family members, partners and friends.

**Thursday, October 8th 6:00-7:00 pm**

Facilitated by **Meghan Shafer, LMSW** RSVP to [meghan.shafer@mountsinai.org](mailto:meghan.shafer@mountsinai.org)/212-636-3443 for the workshop Zoom information

**Questions about Programming? Email [Alison.snow@mountsinai.org](mailto:Alison.snow@mountsinai.org)**

# MANDARIN & CANTONESE SUPPORT GROUP

Join **Mi (Emma) Zhou, LCSW** for a monthly support group in Mandarin and Cantonese. Share your stories with people with similar experiences.

**Wednesday, Oct 28 at 11am-12pm**

<https://zoom.us/j/6965853710>  
or call in to 1-646-876-9923  
Meeting ID: 696-585-3710

## 雪松會 華人癌友互助會

疫情期間，讓我們通過電話或者網絡互相支持！  
認識其他有類似經歷的朋友，  
分享您的經歷及感受。



## CELEBRATING MID-AUTUMN FESTIVAL

Join **Emma Zhou, LCSW** for a virtual celebration with mid-autumn festival themed songs to celebrate the mid-Autumn festival!

**Tuesday, Oct 6th 11-12pm**

For more information contact Emma Zhou,  
212-604-6095

<https://zoom.us/j/6965853710>  
or call in to 1-646-876-9923  
Meeting ID: 696-585-3710



## LATINA SHARE SUPPORT GROUP FOR WOMEN WITH BREAST & OVARIAN CANCER

Join LatinaSHARE for a support group in Spanish for our Mount Sinai Cancer Center patients with Breast or Ovarian cancer.

**October 8th at 2:30pm**  
**October 14 & 28 at 2:30pm**

To register call 844.275.7427, Todos podran registrarse llamando al 212.221.1626 O [palcivar@sharecancer-support.org](mailto:palcivar@sharecancer-support.org)

Apoyo con experiencia y dedicación

# SHARE

para mujeres con cáncer de seno o de ovario

Questions about Programming? Email [alison.snow@mountsinai.org](mailto:alison.snow@mountsinai.org)





## WOMAN TO WOMAN GYN-ONC GROUP

Women diagnosed with gynecologic cancer are invited to join our phone support group meetings. Connect with other women also going through treatment and our network of volunteer survivors by phone.

**Every Thursday 11:00-12:00**

<https://bit.ly/2YSQvqW>

Meeting ID: 810 7121 3468 Call in-  
1 646-558-8656, Meeting ID- 810 7121  
3468#

## WOMAN TO WOMAN WE'RE TOO YOUNG FOR THIS EVENT

Join other gynecological cancer patients for drinks and catching up on

**Thursday, Oct 22nd, 6:30-7:30 pm**

Diagnosed with a gynecologic cancer in your 20's or 30's we're the place for you.

<https://bit.ly/2ZUuQ2c>

Meeting ID: 757 176 6991

Call in-646-558-8656 Meeting ID- 7571766991



## WOMAN TO WOMAN LIVING WITH RECURRENT GYNECOLOGIC CANCER

This group is for survivors of gynecologic cancer who have experienced a recurrence.

**Tuesday, Oct 13th, at 12:00-1:00**

Gain support, learn and share resources with those who have faced cancer a second time.

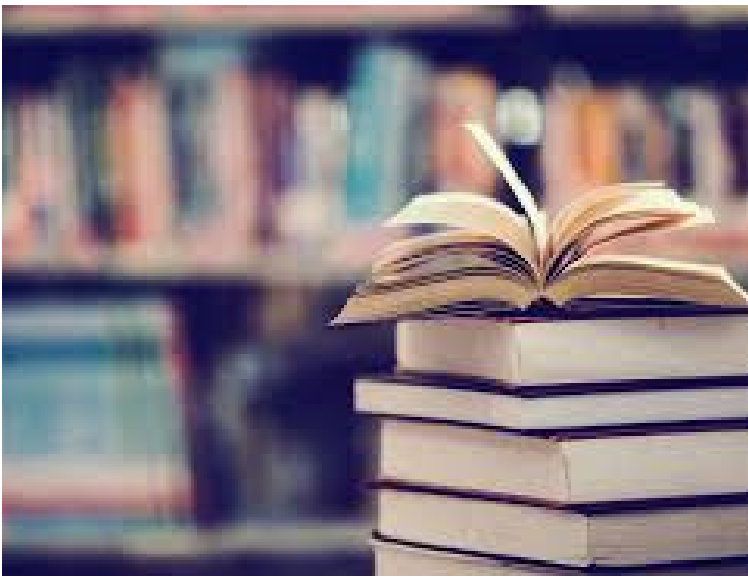
<https://bit.ly/2ZUuQ2c>

Meeting ID: 757

176 6991 Call in- 646-558-8656

Meeting ID- 7571766991





## WOMAN TO WOMAN BOOK CLUB

Join our Woman to Woman book club! Join W2W volunteer Emily Mlynek, a senior marketing manager at Penguin House, to discuss a range of selections. All are welcome, whether you finished the book or not! We meet the last Tuesday of every month. This month's book: *Recipe for a Perfect Wife* by Karma Brown

**Tuesday, Oct 27th from 6:30-7:30pm**

<https://bit.ly/3ft2MZv>

Meeting ID: 819 3220 6252 Call in- 646-558-8656 Meeting ID- 81932206252

## WOMAN TO WOMAN: POP-UP CARDS WORKSHOP WITH THE CREATIVE CENTER

Join us to relax, de-stress and have fun as we learn to create pop-up cards together. Materials needed: heavy weight paper, color paper (can be magazine paper), scissors, pencil, glue, ruler and coloring material. RSVP to [womantowoman@mountsinai.org](mailto:womantowoman@mountsinai.org) for the printable materials to be e-mailed to you.

Wednesday, **Oct 7th 11am-12pm**

Join Zoom Meeting

<https://us02web.zoom.us/j/7571766991>

Meeting ID: 757 176 6991

One tap mobile

Call in-646-558-8656 Meeting ID- 7571766991#



## WOMAN TO WOMAN: MENOPAUSE, A NEW-BEGINNING WITH DR. PRASAD-HAYES

Join **Dr. Prasad-Hayes**, Associate Professor and Gynecologic Oncologist for a discussion about menopause and symptom management for women with a gynecologic cancer

**Thursday, Oct 22nd, 11:00am**

<https://bit.ly/2YSQvqW>

Meeting ID: 810 7121 3468 Call in- 1646-558-8656, Meeting ID- 810 7121 3468





## Gynecologic Oncology Support Program

The Woman to Woman program invites you to attend our 17th Reunion virtually!

## WOMAN TO WOMAN GYN ONC SUPPORT PROGRAM 17TH REUNION

Join us on **October 17th** at **10am** for our 17th reunion. Since we can't celebrate in person, we look forward to seeing you virtually! Katya Lezin, a two-time cancer survivor, advocate, and author of *But I Just Grew Out My Bangs! A Cancer Tale*, will discuss A, B, C's of the Big C and share reflections of what cancer has taught her. Virtual bingo with prizes. **RSVP [womantowoman@mountsinai.org](mailto:womantowoman@mountsinai.org) or call 212-241-3793.** Upon RSVP the zoom information will be provided to you and bingo cards mailed to you.

## MOVING FOR LIFE ONLINE WITH THE JCC

Join Moving for Life instructors, for gentle dance exercise for women living with cancer. Classes concentrate on restoring upper body movement

**Wednesdays**

**12:00-1:00pm on Zoom**

**Saturdays**

**11:00am-12:00pm on Zoom**

to register email

[boxoffice@mmjccmanhattan.org](mailto:boxoffice@mmjccmanhattan.org) to obtain link or call 646.505.5708



## HEALING YOGA FOR WOMEN LIVING WITH CANCER & YOGA 4 CANCER ONLINE WITH THE JCC

**HEALING YOGA-** Join Jerry Snee, for this restorative yoga class. The classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of that surgery and chemo and radiation. At this time classes are open to all cancer survivors.

**Thursdays, 6:45-8pm**

**<https://zoom.us/j/99360073785>**

Meeting ID: 993 6007 3785 Password: jcchealing

**YOGA 4 CANCER-** Join Leorna Leung to build strength and flexibility in safe ways that stimulate your immune system and build bone density and cultivate a sense of well-being

**Sunday, 3:00-4:15pm**

**<https://zoom.us/j/96204552859> Meeting ID: 962 0455 2859 Password: jccyoga4me**



Questions about JCC Programming? Email [boxoffice@mmjccmanhattan.org](mailto:boxoffice@mmjccmanhattan.org)



## NIA MOVING TO HEAL WOMEN LIVING WITH CANCER ONLINE WITH THE JCC

Join **Caroline Kohles** to learn to slow down and personalize movement for your body while focusing on feeling better regardless of your physical condition

Zoom Meeting ID: 936 4666 0653 Password:  
jccniamove

## LYMPHEDEMA ONLINE WITH THE JCC

Join Dr. Martha Eddy, Director, Moving for Life, to discover how exercise helps lymph fluids move through the lymphatic system, reducing swelling. Bring your questions to this experiential lecture series. To register please contact [boxoffice@mmjccm.org](mailto:boxoffice@mmjccm.org) for additional information. Registrations are processed on a first come, first-served basis.

**Tuesday, October 13th 7:00-8:00PM**



## SOUND BOWL-HEALING ONLINE WITH THE JCC

Sound and vibration therapy is one of the most transformative ways to shift the body at the cellular level. Enjoy the gentle, soothing tones of singing bowls and experience how they open the flow of energy by touching every part of the physical, emotional, mental, spiritual bodies.

**Monday, October 5th 6:45PM- 8:00PM**

Free for those being tested or treated for cancer, please contact [boxoffice@mmjccm.org](mailto:boxoffice@mmjccm.org) for registration and to receive discount code.







## ONLINE JIN SHIN JYUTSU: SELF-HELP FOR THE CANCER PATIENT

The Japanese healing art of Jin Shin Jyutsu provides a program to help those who have been diagnosed regain command of their body, mind and spirit. You will walk away from this workshop with tools to help promote healing within the body. This course is designed for people currently undergoing treatment for cancer, who have recently completed treatment and caregivers.

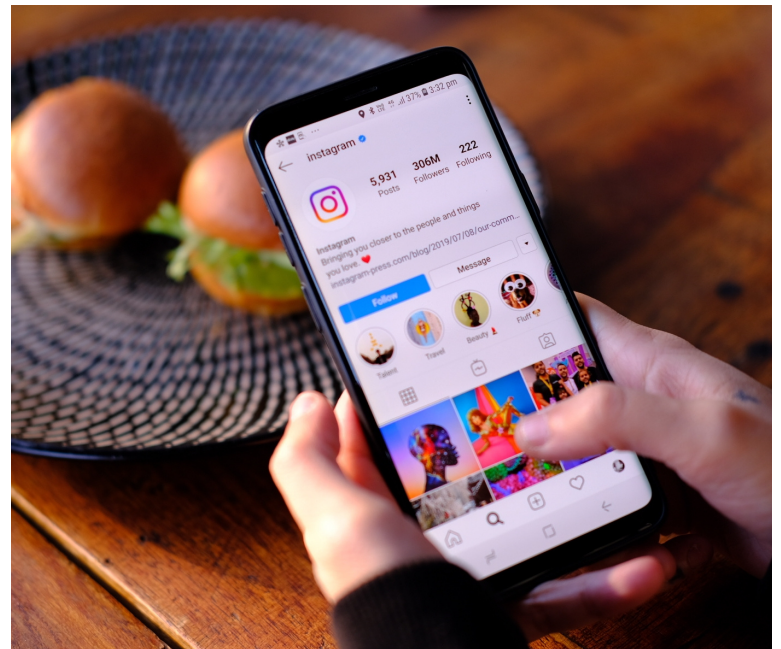
**Tuesday, October 27 7-8:15PM**

Please contact Registration at [boxoffice@mmjccm.org](mailto:boxoffice@mmjccm.org)

## FOLLOW OUR INSTAGRAM

Follow our Instagram for our most updated information on programming, resources, and helpful information from our cancer supportive services team.

**@MSHScancersupportiveservices**



## THANK YOU TO OUR FUNDERS

**We would like to thank the  
following funders:**

**Marisa Acocella Foundation**

**Through a Grant from**

**Bloomington, Lower Manhattan  
Cultural Council, Poets & Writers,  
and NYCT**

