

The Mount Sinai Breast Health Resource Program offers a flexible appointment schedule to best meet your needs. We are able to meet you and your family at our office or at many of our Mount Sinai locations.

The Mount Sinai Breast Health Resource Program is funded through generous gifts from individuals, corporations, and foundations. All programs and services are provided free of charge. Contributions in support of the program are greatly appreciated.

### **Mount Sinai Breast Health Resource Program**

19 East 98 Street  
Suite 4F  
New York, New York 10029

To learn more about the program or to schedule an appointment, please call

**212-241-7748** or **Scan the QR Code**



**WE FIND A WAY**



# **Breast Health Resource Program**

**Compassionate and Informed Support for People Coping With Breast Cancer**



## Comprehensive Support

The Mount Sinai Breast Health Resource Program is dedicated to meeting the emotional and practical needs of women and men with breast cancer. Our clinical social workers offer skilled counseling and navigation to help patients and families manage the challenges of breast cancer. We offer information, guidance and therapeutic support to patients from diagnosis through survivorship.

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### Wellness and Survivorship

- **Workshop Series** Support and wellness workshops throughout the year
- **Complementary Care** Yoga, Pilates, Reiki, and meditation
- **Breast Health Informational Lectures**



## Programs and Services

- **Therapeutic Counseling Services** for individuals and families
- **Resource Referral** and case management
- **Drop-In Support Groups** Education and peer support for patients coping with breast cancer, whether newly diagnosed or facing episodic concerns
- **Young Adult Breast Cancer** Support for the unique psychological and medical concerns of younger women
- **Dubin Schmoozin'** Staff-led creative arts program with peer support while knitting, crocheting, or doing other crafts
- **Healing Through Journaling** Support group in which participants receive writing prompts and have time to write and share with the group
- **Latina Support Group** Individual, family and group counseling services for Spanish speaking patients
- **Women of Color Navigating Gynecologic and Breast Cancer** Support group for patients who identify as BIPOC
- **Patient-to-Patient Support Program** Comfort and support provided by our trained volunteers, many of whom are breast cancer survivors and share their personal experiences
- **Family and Friends** Support for caregivers, spouses, family and friends coping with a loved one's breast cancer
- **Kids Count Too!** How to communicate with children about a breast cancer diagnosis and treatment