

Support Services

Information on mental and physical
health support groups



Breast Health Resource Program

Compassionate and informed support for individuals coping with breast cancer.

The Mount Sinai Breast Health Resource Program offers a flexible appointment schedule to best meet your needs. We are able to meet with patients and their families at our office, physician's offices, or on the Mount Sinai campus.

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. To help us continue our patient care, contributions are greatly appreciated.

The Mount Sinai Breast Health Resource Program is a service of The Mount Sinai Hospital and an affiliate of the Dubin Breast Center of The Tisch Cancer Institute.

Mount Sinai Breast Health Resource Program

19 East 98th Street, Suite 4F

New York, NY 10029

T 212-241-7748

F 646-537-8927

To learn more about the Mount Sinai Breast Health Resource Program or to schedule an appointment, please call 212-241-7748.



**Mount
Sinai**

Dubin Breast Center
of The Tisch Cancer Institute

Young Women Connect

First Thursday of each month | 5:30 – 6:30 pm

Virtual drop-in support group



A support and wellness group for young women who have been diagnosed with breast cancer.

[For more information, please reach out to your clinical care team.](#)



**Mount
Sinai**

Dubin Breast Center
of The Tisch Cancer Institute

Dubin Schmoozin

Wednesdays | 11 am – 12 pm

Virtual drop-in support group



Knit, crochet, and experiment with craft projects while socializing with other women who are coping with breast cancer.

Beginners are welcome. Materials and instructions will be provided. If you have a project that you're working on, feel free to bring it!

[For more information, please reach out to your clinical care team.](#)



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Oncology Massage Therapy Services

Therapeutic oncology massage can be helpful in relieving stress and anxiety, as well as easing muscle tension during breast cancer treatment. Other benefits may include reduced pain and fatigue, decreased anxiety, reduced nausea, improved sleep, and a greater sense of wellbeing.

Our goal is to provide relaxation, support, and stress management.

Licensed Massage Therapists are available at the Dubin Breast Center to provide our patients with massage therapy services prior to, during, or after scheduled medical visits. Sessions are between 10-30 minutes and are provided at no additional cost.



Massage services include:

- **Foot Reflexology**
- **Hand, Shoulder, and Neck Massage**
- **Relaxation Techniques**
 - Guided Meditation
 - Breathing Exercises
 - Reiki

Due to the popularity of the massage program, sessions will be offered at the availability of the therapist's schedule and medical clearance.

The Dubin Breast Center massage therapy team is comprised of experienced New York State Licensed Massage Therapists (LMT) and Nationally Board Certified Reflexologists (NBCR) with advanced training in Oncology Hospital-Based Massage.

For more information, please reach out to your clinical care team.



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Talking to Children

It is natural for parents to have concerns about their children when diagnosed with cancer. It is understandable to want to protect your children from worrying about you. Children are often better able to cope with a parent's illness if they are given information early, clearly, and honestly.

Parents know their own children best. The following communication guidelines might help as you prepare to talk to your children.

- **Prepare yourself.** Understand the medical information before you tell your children.
- **Plan with whom and where you will talk.** It is important that your children get information from a consistent source. It will enable them to come back to you or another trusted adult about future questions or concerns. Find a location that is safe, comfortable and quiet.
- **Set the tone.** What you say is just as important as how you say it. Even if you are sad, anxious, or frightened, try to project a calm, comforting, and positive tone. Children may feel overwhelmed if you seem overly anxious or emotional. Children tend to take their cues from their parents.
- **Communicate on their level.** If you have children of different ages, you might choose to speak to them separately or if you choose to speak together, gear the discussion towards the younger child and offer further explanation to the older ones individually.
- **Be brief.** Share information a little at a time to avoid overload. Remember this is an ongoing discussion not just a one-time conversation. It is often helpful to explain as you go. If you need testing followed by surgery followed by chemotherapy, talk about one thing at a time to help your child process the information.
- **Be honest and hopeful.** Simple and more general explanations will allow a greater opportunity for discussion. Offer a realistic, but hopeful assessment of the situation.
- **Maintain routines.** Maintaining the same sense of structure you always have is likely to reassure your children. Acknowledge that some things will be different. Let them know of changes in advance. It's also important to have consistent and familiar caregivers.
- **Reassure them.** Your child needs to know that whatever happens, they will be okay. Your goal is not to make them think that everything is normal but rather to reassure them that even if something is hard and difficult, that they will be okay.
- **Ask and listen.** Encourage your child to express their feelings and ask questions. Explore the children's reaction on a regular basis as their feelings can change as much as the situation at hand. If your child is quiet ask them if they have any thoughts about your upcoming test/procedure/consult, etc.





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The following are some age-specific tips for talking to your children.

- **Under age 3:** Even kids this young can sense a change. Use words in their vocabulary like, “Mommy has a boo-boo,” or “Mommy needs medicine,” to help them make sense of what is going on.
- **Preschool aged 3-5:** At this age children tend to focus on concrete changes in you or in their environment. For example, “Remember when Daddy had his knee surgery? I’ll be pretty sore like he was, but after a few days things will be back to normal.” At this age, they tend to have magical thinking and believe their behaviors or thoughts gave you the cancer and that those behaviors or thoughts can take it away. Be sure to tell them that they did not cause the cancer and that cancer is not contagious. Keep the conversation brief and revisit when asked.
- **Children 6-10:** Children at this age begin to develop a more realistic understanding of sickness and cancer. The older they get, the more detailed explanations they may require. They also have a broader perspective, and can put illness into context.
- **Teenagers:** Adolescents can understand the concept of sickness the way adults do. But their ability to cope with the information varies. Teenagers are egocentric and tend to focus on themselves and on how your illness affects them. Be sure to let them know that, for the most part, they will be able to maintain their activities and interests. Teenagers have access to the internet and information is readily available to them. They may also be concerned about their own risk of developing breast cancer in the future. Talk to your MD/RN to understand their risk.
- **All Children:** Always explore your child’s feelings. Ask them what they are thinking and how they are feeling. Let them know it’s okay to be angry, confused, or scared. Remind them that they can always talk to you or other caregivers about their concerns.



For more information or to talk with a Social Worker, please call the Breast Health Resource Center/Dubin Breast Center at [212-241-7748](tel:212-241-7748) or email DubinSocialWork@mountsinai.org