

January 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MONDAY, January 5th: Mindfulness 10-10:20am Women of Color Navigating Cancer 12-1 pm	For details and dial-in info, see session descriptions on pages 2-6.			1 TUESDAY, January 13th: New Years Wellness Challenge 2-3pm W2W Writer's Circle 6:30-7:30pm	2	3
	5	6	7 Gynecologic Cancer Support: 12-1 pm		9	10
	DOUBLE PROGRAMMING					
MONDAY, January 26th: Mindfulness 10-10:20 am Now What?- Long-Term Survivor Group 12-1 pm	12 Mindfulness 10-10:20am	13	14 Gynecologic Cancer Support: 12-1pm Your Rights and Medical Insurance	15 Spirituality Group 10- 11am	16	17
		DOUBLE PROGRAMMING!				
	19 Mindfulness 10-10:20am	20 New Years Wellness Challenge 2-3pm	21 Gynecologic Cancer Support: 12-1pm	22 Living with Recurrent Gynecologic Cancer 12- 1:15	23	
TUESDAY, January 27th: Thriving with Woman to Woman 12-1 pm Embracing Hope New Years Wellness Challenge 2-3pm	26 DOUBLE PROGRAMMING!	27 DOUBLE PROGRAMMING!	28 DOUBLE PROGRAMMING!	29	30	WEDNESDAY, January 28th: Gynecologic Cancer Support: 12-pm Supporting Children When You Have Cancer Woman to Woman Book Club 7- 8pm My Friends by Fredrick Backman



January 2026

♦ WOMAN TO WOMAN GYNECOLOGIC CANCER SUPPORT GROUP | Wednesdays from 12-1pm

Meet other women who have been diagnosed with this life changing disease and have the opportunity to share your story. The goal of our group is to decrease isolation, share resources, feel empowered and learn ways to cope with the ups and downs this diagnosis brings. We will be joined by guest speakers on a bi-weekly basis who are specialists in their fields. Each weekly meeting uses the following Zoom info, regardless of guest speaker.

To join by video, click [HERE](#):

- If prompted, enter
Meeting ID: 757 176 6991

To join by phone:

- Dial: 1-646-558-8656
- Meeting ID: 757 176 6991 #

JANUARY GUEST SPEAKERS:

1/14-DENIED COVERAGE BY YOUR MEDICAL INSURER? LEARN ABOUT YOUR RIGHTS AND HOW TO APPEAL

Medical care is expensive – even when you have medical insurance and many seniors have a variety of medical issues. You have legal rights that prevent insurers and others from using your medical conditions against you. Included is an overview of the laws that protect against healthcare-related discrimination, including HIPAA, the Genetic Information Nondiscrimination Act (GINA) and the Affordable Care Act. Be aware of the reasons most often used by health insurers to deny claims, including “lack of medical necessity” and claiming the treatment is “experimental or investigational”. Learn strategies for improving your chances of making a successful appeal with the insurer directly or at State level.

1/28- CHILD-CENTERED CONSIDERATIONS FOR CONVERSATIONS ABOUT CANCER

This presentation will review recommendations for how to initiate conversations with children (aged 3-20) about cancer diagnoses, treatments, and changes in prognosis. It will also highlight some developmentally appropriate resources (books, handouts, videos, etc.) to enhance ongoing dialogue and understanding. Katherine Parker is a creative arts therapy coordinator and supervisor in the Child Life and Creative Arts Therapy Department at Mount Sinai Hospital. She specializes in child development, medical psychoeducation, and traumatic grief. When she is not at Mount Sinai, Katherine is an adjunct professor at New York University, teaching graduate art therapy students about medical art therapy and clinical internship skills.

♦ MONDAY MORNING MINI MINDFULNESS MEDITATION | Every Monday from 10-10:20 am

Join us every Monday morning for a gentle and empowering 20-minute mindfulness meditation. Together, let's cultivate inner peace, resilience, and a sense of well-being while we set intentions for any challenges to be faced in the week ahead. Take a moment for yourself at the beginning of each week and discover the transformative power of mindfulness in a supportive and nurturing environment. Sessions will be led by Ylfa Edelstein, born and raised in Iceland, who has been a seeker and student of yoga and contemplative studies for over 30 years. She can be reached at ylfaedelstein@me.com.

To join by video, click [HERE](#):

- If prompted, enter
Meeting ID: 416 883 2533

To join by phone:

- Dial: 1-646-931-3860
Meeting ID: 416 883 2533 #

♦ WOMEN OF COLOR NAVIGATING GYNECOLOGIC AND BREAST CANCER | January 5th from 12-1pm

A support group for patients who identify as black, indigenous, and people of color (BIPOC)

Meets the first Monday of every month.

This group is for women who identify as black, indigenous, or people of color (BIPOC) with gynecologic or breast cancer to receive support, education, advocacy/empowerment, resources, recreation, and community as they face and navigate a cancer diagnosis. Gatherings of the Women of Color Navigating Gynecologic and Breast Cancer group will focus on a specific theme/topic with space for BIPOC women to exchange stories of their experiences and leave with practical approaches to address their concerns and feel heard. Meetings will be facilitated in English, but for BIPOC women who speak languages other than English, please contact womantowoman@mountsinai.org or 212-241-3793.

To join by video, click [HERE](#):

- If prompted, enter
Meeting ID: 208 938 0884

To join by phone:

- Dial: 1-929-205-6099
Meeting ID: 208 938 08

♦ NEW YEARS RESOLUTION WELLNESS CHALLENGE | THREE PART SERIES- 1/13, 1/20, 1/27 from 2-3pm

We are once again offering this special three-week series designed to help cancer patients meet their New Year's resolution goals. Each group member will set their own personal 2026 goals and, with the help of wellness coach Leslie Thompson, creator of the What's Working Here blog, create a step-by-step plan to succeed. All participants will receive individualized support and education at

each of the weekly sessions to help figure out how to best achieve their resolutions. Participants are strongly encouraged to attend every session if possible.

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♦ WOMAN TO WOMAN WRITER'S CIRCLE | January 13th from 6:30-7:30pm

This unique program designed to support health and well-being through creative writing. The writer's circle offers a safe and inspiring space to explore healing, resilience, and renewal through reflective prompts and intentional storytelling. As part of this pilot, your participation will benefit you personally and help shape the future of this program for others. Whether you're a seasoned writer or putting pen to paper for the first time, your voice and feedback are invaluable. Led by Woman to Woman survivor volunteer Eugenia Nascimento, this session is open to the W2W community, writers of all genres, from beginners to experienced creators. Bring your creativity, unique perspective, an open heart...and a pen and paper!

To join by video, click [HERE](#):

- If prompted, enter
Meeting ID: 323 8812246

To join by phone:

- Dial: 1-301-715-8592
Meeting ID: 323 881 2246

♦ SPIRITUALITY GROUP | January 15th from 10-11am

Meets the third Thursday of every month.

Led by board certified interfaith chaplain, Karen Terry the group will reflect on spirituality as a source of both strength and struggle. Spirituality is understood very broadly, and participants of all belief systems are welcome. You do not have to be religious to participate in this group. Content varies based on participant interests but may include discussion of spiritual themes (gratitude, forgiveness, the transcendent, etc), sharing of spiritual journeys, exploration of spiritual struggles, and/or reflection on a poem, song, image, or other text. This group is open to anyone impacted by cancer.

To join by video, click [HERE](#):

- If prompted, enter
Meeting ID: 978 6019 0373

To join by phone:

- Dial: 1-646-931-3860
Meeting ID: 978 6019 0373

◆ **LIVING WITH RECURRENT GYNECOLOGIC CANCER | January 22nd from 12-1:15pm**

Only meeting on Thursday for this month. Typically meets the second Tuesday of every month.

This group is for survivors of gynecologic cancer who have experienced a recurrence. The purpose of this group is to gain support, learn from and share resources with those who have faced cancer a second time.

To join by video, click [HERE](#):

- If prompted, enter
Meeting ID: 865 7625 2999

To join by phone:

- Dial: 1-646-558-8656
Meeting ID: 865 7625 2999#

◆ **NOW WHAT? LONG-TERM GYNECOLOGIC CANCER SURVIVOR GROUP | January 26th from 12-1pm**

This monthly group is for long-term (2+ year) survivors of gynecologic cancer to support each other while adjusting to life after cancer.

Meets the third Monday of every month

"We need a support group for patients out of treatment who must now face a new body and reality. When treatment is complete, we are no longer surrounded by our medical teams on a regular basis. We no longer are regulars in chemo or radiation suites nor our oncologist's offices. After diagnosis and treatment, our bodies and minds are scarred, fragile and different. We are not exactly 'cured' and are often left with many long-haul side effects, both physical and psychological. Now what?" - A gynecologic cancer survivor. The purpose of this group is to provide a supportive setting to connect with other women to share the unique experiences of long-term cancer survivors.

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◆ **THRIVING WITH WOMAN TO WOMAN- EMBRACING HOPE | January 27th from 12-1pm**

Usually meets the fourth Tuesday of every month.

"The question is not how to survive, but how to thrive with passion, compassion, humor and style." - Maya Angelou

Returning due to overwhelming demand, Marji Lipshez Shapiro, former Deputy Director of the Connecticut Office of the Anti-Defamation League, will speak again on the subject of Embracing Hope. To have hope is to empower yourself in order to face the toughest of times and emerge a survivor. What is hope? Is it something you feel? Find? Decide? Is it a choice? Is it a personality trait? Does it require practice? How can it be nurtured? Join Marji Lipshez Shapiro for another interactive heartfelt discussion where we will address all of these questions and more.

The purpose of this monthly group is to help you nurture the non-cancer aspects of your life and thrive despite challenges. Navigating a cancer diagnosis and survivorship can feel like a full-time job. It can easily overtake your life and be the lens through which you view all of your experiences and interactions. However, you are extraordinary women with interests, hobbies, passions, fears, dreams and so much more. You all deserve to feel happy and fulfilled. Co-led by Audrey Carlson, Woman to Woman volunteer and founder of the Hartford Happiness Club, this group will alternate esteemed guest speakers with topic-driven interactive exercises to help participants learn how to achieve balance so you can not just survive, but thrive.

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◆ **WOMAN TO WOMAN BOOK CLUB | January 28th from 7-8 pm**

Join Woman to Woman to discuss a monthly book club pick from a range of genres and styles. Each month the book will be chosen by a book club member. All are welcome, whether you've had a chance to finish the book or not! (Just be mindful that you may encounter some spoilers ...)

If you'd like to join but are unable to purchase a copy of the book, please reach out to womantowoman@mountsinai.org for assistance.

JANUARY SELECTION, Michelle's pick! *My Friends* by Fredrick Backman

Pick up a copy [here](#) or wherever books are sold. Find the Woman to Woman Book Club on [Bookclubs.com](https://bookclubs.com) where you can connect with other members, recommend books and take some suggestions.

#1 *New York Times* bestselling author Fredrik Backman returns with an unforgettably funny, deeply moving tale of four teenagers whose friendship creates a bond so powerful that it changes a complete stranger's life twenty-five years later.

Most people don't even notice them—three tiny figures sitting at the end of a long pier in the corner of one of the most famous paintings in the world. Most people think it's just a depiction of the sea. But Louisa, an aspiring artist herself, knows otherwise, and she is determined to find out the story of these three enigmatic figures.

Twenty-five years earlier, in a distant seaside town, a group of teenagers find refuge from their bruising home lives by spending long summer days on an abandoned pier, telling silly jokes, sharing secrets, and committing small acts of rebellion. These lost souls find in each other a reason to get up each morning, a reason to dream, a reason to love.

Out of that summer emerges a transcendent work of art, a painting that will unexpectedly be placed into eighteen-year-old Louisa's care. She embarks on a surprise-filled cross-country journey to learn how the painting came to be and to decide what to do with it. The closer she gets to the painting's birthplace, the more nervous she becomes about what she'll find. Louisa is proof that happy endings don't always take the form we expect in this stunning testament to the transformative, timeless power of friendship and art.

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Our community of survivors and mentors brings hope to women who might otherwise face treatment alone and scared. We rely on the generosity of donors like you to achieve our mission of empowering women throughout their gynecologic cancer journeys. Please consider joining our community of supporters by making a gift to the Woman to Woman program today. Scan the code below to donate now



CONTACT US:

Online: mountsinai.org/woman-to-woman | Email: womantowoman@mountsinai.org | Phone: 212-241-3793

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