

December 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MONDAY, December 1st: Mindfulness 10-10:20am Women of Color Navigating Cancer 12-1 pm	1 DOUBLE PROGRAMMING!	2	3 Gynecologic Cancer Support: 12-1 pm Pop Up Holiday Magic	4	5	6
MONDAY, December 8th: Mindfulness 10-10:20am Thriving with Woman to Woman 12-1 pm	8 DOUBLE PROGRAMMING	9 DOUBLE PROGRAMMING	10 Gynecologic Cancer Support: 12-1 pm Cancer and the Holidays	11	TUESDAY, December 9th: Living with Recurrent Gynecologic Cancer 12- 1:15 W2W Writer's Circle 6:30-7:30 pm	13
MONDAY, December 15th: Mindfulness 10-10:20 am Now What?- Long-Term Survivor Group 12-1 pm	15 DOUBLE PROGRAMMING!	16 A Mindful Transition 12-1 pm	17 Gynecologic Cancer Support: 12-1 pm	18 Spirituality Group 10- 11 am	19	20
	22 DOUBLE PROGRAMMING!	23	24	25	26	27
	29 Mindfulness 10-10:20 am	30	MONDAY, December 22nd: Mindfulness 10-10:20 am Woman to Woman Book Club 7- 8 pm Looking for Jane by Heather Marshall	29 For details and dial-in info, see session descriptions on pages 2-6.		



December 2025

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

♦ Please note that we are not meeting on 12/24 and 12/31.

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 #

DECEMBER GUEST SPEAKERS:

12/3-POP-UP MAGIC FOR THE HOLIDAYS WITH THE CREATIVE CENTER

Are you in love with the magic of pop-up sculptures that appear when you open a card or a book? Have you wanted to play with them, and design and create your own? This workshop is for you! This class will teach you the basic mechanisms of paper engineering. Starting with a simple counter fold pop-up card, we will go on to build simple structures such as tents and boxes and spirals. All supplies needed are those you have at home!

12/10- COPING WITH THE HOLIDAYS AS A CANCER SURVIVOR WITH SUNNI JONES- FORD, LCSW

The holidays can stir up a wide range of emotions including joy, grief, hope, exhaustion, anxiety, gratitude and everything in between. This workshop offers a supportive conversational space to explore the complexities of this season, learn tools for emotional regulation and discover ways to create authentic moments of connection and joy without forcing cheerfulness or pretending to be "okay." Participants will gain practical skills to navigate gatherings, family interactions and internal emotional landscapes with more ease and self-compassion.

♦ 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 | December 1st 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

♦ THRIVING WITH WOMAN TO WOMAN | December 8th from 12-1 pm

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

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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To join by phone:

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◆ LIVING WITH RECURRENT GYNECOLOGIC CANCER | December 9th from 12-1:15pm

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#

◆ WOMAN TO WOMAN WRITER'S CIRCLE | December 9th 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#

◆ **NOW WHAT? LONG-TERM GYNECOLOGIC CANCER SURVIVOR GROUP | December 15th from 12-1 pm**

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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- If prompted, enter Meeting ID: 208 938 0884

To join by phone:

- Dial: 1-929-205-6099 Meeting ID: 208 938 0884#

◆ **A MINDFUL TRANSITION: REFLECTING ON THE YEAR BEHIND AND PREPARING FOR THE YEAR AHEAD | December 16th from 12 1 pm**

In this special session, Woman to Woman's beloved Monday mindfulness instructor Ylfa Edelstein, will guide us through simple, grounding practices to help us close out the year with clarity and care. Together, we'll explore mindful breathing, gentle meditation, and practical techniques to steady ourselves amid stress. There will also be dedicated time for reflection, conversation, and shared wisdom within our community. Join us for this one-hour Zoom gathering as we mindfully end the old year and set a supportive, intentional tone for the new year ahead.

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 0884#

◆ **SPIRITUALITY GROUP | December 18th from 10-11 am**

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

♦ **WOMAN TO WOMAN BOOK CLUB | December 22nd 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.

DECEMBER SELECTION, Sally's pick! *Looking for Jane* by Heather Marshall

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

2017: When Angela Creighton discovers a mysterious letter containing a life-shattering confession, she is determined to find the intended recipient. Her search takes her back to the 1970s when a group of daring women operated an illegal underground abortion network in Toronto known only by its whispered code name: Jane.

1971: As a teenager, Dr. Evelyn Taylor was sent to a home for "fallen" women where she was forced to give up her baby for adoption—a trauma she has never recovered from. Despite the constant threat of arrest, she joins the Jane Network as an abortion provider, determined to give other women the choice she never had.

1980: After discovering a shocking secret about her family, twenty-year-old Nancy Mitchell begins to question everything she has ever known. When she unexpectedly becomes pregnant, she feels like she has no one to turn to for help. Grappling with her decision, she locates "Jane" and finds a place of her own alongside Dr. Taylor within the network's ranks, but she can never escape the lies that haunt her.

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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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