Survivors Day
Sunday, June 6th from 11am-Noon
Join us for a virtual live celebration hosted by Alison Snow, LSCW OSW-C and Kaitlin Goldgraben, LCSW with physician speaker Dr. Joshua Richter as well as speeches, performances and demonstrations by Mount Sinai Patients, staff and team members
Please RSVP to get the zoom link at cssevents.mountsinai.org or 212-844-6022

New Support Group:
Acute Leukemia Support Group
Every Second Thursday of the Month
Join with others who are diagnosed with acute Leukemia to connect, learn, and support eachother.
RSVP and Zoom Information:
Katherine.bourgeois@mountsinai.org/(347) 964-3585
or Nikki.Kleitzel@mountsinai.org/212-824-92843
Concerts in Motion
You can join a multitude of concerts that feature two professional musicians and cover a wide variety of genres. Roster represents many different genres of music including jazz, classical, Latin, Broadway, klezmer, and more, and speaks a variety of languages.
Sign up:
https://tinyurl.com/cimssignup
After signup, you will receive a zoom link to the concert

Patient and Family Centered Care Specialist
Connect with our certified child life specialist, Stefani Tower, for support guidance, and education in speaking with children about a cancer diagnosis. Referrals can be made via email or phone:
Stefani.Tower@mountsinai.org, 332-207-3018

Massage Therapy
Receive a complimentary massage during your infusion treatment from licensed massage therapists. You can sign up with the greeter on the 4th floor or reach out to Anna Gribetz for more information:
p: 212-824-8762, Anna.Gribetz@mountsinai.org

Spiritual Care
Professional spiritual support from a board certified interfaith chaplain
karen.terry@mountsinai.org or
646-532-1846
(This service can be in person or virtually)
Individual Zoom Sessions with Artist in Residence
Sascha Mallon

Enjoy individual art sessions doing jewelry, painting, and many other art projects!
RSVP: 845-288-0166
saschacreativecenternyc@gmail.com

Online Art Workshops
Join the Creative Center every day for creative workshops in visual, literary and performing art. There are classes in painting, drawing, crochet, jewelry, poetry, creative writing and much more!
For more information:
https://www.thecreativecenter.org/
info@thecreativecenter.org

Integrating Mindfulness into your Myeloma Journey on Zoom
June 18th 3:30-4:15pm
Introducing mindfulness to address stress and anxiety through meditations and gentle movement.

For more information and to register:
Mary Vu, LMSW, at mary.vu@mountsinai.org or 212-824-8745

Zoom Post Allogeneic BMT Support Group
Second Wednesday of the month at 2 pm

If you had an allogenic bone marrow transplant, join this group to connect and learn from others who are also recovering from this type of transplant. This group will be led by licensed social workers.

RSVP and Zoom Information:
Eddie.Degrand@mountsinai.org
COVID & Cancer - Navigating Post-Pandemic Stress with Hypnotic Meditation

June 22nd at 12:00 PM

In this session with Certified Hypnotist, Emma Ehrenzeller, you'll have the opportunity to learn more about the science behind hypnosis and how it’s a tool for reducing stress and cultivating emotional wellness, especially as we emerge from the pandemic. Emma will also conduct a live hypnosis session for all participants to experience the mental rest and clarity which comes from hypnotic meditations.

Join Zoom Meeting
https://bit.ly/3y8kOL7
Meeting ID: 832 9137 3137
One tap mobile +19292056099

Multiple Myeloma Support Group
June 14th 4-5pm

Educational/Support Program for patients and caregivers affected by Multiple Myeloma.
Open Forum: Q&A with Donna Catamero, NP
For more info and to RSVP, contact:
Yu Mee Song, LCSW: (212) 824-8771 or yumee.song@mountsinai.org

Covid & Cancer: Working and Living Virtually - Ergonomic Essentials
June 9, 2021 12:00 PM

This one hour interactive webinar will provide practical tips for improving home work areas and teach a series of stretches and strengthening exercises to prevent aches and pains. A comprehensive Q&A segment will allow participants to gain specific information which they can apply in their daily routine. Presented by Arlette Loeser, MA, OTR, CIE, Director, Ergonomics and Injury Prevention, Mount Sinai Selikoff Centers for Occupational Health.

Join Zoom Meeting:
https://bit.ly/3xcycNT, Meeting ID: 817 7498 9023
One tap mobile +19292056099

National Conference on Work & Cancer

June 25th, 8:45am- 4:30pm

Topics include: Disclosure & Privacy, Working through treatment, legal issues, engaging HR, setting boundaries, nutrition... and more!

Free to attend
Online or by phone

To register: www.cancerandcareers.org/conference
Zoom Leukemia Caregiver Support Group
June 10th, 2 pm
RSVP and Zoom Information:
Katherine.bourgeois@mountsinai.org/(347) 964-3585
or Nikki.Kleitzel@mountsinai.org/212-824-92843

Peer to Peer Program
Are you diagnosed with prostate cancer and would be interested in being matched with a peer mentor? Jean Claude is our current peer mentor. He is a patient at Mount Sinai Hospital where he was treated for prostate cancer in 2005. Since 2007 he has worked with cancer patients as a volunteer at Mount Sinai Hospital's Ruttenberg Treatment Center. For more information reach out to Anna Gribetz 212-824-8762

Zoom Lung Cancer Support
June 12th, 12:15-1:30 pm
RSVP and Zoom Information:
Stephanie.Lehrman@mountsinai.org
(Please note the change in date, this group is now held on the second Monday of the month)

Multiple Myeloma Bereavement Support Group
June 22nd, 2-3 pm
RSVP and more information:
Jessica.Kreitman@mountsinai.org, Phone: 212-241-7868
Rachel.Adams3@mountsinai.org, Phone: (212) 824-8773
### Dubin Zoom Meditation
** Every Wednesday from 6-6:45 pm  
Join nutritionist Kelly Hogan and other patients from Dubin Breast Center to learn and practice various forms of meditation

**RSVP and Zoom information**  
Kelly Hogan-212-241-0741

### Dubin Zoom Pilates
** Every Thursday from 5-6 pm  
Join nutritionist Kelly Hogan and other patients from Dubin Breast Center for a Pilates session

**RSVP and Zoom information**  
Kelly Hogan-212-241-0741

### Dubin Zoom Yoga
** Every Tuesday from 5:30-6:30 pm  
Join nutritionist Kelly Hogan and other patients from Dubin Breast Center for Yoga on Tuesday nights!

**For RSVP and Zoom information**  
Kelly Hogan-212-241-0741

### Dubin Young Women Connect
For more information, contact:  
646-877-3538, Alyssa.mckinnon@Mountsinai.org

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**The Dubin programs on this page are just for patients at the Dubin Breast Center**
Dubin Schmoozin'
June 9th and 23rd, 11-12:30 pm
An open space for crafts, laughs, meditation and support from others diagnosed with breast cancer. This group is facilitated by a licensed social worker, Victoria Pierre Jean!

RSVP and Zoom Information
Victoria Pierre Jean - 212-241-1258

Monthly Zoom Cooking Class for Dubin Patients
Join the nutritionist from Dubin, Kelly Hogan, for cooking lessons and tips on healthy eating!

For RSVP, Date/time and Zoom information
Kelly Hogan-212-241-0741

Amigos Unidos: grupo de apoyo para pacientes con cancer
Cada miercoles en junio, 10:00-11:30 am
Para mas informacion por favor llame a: 212-647-9700

Why Your Gut Health is More Important Than You Think
Facilitator: Austin Park, MS, RDN, CDN, God's Love We Deliver
Wednesday, June 30; 1:30-3pm
This lecture will cover evidence-based research on gut health and its effects on the body's systems. There will also be an emphasis on its relation to brain health and the immune system as part of this discussion. Also, important dietary and lifestyle tips for optimal support of gut health will be addressed.
Call 212-647-9700 to RSVP and for zoom information
Living with Recurrent Gynecologic Cancer
June 7th from 12-1p.m. (please note -- for this month only, we will meet on a Monday!)
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.

Join Zoom Meeting:
https://bit.ly/2ZUuQ2c
Call in: 646-558-8656, Meeting ID: 757 176 6991

Woman to Woman gynecologic cancer support group
Every Thursday, 11 am- 12 pm
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.

Join Zoom Meeting:
http://bit.ly/3sI7bhY
Call in-929-205-6099, Meeting ID-84173545693#

Now What? Long-Term Gynecologic Cancer Survivor Group
June 21st from 12-1 pm
Meets the third Monday of every month.
This new monthly group is for long-term (2+ year) survivors of gynecologic cancer. The purpose of this group is to connect with other women to share the unique experiences of long-term cancer survivors in a supportive setting.

Join Zoom Meeting
Meeting ID: 825 1724 0941
One tap mobile +19292056099

Summer Fun
June 16th from 4 pm to 5 pm
For the first session of this lighthearted summer series, join junior volunteers Emma and Calliope who will lead participants in a series of fun, interactive virtual games.

Join Zoom Meeting
Meeting ID: 874 1335 0289
One tap mobile +19292056099
Pelvic Physical Therapy
June 17, 12-1pm (please note different start time for group!)
Learn more about pelvic physical therapy with Jessie Weinberg who works for SPEAR Physical and Occupational Therapy, which has an amazing group of kind, empathetic and passionate practitioners.
Join Zoom Meeting:
http://bit.ly/3sI7bhY
Meeting ID: 841 7354 5693, Call in-929-205-6099

Woman to Woman Book Club
Meets the last Tuesday of every month.
Join W2W volunteer Emily Mlynek, a senior marketing manager at Penguin House, to discuss a range of selections.
This months book: Beach Read by Emily Henry
Join Zoom Meeting:
http://bit.ly/3qPqaXo
Call in- 929-205-6099
Meeting ID- 81296877497#
Zoom Instructions:

- Each meeting has a unique 9, 10, or 11-digit number called a meeting ID that will be required to join a Zoom meeting.
- If you are joining via telephone, you will need the teleconferencing number provided in the invite.
- To sign up for your own free account, visit zoom.us/signup and enter your email address.
- You will receive an email from Zoom (no-reply@zoom.us). In this email, click Activate Account.
- When it is time for the meeting, click on the zoom link or open zoom and type in the meeting ID or call in using the phone number listed.

For more information on support and wellness programs, contact: Anna.gribetz@moundsinai.org 212-824-8762
All programs are complimentary.

You can learn more about our programs on our website-
https://www.mountsinai.org/care/cancer/about/support

Follow us on Instagram @mshcancersupport