CANCER SUPPORTIVE SERVICES

We've gone virtual but we are still here to provide you support! We are using zoom to offer FREE programming for patients and caregivers. Zoom is an online platform which is accessible via phone, laptop, desktop, and tablet. We have included the links, dial in numbers and meeting IDs so you can join us.

**HOW TO ZOOM**

1. Go to zoom.us on your computer tablet or phone
2. Click the button in the top right corner that says “Sign Up, It’s Free!”
3. Create an account and check your email to activate your account
4. When it is time for the group or activity you want to participate either click or type in the link in your open browser or open zoom and when click join a meeting and type in the meeting ID. If you don’t have a working microphone or don’t want to download zoom, call in using the phone numbers listed

**MEDITATION**

Join Alice on **Monday, Wednesday and Friday for a thirty minute guided meditation at 12:00pm** to find focus, peace, and calm and escape some of your anxiety and stress! Please note meditation **will NOT meet on August 24, 26, 28 or 31st**

https://zoom.us/j/6965853710
or call in to 1-646-876-9923
Meeting ID: 696-585-3710

**YOGA FOR CANCER SURVIVORS WITH ROBERTA**

Looking to find a little peace of mind and stretch your body? Join Roberta for a virtual Yoga practice on **Fridays at 2:00-3:30pm on zoom.**

https://us04web.zoom.us/j/730613875
Meeting ID: 730-613-875

Questions about Programming? Email Alison.snow@mountsinai.org
CRAFTING WITH THE CREATIVE CENTER

The Creative Center is presenting Art Workshops via Zoom. Please email info@thecreativecenter.org for the workshop flyer which includes description, instructor bio, supplies you'll need to gather and the Zoom link! Individual sessions with our Artist in Residence are also available in Spanish and English.

Email info@thecreativecenter.org for more information about individual and group art projects.

YOGA FOR MEN WHO ARE CANCER SURVIVORS WITH JERRY

Join Jerry Snee for a virtual community and Yoga practice on Thursdays 3:00-4:30pm please note that this virtual yoga session has reverted to the usual time on Thursdays.

Meeting ID: 218 039 812
PASSWORD: 202020
https://zoom.us/j/218039812

Mount Sinai Vocal Ensemble

Join our Mount Sinai Vocal Ensemble for a little musical delight.
The group meets on Zoom Mondays at 1:00pm
Join in whether to sing yourself or to enjoy a little music from the comfort of your own home.

https://zoom.us/j/6965853710
or call in to 1-646-876-9923
Meeting ID: 696-585-3710

Questions about Programming? Email Alison.snow@mountsinai.org
BRAIN TUMOR SUPPORT GROUP

Seeking support for yourself or a loved one with a Brain Tumor? This open session allows you to share experiences, learn from others' experiences, exchange ideas and obtain support. It is led by Mount Sinai social workers, nurses and neurosurgeons.

Join this weekly online support group.
Thursdays at 4:00pm
To join the group email: Kat Safavi, LCSW Kat.safavi@mountsinai.org

BRAVE BEAUTY IN THE FACE OF CANCER WITH SEPHORA

Join us for a virtual Brave Beauty class to discover techniques and products that address the visible effects of cancer treatments. Get skincare tips tailored to your needs and receive step by step instructions for creating a radiant complexion, natural looking brows, and defined eyes. Products specifically for you will be sent to you before the class. Participation is limited, so register early by August 21st to reserve your spot and make sure you get your care package and your personal instruction!

September 8th at 2:00pm
To RSVP contact: Alyssa Freeman, LMSW alyssa.freeman@mountsinai.org

LATINA SHARE SUPPORT GROUP FOR WOMEN WITH BREAST & OVARIAN CANCER

Join LatinaSHARE for a support group in Spanish for our Mount Sinai Cancer Center patients with Breast or Ovarian cancer.
August 12th 2:30-4:30pm
August 17th 2:30-4:00pm
To register call 844.275.7427, Todos podran registrarse llamando al 212.221.1626 O palcivar@sharecancer-support.org

Questions about Programming? Email Alison.snow@mountsinai.org
WOMAN TO WOMAN
WE'RE TOO YOUNG FOR THIS EVENT

Join other gynecological cancer patients for drinks and catching up on Thursday, August 6th, at 6:30-7:30. Pour your favorite drink and join friends old and new to catch up since you last chatted.

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

WOMAN TO WOMAN
GYN-ONC GROUP

Women diagnosed with gynecologic cancer are invited to join our phone support group meetings. Connect with other women also going through treatment and our network of volunteer survivors by phone.

Every Thursday 11:00-12:00
Meeting ID: 810 7121 3468/
Password: W2W
Call in- 16465588656, Participant 81071213468

WOMAN TO WOMAN
LIVING WITH RECURRENT GYNECOLOGIC CANCER

This group is for survivors of gynecologic cancer who have experienced a recurrence.

Tuesday, August 11th, at 12:00-1:00
Gain support, learn and share resources with those who have faced cancer a second time.
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991 Call in 646-558-8656,
Meeting ID-757 176 6991

Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org
Join Carli Bleau, LMSW, PhD Candidate in Clinical Sex Therapy. She is a licensed sex therapist in private practice. Join her for a discussion on sex, sexuality and intimacy after a gynecologic cancer.

**Thursday, August 20th, 11:00am**

Meeting ID: 810 7121 3468
Call in- 1646-558-8656, Meeting ID- 810 7121 3468

Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org
MOVING FOR LIFE ONLINE WITH THE JCC

Join Moving for Life instructors, for gentle dance exercise for women living with cancer. Classes concentrate on restoring upper body movement.

Wednesdays
12:00-1:00pm on Zoom

Saturdays
11:00am-12:00pm on Zoom

to register email boxoffice@mmjccmanhattan.org to obtain link or call 646.505.5708

HEALING YOGA FOR WOMEN LIVING WITH CANCER ONLINE WITH THE JCC

Join Jerry Snee, Certified Yoga Instructor for this restorative yoga class. The classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of that surgery and chemo and radiation. At this time classes are open to all cancer survivors.

Thursdays, 6:45-8pm

https://zoom.us/j/125750048Password: 210811Meeting ID: 125 750 048

BROADWAY’S BEST FOR BREAST CANCER: STAYING HEALTHY & STRONG DURING COVID - BUILDING A LIFE AFTER CANCER - ONLINE

Join Broadway star Mandy Gonzalez (Hamilton, Wicked), Caroline Kohles, JCC Senior Director of Health & Wellness, to celebrate life and foster learning. Your cancer treatments are finally complete, now what? Explore with our expert Maria Sirois, master teacher, facilitator, author and positive psychologist and guests have to say about how to move forward after cancer.

Monday August 24th 6-7pm

Please contact registration by email at boxoffice@mmjccmanhattan.org or visit jccmanhattan.org

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
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Questions about Programming? Email Alison.snow@mountsinai.org