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 WITH ALICE

Join Alice on Monday, Tuesday and Friday for a thirty minute guided meditation at 12:00pm to find focus, peace, and calm and learn to let go of your anxiety and stress! The group will not meet on 10/5

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 Password: yfpwc

Questions about Programming? Email Alison.snow@mountsinai.org
**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.

Zoom Meeting
https://us02web.zoom.us/j/4488002565?pwd=RWlOU2pJKzRTZENJUytRT1VzczY2UT09
Meeting ID: 448 800 2565
Passcode: 506560

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**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.

Zoom link: https://zoom.us/j/91453647590
Meeting ID: 914 5364 7590
Password: jccyogamen

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**VIRTUAL OPEN MIC EVENT**

We are excited to announce our very first Open Mic! We are seeking performers to create a short video of you sharing your talent, playing an instrument, an acting monologue, spoken word, poetry, dance, or comedy—be creative! This is open to all talent levels. Videos will be compiled into one complete Mount Sinai Open Mic Show.

Keep videos 3 min or less, send videos to michaelinge@yahoo.com by 10/24! The Open Mic performance video of all performers will be released for viewing on Friday, October 30th!

Questions reach out to Michael Inge at michaelinge@yahoo.com

Questions about Programming? Email Alison.snow@mountsinai.org
LYMPHEDEMA WORKSHOP

Join Berfin Mahmut, PT, DPT, CLT (Certified Lymphedema Therapist) for this workshop. It is open to all patients with lymphedema.

Tuesday, October 20th 1:30-2:30pm

Please RSVP to Alyssa.Freeman@mountsinai.org or call 646-740-7110 for zoom link/information

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.

JOURNALING & WRITING WORKSHOPS

Join our Monday and Wednesday Journaling and Writing Workshops at 3:00 pm via Zoom! Emily will send out prompts the night before and we encourage you to take a moment, whether 10 minutes or an hour to write something, then we will gather together on Zoom to share what we have written! Email Emily to get the Zoom link and password: erubin219@gmail.com

Mondays: 3pm Oct 5, 12, 19, 26
Wednesdays: 3pm Oct 7, 14, 28

Questions about Programming? Email Alison.snow@mountsinai.org
KNITTING GROUP
Check in with friends, work on your knitting or crocheting, discuss projects you are thinking about, show off what you are working on! You might even get inspired by our group of weekly knitters. **Thursdays from 12:30-1:30PM.** Once you get beyond the initial learning curve, knitting and crocheting can lower heart rate and blood pressure and reduce harmful levels of the stress hormone cortisol. But unlike meditation, craft activities result in tangible and often useful products that can enhance self-esteem.

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

GRUPO DE ESPIRITUALIDAD PARA LATINAS
¿Te gustaría recibir apoyo usando tu espiritualidad y fe?
¿Estás buscando apoyo y conexión con otras mujeres que están pasando por una experiencia similar?
Acompáñanos todos los martes de 1-1:30 por Zoom.
Para más información puedes contactarla:
Silvia Mejia 646-527-0226 o Silvia.mejia@mountsinai.org

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

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!

October 27th at 1:30pm-3:00pm
To RSVP contact: Alyssa Freeman, LMSW
alyssa.freeman@mountsinai.org

RELAXATION TECHNIQUES TO PREPARE FOR SURGERY

Guided Imagery, Meditation and Hypnosis are powerful tools in preparing the mind and body for surgery. Join **Nancy Bourque, LCSW** to learn techniques to prepare you for your upcoming cancer surgery.

Thursday, October 22nd 2:00-3:00 pm
RSVP to Nancy Bourque, LCSW, OSW-C email: Nancy.bourque@mountsinai.org/212-604-6097 for the Zoom information

SUGRIVING SURVIVORSHIP: MANAGING LIFE DURING & AFTER A BLOOD CANCER DIAGNOSIS

Join this monthly meeting for education, support, and information sharing. The group is open to leukemia, lymphoma and myeloma patients and survivors, their adult family members, partners and friends.

Thursday, October 8th 6:00-7:00 pm
Facilitated by **Meghan Shafer, LMSW** RSVP to meghan.shafer@mountsinai.org/212-636-3443 for the workshop Zoom information

Questions about Programming? Email Alison.snow@mountsinai.org
Mandarin & Cantonese Support Group

Join Mi (Emma) Zhou, LCSW for a monthly support group in Mandarin and Cantonese. Share your stories with people with similar experiences.

Wednesday, Oct 28 at 11am-12pm

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

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.

October 8th at 2:30pm
October 14 & 28 at 2:30pm

To register call 844.275.7427, Todos podran registrarse llamando al 212.221.1626 O palcivar@sharecancer-support.org

Celebrating Mid-Autumn Festival

Join Emma Zhou, LCSW for a virtual celebration with mid-autumn festival themed songs to celebrate the Mid-Autumn Festival!

Tuesday, Oct 6th 11-12pm
For more information contact Emma Zhou, 212-604-6095

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
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 Call in-1 646-558-8656, Meeting ID- 810 7121 3468#

WOMAN TO WOMAN WE'RE TOO YOUNG FOR THIS EVENT

Join other gynecological cancer patients for drinks and catching up on

Thursday, Oct 22nd, 6:30-7:30 pm
Diagnosed with a gynecologic cancer in your 20's or 30's we're the place for you.

https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991
Call in-646-558-8656 Meeting ID- 7571766991

WOMAN TO WOMAN LIVING WITH RECURRENT GYNECOLOGIC CANCER

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

Tuesday, Oct 13th, 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- 7571766991

Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org
Join Dr. Prasad-Hayes, Associate Professor and Gynecologic Oncologist for a discussion about menopause and symptom management for women with a gynecologic cancer

**Thursday, Oct 22nd, 11:00am**

Meeting ID: 810 7121 3468  Call in- 1646-558-8656 Meeting ID- 81071213468

Questions about Woman to Woman Programming? Email womantowoman@mountsinai.org
The Woman to Woman program invites you to attend our 17th Reunion virtually!

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
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 & YOGA 4 CANCER ONLINE WITH THE JCC

**HEALING YOGA**
Join Jerry Snee, 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/99360073785](https://zoom.us/j/99360073785)
Meeting ID: 993 6007 3785 Password: jcchealing

**YOGA 4 CANCER**
Join Leorna Leung to build strength and flexibility in safe ways that stimulate your immune system and build bone density and cultivate a sense of well-being

**Sunday, 3:00-4:15pm**
[https://zoom.us/j/96204552859](https://zoom.us/j/96204552859)
Meeting ID: 962 0455 2859 Password: jccyoga4me

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
NIA MOVING TO HEAL WOMEN LIVING WITH CANCER ONLINE WITH THE JCC

Join Caroline Kohles to learn to slow down and personalize movement for your body while focusing on feeling better regardless of your physical condition.

Zoom Meeting ID: 936 4666 0653 Password: jccniamove

LYMPHEDEMA ONLINE WITH THE JCC

Join Dr. Martha Eddy, Director, Moving for Life, to discover how exercise helps lymph fluids move through the lymphatic system, reducing swelling. Bring your questions to this experiential lecture series. To register please contact boxoffice@mmjccm.org for additional information. Registrations are processed on a first come, first-served basis.

Tuesday, October 13th 7:00-8:00PM

SOUND BOWL-HEALING ONLINE WITH THE JCC

Sound and vibration therapy is one of the most transformative ways to shift the body at the cellular level. Enjoy the gentle, soothing tones of singing bowls and experience how they open the flow of energy by touching every part of the physical, emotional, mental, spiritual bodies.

Monday, October 5th 6:45PM- 8:00PM

Free for those being tested or treated for cancer, please contact boxoffice@mmjccm.org for registration and to receive discount code.

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
ONLINE JIN SHIN JYUTSU: SELF-HELP FOR THE CANCER PATIENT

The Japanese healing art of Jin Shin Jyutsu provides a program to help those who have been diagnosed regain command of their body, mind and spirit. You will walk away from this workshop with tools to help promote healing within the body. This course is designed for people currently undergoing treatment for cancer, who have recently completed treatment and caregivers.

Tuesday, October 27 7-8:15PM
Please contact Registration at boxoffice@mmjccm.org

FOLLOW OUR INSTAGRAM

Follow our Instagram for our most updated information on programming, resources, and helpful information from our cancer supportive services team.
@MSHCancersupportiveservices

THANK YOU TO OUR FUNDERS

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Questions about Programming? Email Alison.snow@mountsinai.org