Long Distance 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/cimsignup

After signup, you will receive a zoom link to the concert.

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

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

Concerts in Motion

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Sign up: https://tinyurl.com/cimsignup

After signup, you will receive a zoom link to the concert.

Spiritual Care

Professional Chaplains provide respectful spiritual and emotional support to patients of all faiths and none. Please contact Chaplain Karen Terry for more information or to request an appointment.
karen.terry@mountsinai.org or 646-532-1846
**Zoom Lung Cancer Support**  
**September 13th, 12:15-1:30 pm**  
RSVP and Zoom Information:  
Kathleen. Emmets@mountsinai.org  
212-824-8777  
(Please note the change in date, this group is now held on the second Monday of the month)

**Leukemia and Lymphoma Support Group**  
**Last Tuesday of the month, 12-1 pm**  
A group held to support those who are impacted by a diagnosis of Leukemia or Lymphoma. The group is open to both patients and caregivers.  
RSVP and Zoom Information:  
Alexa Chalmers-212-824-9284

**One Day at a Time, Together**  
**September 27th, 2-3pm**  
(every 4th Monday of the month)  
This is a support group for Black, Indigenous and People of Color (BIPOC) diagnosed with Multiple Myeloma.  
For more information and to RSVP:  
Sonchelove.Hilaire@mountsinai.org

**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
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

Individual 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

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

Individual 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

Leukemia Caregiver Support Group
Every 4th Wednesday, 1-2 pm

If you are caring for a loved one diagnosed with Leukemia, join this group to connect with others and receive support.

RSVP and Zoom Information:
Katherine.Bourgeois@Mountsinia.org 347-964-3585 or Nikki.Kleitzel@Mountsinai.org 212-824-9283

Support Group

Leukemia Caregiver Support Group
Every 4th Wednesday, 1-2 pm

If you are caring for a loved one diagnosed with Leukemia, join this group to connect with others and receive support.

RSVP and Zoom Information:
Katherine.Bourgeois@Mountsinia.org 347-964-3585 or Nikki.Kleitzel@Mountsinai.org 212-824-9283

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
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 Young Women Connect
For more information, contact:

646-877-3538, Alyssa.mckinnon@Mountsinai.org

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

** The Dubin programs on this page are just for patients at the Dubin Breast Center**
Dubin Schmoozin’
September 8th and 22nd, 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

Nat
ural Remedies to Manage the Side Effects of Treatment
September 29th, 1:30-3pm
There are a growing number of holistic treatments that have demonstrated effectiveness in managing side effects of cancer treatments. These side effects include emotional changes, fatigue, pain, nausea, constipation, neuropathy and more. Join Dr. Lauri Grossman as she discusses evidence-based information on diet and nutrition, supplements, and homeopathy and how they can assist with lessening treatment side effects.

To register, please call 212-647-9700

Please note the change in name from Gilda's Club to Red Door Community!

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

Natural Remedies to Manage the Side Effects of Treatment
September 29th, 1:30-3pm
There are a growing number of holistic treatments that have demonstrated effectiveness in managing side effects of cancer treatments. These side effects include emotional changes, fatigue, pain, nausea, constipation, neuropathy and more. Join Dr. Lauri Grossman as she discusses evidence-based information on diet and nutrition, supplements, and homeopathy and how they can assist with lessening treatment side effects.

To register, please call 212-647-9700
Living with Recurrent Gynecologic Cancer

**September 14th from 12-1 pm**

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

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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#

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COVID & Cancer - Post-COVID MakeUp for Cancer Patients

**September 27th, 1:00 PM**

Katiuscia Rosado, founder of Aura Beauty & Cosmetics, a specialized makeup line for cancer patients, will discuss what makeup products are safe for the cancer community, tips for choosing the best products and makeup applications techniques to help current patients and survivors look and feel their best!

**Join Zoom Meeting**
Meeting ID: 873 3381 7842, One tap mobile +19292056099

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Now What? Long-Term Gynecologic Cancer Survivor Group

**September 20th, 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

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Now What? Long-Term Gynecologic Cancer Survivor Group

**September 20th, 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.
COVID & Cancer - COVID Update
September 13th, noon
As the COVID news continues to change daily, it's difficult to sort through and understand the implications of the vast amount of information available. Esteemed Dr. Cardinale Smith, oncologist and palliative medicine physician, will share her expertise and help our oncology patients figure out how to safely navigate life.

Join Zoom Meeting
Join Zoom Meeting: https://bit.ly/3yDgG5I
Meeting ID: 881 1090 7574, One tap mobile +19292056099

Panel Discussion for newly diagnosed Gynecologic Cancer patients
September 22nd at 2 pm
Have you recently been diagnosed with ovarian, cervical, uterine or endometrial cancer and would like to learn more? Multidisciplinary speakers will feature: Emily Szafara, LMSW - Gynecologic Oncology Social Worker, The Mount Sinai Hospital, Dr. Elizabeth Dickson Michelson - Gynecologic Oncologist, Aurora Health Care, Chandra Robinson - Ovarian Cancer Survivor
Zoom link: https://us02web.zoom.us/meeting/register/tZAodOiprzksHtHmrl_gp37Tnd-fH8LTlx
For more information, email: ashley@wisconsinovariancancer.org

Woman to Woman: Book Club
September 28th from 6:30- 7:30 p.m.
IJoin W2W volunteer Emily Mlynek, a senior marketing manager at Penguin House, to discuss a range of selections. All are welcome, whether you've had a chance to finish the book or not (... just be mindful that you may encounter spoilers)

Join Zoom Meeting:
http://bit.ly/3qPqaXoMeeting ID: 812 9687 7497
Call in- 929-205-6099

Latina event: Caring for your intimacy after a diagnosis of gynecological cancer/Cuidando su intimidad después de un diagnóstico de cáncer ginecológico
September 30th at 3 pm
Join us for a 1- hour presentation on how to care for your intimacy and your relationship after a diagnosis of gyn-cancer/
Te invitamos a una presentación (en línea o vía ZOOM) de una hora sobre cómo cuidar tu intimidad y relación de pareja después de un diagnóstico de cáncer ginecológico.
Zoom link:https://bit.ly/3ihE4zL
Meeting ID: 889 5880 7097, Call in +19292056099
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@mountsinai.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