Leukemia Lymphoma support group
Last Tuesday of the Month

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.
Alexa Chalmers- 212-824-9284

Acute Leukemia Support Group
Every Second Thursday of the Month

Join with others who are diagnosed with acute Leukemia to connect, learn, and support each other.
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 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 Leukemia Caregiver Support Group
July 28th, 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
July 12th, 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)

Multiple Myeloma Bereavement Support Group
July 20th, 2-3 pm
RSVP and more information:
Jessica.Kreitman@mountsinai.org, Phone: 212-241-7868
Rachel.Adams3@mountsinai.org, Phone: 212-824-8773
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

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.

Start Registering for Dubin's August Wellness Month

There will be the following workshops:
Cooking Demonstration- August 4th at 5 pm
Healing Through Writing- August 11th at 5pm
Spiritual Wellness- August 18th at 12 pm
Yoga For Wellness- August 25th at 5 pm

For more information and to RSVP:
jessica.laflam@mountsinai.org call: 212-241-1259
### 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

---
**The Dubin programs on this page are just for patients at the Dubin Breast Center**

---

### Dubin Young Women Connect

For more information, contact:

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

---

### Dubin Zoom Meditation

Join nutritionist Kelly Hogan and other patients from Dubin Breast Center for Yoga on Tuesday nights!
Chinese Medicine: Nutrition and Lifestyle Tips for Your Cancer Journey
July 20th, 1-2:30 pm

Each of us has our own wellness journey to take in this life. Chinese Medicine is one of the oldest "wellness systems" in the world. Come learn about its rich history, natural health philosophy and modalities such as acupuncture, herbal medicine and Qi Gong. We'll also be taking a special look at the unique way Chinese Medicine views food and nutrition. All of these can play an integral role on your wellness journey. To register, please call 212-647-9700.

Dubin Schmoozin'
July 14th and 28th, 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 julio, 10:00-11:30 am

Para mas informacion por favor llame a: 212-647-9700
Living with Recurrent Gynecologic Cancer

July 13 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

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

July 19th 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

COVID & Cancer - Summer Lovin’

July 27th, 12 pm
Stars of BRAVO TV’s “Love Brokers” and professional matchmakers Jennifer Zucher and Lori Zaslow will lead a lighthearted, interactive workshop on romance in the time of COVID. Whether you are happily single, looking to date or in a committed relationship, they will offer helpful suggestions.

Join Zoom Meeting
https://us02web.zoom.us/j/83707145027
Meeting ID: 837 0714 5027, +19292056099
COVID & Cancer - Summer Health Tweaks
July 12th, 2 pm
Join Leslie Thompson, the creator of What's Working Here, a health & fitness blog, and learn some quick, easy and low-cost COVID-safe tweaks to help you feel your best this summer. In this presentation Leslie will share four easy tweaks to help you develop healthier lifestyle habits and how little changes really can make a big difference!
Join Zoom Meeting
https://us02web.zoom.us/j/83564557223, Meeting ID: 835 6455 7223
One tap mobile +19292056099

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 month's book: Daisy Jones and the Six by Taylor Jenkins Reid
Join Zoom Meeting:
http://bit.ly/3qPqaXo
Call in- 929-205-6099, Meeting ID- 81296877497#

Woman to Woman: Hair care, hair loss and wigs
July 8th, 11-12 pm
Angelo Pisacreta is a world-renowned stylist and colorist. Angelo’s vast experience with hair, its health and growth led him to realize that hair health issues often begin inside the body. This resulted in the creation of his exclusive Hair Detox®.
http://bit.ly/3sI7bhY
Meeting ID: 841 7354 5693
Call in-929-205-6099, Meeting ID- 84173545693#

Woman to Woman: Oral Health after a Cancer Diagnosis
July 29th, 11 am
Jill Meyer-Lippert, RDH is a Registered Dental Hygienist dedicated to helping cancer survivors to manage or prevent short-term oral side effects and long-term damage to oral health associated with chemotherapy and other cancer therapies.
Join Zoom Meeting:
http://bit.ly/3sI7bhY
Meeting ID: 841 7354 5693
Call in-929-205-6099, Meeting ID- 84173545693#
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.

Zoom Instructions:

For more information on support and wellness programs, contact: Anna.gribetz@moutsinai.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