Breast Cancer does not take a break for the holidays. We are here for you 365 days a year.

The Adelphi Breast Cancer Program is open and operating remotely.

For assistance please contact us by phone, email or web.

- **call** our hotline at **800.877.8077**
- **email** our program at [breastcancerhotline@adelphi.edu](mailto:breastcancerhotline@adelphi.edu)
- **visit** our website at [breast-cancer.adelphi.edu](http://breast-cancer.adelphi.edu)

You are not alone.

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THANK YOU FOR SUPPORTING US ON #GIVINGTUESDAY
Thank you to everyone who participated in #givingtuesday. Your continued support will allow us to provide education, licensed social work services and support to the breast cancer community in 2021.

Adelphi Breast Cancer Program
Our Impact Over The Year

Together we give. December 1, 2020

Support Groups
At this time, all support groups are being held online until further notice. All groups are free but registration is required.

Click here to see full support group schedule

For more information, questions and to sign up for a support group, call 800-877-8077 or breastcancerhotline@adelphi.edu

WEEKLY GROUP

- General Support Group
  Mondays (6:00 - 7:30 p.m.)

BI-WEEKLY GROUPS

- Support Group for Stage 4 Breast Cancer
  Thursdays (6:30 - 8:00 p.m.)

- Under 40, Young Women’s Group
  Wednesdays (7:00 - 8:30 p.m.)

Groups for Latina Women

CAFECITO
• Cafecito is a support group for Spanish speaking women facing breast cancer.
  Twice Monthly - Call Angela Papalia at 516-877-4329
  *At this time, Cafecito is being held online until further notice.

• Cafecito es un grupo de apoyo en español para mujeres con cancer del seno.
  Para registrarte llame a: Ángela Papalia, LMSW (516) 877-4329
  *En este momento, el grupo está retenido virtualmente.

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PARA NUESTRO BIENESTAR *NEW*

• Para Nuestro Bienestar is a support group for newly diagnosed Latina women.
  A space of friendship and support for Latina women with breast cancer. If you have been
diagnosed with breast cancer within the last 18 months, this group offers a safe and
confidential space where we can help you identify, accept and express the feelings you could
be experiencing with your diagnosis.

  Thursdays at 6 pm on zoom.
  For more information and to register, please call:
  Adriana Valencia, LMSW at (516) 877-4371

• A un espacio de amistad y apoyo para la mujer Latina con el cáncer del seno. La diagnosis de
cáncer del seno nunca es fácil. Estamos aquí para ayudarle. No está sola.

Si ha sido diagnosticada con cáncer del seno dentro de los últimos 18 meses, el grupo Para
Nuestro Bienestar le brinda un espacio seguro y confiable donde le ayudaremos a
identificar, aceptar y expresar los sentimientos y emociones que puede estar experimentando
con su diagnosis.

  Para más información y para registrarse llame a:
  Adriana Valencia, LMSW - (516) 877-4371
  Este grupo se reunirá los jueves a las 6 pm en zoom.

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Online Art Therapy Workshops
Manage stress by becoming more relaxed and focused.

Our (4) week art therapy workshops empower participants to
express themselves using art. We provide a safe place to
communicate your thoughts, feelings, concerns, problems, hopes
and dreams. Our professional staff guides you through different
exercises and discussions helping you to find ways to gain
personal insight and develop new coping skills.

Due to an overwhelming response, we have reached
capacity for this workshop. If you would like to be placed on our waiting list or are interested in
attending a future Art Therapy Workshop, please contact Angela M. Papalia, LMSW at
(516) 877-4329 or email apapalia@adelphi.edu.
Click here for more information.

Our support groups are provided by the Adelphi Breast Cancer Program and supported by grants from the Alpern Family Foundation, Kat's Ribbon of Hope, the Mother Cabrini Health Foundation, the NYS Department of Health, Pink Aid and Sientra FULL CIRCLE.

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**Evaluations**

We need your feedback

We have sent out evaluations by both email and through the United States Postal Service. **We need your feedback.** Please send back your completed evaluation forms so we can better serve the community.

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**Raise Your Voice**

Contact Your Elected Officials Today

Raise Your Voice. Contact your elected officials TODAY and request they reinstate funding for the **Adelphi NY Statewide Breast Cancer Hotline & Support Program** in the New York State Budget. Use our template, enter your name, print and mail.

There are many ways you can get involved and share our message. Find the RAISE YOUR VOICE files on our website by clicking here.

- Our letter template;
- A list to contact your local Senators;
- Sample social media posts for easy cutting and pasting.

#FundABCP
Forums

If you have missed any of our past forums, please visit our YouTube channel to watch the videos.

Please click here to see our forum calendar.

Our 2020 forums are sponsored by
The Junior Coalition of the Manhasset Women’s Coalition Against Breast Cancer,
The Mother Cabrini Health Foundation and NYS Department of Health

Sisters United in Health
An initiative for breast health information

WE CAN...

- Help you get a free or low-cost mammogram REGARDLESS OF YOUR HEALTH INSURANCE OR IMMIGRATION STATUS.
- Answer your breast health and breast cancer questions and provide educational materials.
- Provide breast health workshops at no cost.
- Available in English and Spanish.

Like the Sisters United in Health facebook page.

Click here for more information or call Sisters United in Health at 800.559.6348.

Download the Sisters United in Health workshop flyer.

Facebook

FACEBOOK FRAMES
Show your support for the
Adelphi Breast Cancer Program.

You can now add a frame to your profile picture to show your support for the Adelphi Breast Cancer Program.

Visit [facebook.com/profilepicframes](http://facebook.com/profilepicframes) and type Adelphi Breast Cancer Program into the search. We have designed (4) options for you to choose from.

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**FACEBOOK FUNDRAISERS**

Did you know that you can host a fundraiser through your Facebook page to benefit our program? All funds raised through Facebook go directly to our program.

**Ideas for Facebook Fundraisers:**

Birthday’s, Anniversary’s, Holiday Gifts, Runs, Bike Rides, Walks, Pink Ribbon, etc.

[Click here](http://clickhere) to see how you can start your own facebook fundraiser.

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**News and Press Releases**

**Program Highlights**

**Stewards of the Ties That Bind Society Together**

An article from the Farmingdale Observer highlights The Adelphi School of Social Work which is commemorating its seventh decade.

[Click here](http://clickhere) to read the article

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**Research Opportunity**

**Do you have breast implants?**

**Are you Planning to get Reconstructive Surgery?**

**Have you ever thought about getting implants?**

Please help provide feedback to a breast implant company that wants to better understand women who have undergone reconstruction, considering implants or experienced breast cancer. Please [click here](http://clickhere) to take this short survey and provide your honest feedback.

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**Happy Birthday**

To all our volunteers with a January birthday
Christina D.
Reva R.
Arlene F.
Christa M.
Andrea P.
Diane S.
Irene S.
Catherine O.
Sherry S.

Our hotline is available **365 days** a year. Call the Adelphi Breast Cancer Program hotline anytime at **800.877.8077**.

The Adelphi NY Statewide Breast Cancer Hotline & Support Program offers online support groups on a weekly and monthly basis.

Help support the Adelphi Breast Cancer Program. Without funding, our program will no longer be able to provide life-saving services to those who are truly in need. Please make a tax-deductible donation today, so that we may be able to continue to be there for our fellow New Yorkers in their time of need.

**Let's Stay In Touch**

Contact our Hotline, Visit our Website, Follow us on Social Media

Follow us on Social Media and online to see photos of our wonderful volunteers at our outreach events, stay up-to-date on programs, forums and support groups. Read news articles and new studies on breast cancer, read inspiring stories from our volunteers, watch our events live on facebook and see the wonderful people and businesses that support us.
SOCIAL MEDIA
facebook, twitter, pinterest, youtube, instagram

WEBSITE
breast-cancer.adelphi.edu

ONLINE CHAT
Did you know we have a LIVE CHAT feature on our website. Chat with a breast cancer survivor or social worker.

HOTLINE
800.877.8077 - We are here for you 365 days a year!

Thank you to all our sponsors
(Listed below in alphabetical order)

Alpern Family Foundation Inc.
The Beth C. Tortolani Foundation
Kat’s Ribbon of Hope
LI2Day
Manhasset Women’s Coalition Against Breast Cancer
The Junior Coalition of the Manhasset Women’s Coalition Against Breast Cancer
The Mother Cabrini Health Foundation
Nassau County Office for Housing and Community Development
Nassau County Women’s Bar Foundation
New York State Department of Health
Pink Aid
Plastic Surgery Foundation
Pritchard Charitable Trust
Sientra Full Circle

Please visit our website at breast-cancer.adelphi.edu
Donate to our cause at breast-cancer.adelphi.edu/donate