Music Therapy
These sessions will provide a fun time of education and experientials to help participants use the “3M’s” for stress reduction, self-care and insight. It will also include a basic introduction to music therapy. Presented by Gretchen Patti, Board Certified Music Therapist and Fellow for the Association of Music and Imagery.

Wednesday, October 18, 2PM
Wednesday, December 20, 2PM

Music to Live By
This four-week program will provide different music therapy experiences to promote stress reduction, combat anxiety, and increase the relaxation response in body and mind.

Tuesday, August 15, 6PM
Music Assisted Relaxation
Tuesday, August 22, 6PM
Chants
Tuesday, August 29, 6PM
Mandalas
Tuesday, September 5, 6PM
Improvisation

Ceramic Handbuilding Workshop at GoggleWorks
Saturday, August 5, 10am-12pm
201 Washington Street, Reading, PA 19601
Learn basic handbuilding techniques to create a masterpiece, choose a glaze option for your instructor to put on the finishing touches! Age 8+ (Limit 4 per household).

Write From the Heart
This four week creative writing workshop will awaken the creative spirit without intimidation. This workshop will explore how writing opens hearts to courage, hope and healing. Presented by Melissa Greene from Write from the Heart. Pre-registration required: Call 610-478-1447 or email Emily at Emily@bcssberks.org
Virtual: Tuesdays, November 7, 14, 21, 28, 1:30PM-3:30PM

Additional Services
Comfort Bags
BCSS offers women and men a Comfort Bag at the time of breast cancer diagnosis. It is designed to provide comfort at a confusing time.

Support Line
610.375.9925
Speak with trained volunteers 7 days a week from 9am-9pm for comfort and support during critical times.

Contact a Survivor
www.BCSSBerks.org
Directly email a survivor for personalized support.

Counseling Assistance Program
The support of a licensed mental health professional may help you cope with a breast cancer diagnosis. BCSS provides 3 counseling sessions with your choice of a licensed mental health professional at no charge.

Survivor’s Financial Aid Fund
This fund is designed to ease the financial burden of a breast cancer diagnosis. BCSS has a limited amount of funds available to assist survivors who are in active treatment.

*Programs, speakers, dates and times are subject to change. Stay up-to-date on our programs and events on our website (www.BCSSBerks.org) and social media (www.facebook.com/BCSSBerks) or call the office.

Breast Cancer Support Services
529 Reading Ave., Suite C
West Reading, PA 19611
Office: 610-478-1447
Support Line: 610-375-9925
Spanish: 610-478-1004
www.BCSSBerks.org
Questions? Michele@BCSSBerks.org

Our mission: To provide hope, information and emotional support to every person affected by breast cancer.

BCSS is a 501(c)(3) independent non-profit organization and not part of any hospital or medical practice.
Soul Survivors

Soul Survivors is a program to reduce disparities for African American/Black women by providing support, education, emotional and social support to breast cancer survivors, family members and the community. Program sessions promote cultural awareness and are open to all breast cancer survivors.

Wednesday, August 2, 6PM
Health, Insurances and Finances
Presented virtually by Triage Cancer (Virtual Only)

Lunch & Learn
Daytime program for survivors offer guest speakers on topics of interest. A complimentary, light healthy lunch provides an opportunity to connect with others for support. Location: BCSS Office
Pre-registration required: call 610.478.1447 or email Emily at Emily@bcssberks.org

July 19, 11:30AM
Breast Cancer and Oral Health
Presented virtually by Jill Meyer-Lippert, Registered Dental Hygienist and Founder of Side Effect Support

September 20, 11:30AM
Genetic/Genomic Testing Options for Breast Cancer
Presented by Stephanie Bernstein, Natera Clinical Hereditary Cancer Specialist

Wednesday, November 15, 11:30AM
Preparing Your Estate Plan
Presented by Brett Diamond, Financial Advisor at Edward Jones and Michael J. Gombar Jr., Esquire-Attorney at Masano Bradley LLP

Daytime Programs

Wednesday, August 16, 2PM
Face Up to Safe Beauty: Custom Blend
Presented by Maleeva F. Lengel, Freelance Makeup Artist/National Certified Trainer for Motives Cosmetics

Sunday, August 6, 12PM-2PM
Survivor Picnic
Penn State Health- St Joseph

Wednesday, December 13, 12PM-7PM
Holiday Party at BCSS Office

METAvivor Peer2Peer
BCSS has partnered with METAvivor to offer a support group for thivers with Stage 4 Metastatic Breast Cancer. These meetings are held on the 3rd Monday of every month and are facilitated by a metavivor. For more information, please email Leslie at Leslie@bcssberks.org.

Monday, July 17, 6PM
Monday, August 21, 6PM
Monday, September, 18, 6PM
Monday, October 16, 6PM
Monday, November 20, 6PM
Virtual Open Forums

YSC Face 2 Face Group for Young Survivors
Young survivors under the age of 45 meet to discuss their unique needs, fertility, motherhood, and dating are common concerns faced by young survivors. Meets the last Tuesday of every other month. For more information, please email Emily at Emily@bcssberks.org.

Tuesday, July 25, 6PM
Balancing Work and Cancer
Presented virtually by Nicole Jarvis, LMSW, Assistant Director of Programs at Cancer and Careers

Tuesday, September 26, 6PM
Creative Arts
Presented by Rachel Hobbs, Independent Creative Arts

Tuesday, November 28, 6PM
Holiday Stressors
Virtual Open Forum

Support Group for Newly Diagnosed Women
Trained facilitators who are breast cancer survivors themselves lead the group. These groups offer breast cancer survivors a unique opportunity to meet and explore common concerns.

Location: BCSS Office
Pre-registration required: 610.478.1447 or Jeanette@bcssberks.org

Thursday, August 3, 6PM
Sharing Stories

Thursday, August 10, 6PM
Emotions

Thursday, August 17, 6PM
The Image Recovery Center and Lymphedema

Thursday, August 24, 6PM
Face Up to Safe Beauty

Thursday, August 31, 6PM
Social Mixer

Facing Our Risk of Cancer Empowered (FORCE) Get-together
BCSS partners with FORCE to offer information to people who are exploring the impact of hereditary breast, ovarian, pancreatic, prostate, colorectal and endometrial cancers. Their community now includes people with a BRCA, ATM, PALB2, CHEK2, PTEN or other inherited gene mutation and those diagnosed with Lynch syndrome.

Location: Hybrid, BCSS Office or Zoom. Zoom link will be emailed upon registration. Pre-registration required: email Diane at dianer@facingourrisk.org

Tuesday, September 12, 7PM
Tuesday, December 5, 7PM

Clinical Trials

Thursday, July 6, 6PM
Changing the Landscape of Cancer Care
Presented by Leah Ern, BSN, RN, CCRN OCN
Tower Health/Reading Hospital
This presentation is meant to cover what a clinical trial is and the type of trials that are available. Along with dispelling myths about clinical trials and discussing how trials are improving the care given to patients.

Gentle Yoga for Breast Cancer Survivors
This yoga series is a gentle and restful approach to yoga that uses props to support the body. This class is excellent for anyone new to yoga.

Location: BLDG. 7 Yoga, 220 North Park Road, Building 7, Wyomissing, PA 19610
This 6 week session is offered FREE of charge to all breast cancer survivors. You must register to reserve your spot.

To register or for more information, contact BLDG. 7 Yoga at 484.755.5705 or www.bldg7yoga.com

Thursday, August 17, 24, 31, 7PM
Thursday, September 7, 14, 21, 7PM