

METAvisor Peer2Peer

BCSS has partnered with METAvisor to offer a support group for thrivers with Stage 4 Metastatic Breast Cancer. These meetings are held on the 3rd Monday bimonthly and are facilitated by a metavior. For more information, please call 610-478-1447 or email Leslie at Leslie@bcssberks.org.

Monday, February 19, 6PM
Virtual Open Forum

Monday, April 15, 6PM

Creative Arts

Rachel Hobbs, Independent Creative Arts

Monday, June 17, 6PM

Seated Zumba Gold

Jen Deblase, Certified Zumba Instructor since 2016
Inspire Exercise Together

Friday, April 19 through Sunday, April 21

Hybrid: Living Beyond Breast Cancer, Thriving Together 2024 Conference on MBC

Face Up To Safe Beauty

Presented by Maleeva F. Lengel, Freelance Makeup Artist/National Certified Trainer for Motives Cosmetics
Pre-registration required: Call 610-478-1447 or email Emily at Emily@bcssberks.org.

Thursday, March 14, 6PM

Hair Care Workshop

Presented by: Diane Keck, Thanx Artistry Owner and Hair Stylist

Thursday, April 25, 6PM

Skin Care 201

30 Minute One on One Consultations

with Maleeva F. Lengel, Freelance Makeup Artist/National Certified Trainer for Motives Cosmetics

Thursday, May 16, 2PM-4PM

Thursday, May 23, 5PM-7PM

Limited spots available, pre-registration required: Call 610.478.1447 or email Emily at Emily@bcssberks.org.

Thursday, June 6, 6PM

Custom Blend: Cream Eye Shadow

Thursday, June 19, 3PM

Custom Blend: Cream Eye Shadow

Fiber Arts Support Group

“Knitting Keeps Me From Unraveling”

This knitting and crocheting social support group will occur on **the first Tuesday of each month at 2pm and the third Tuesday of each month at 6pm.**

Hosted by Jenny Ritner in the BCSS office.

*not a teaching group

To register for this program please call the BCSS office at 610-478-19611 or email Emily at Emily@bcssberks.org.

NEW! Book Club

Do you love to read? Then this is the group for you! BCSS Book Club meets the second Tuesday of each month at 6pm and the fourth Tuesday of each month at 2pm beginning in March!

Hosted by Karen Houck in the BCSS Office.

To register for this program please call the BCSS office at 610-478-19611 or email Emily at Emily@bcssberks.org.

Tuesday, March 12, 6PM

Tuesday, March 26, 2PM

Tuesday, April 9, 6PM

Tuesday, April 23, 2PM

Tuesday, May 14, 6PM

Tuesday, May 28, 2PM

Tuesday, June 11, 6PM

Tuesday, June 25, 2PM

Music Therapy

These sessions will provide a fun time of education and experientials to help participants use the “3M’s”, Music, Mandalas, and Mindfulness 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.

Tuesday, April 17, 2PM

Choosing Music Purposefully

Pink Power Night: Monday, June 3, 6PM

Lyric Analysis: What Does Your Music Really Say?

Write From the Heart

These virtual creative writing workshops 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: Tuesday, February 27, 6:30PM-8:30PM

Virtual: Wednesday, May 22, 6:30PM-8:30PM

GoggleWorks Workshops

GoggleWorks– 201 Washington Street, Reading

Saturday, March 9, 10AM-12PM

Glass Fusing

Create beautiful fused glass artwork. First, learn safety and glass cutting. Next, layer bits of colored glass to create a unique design that will fuse together in the kiln. The instructor will cover tool care, design principles, and techniques to assemble your artwork. Age 14+.

Saturday, June 1, 10AM-12PM

Wheel Throwing

Try your hand at the potter’s wheel. Learn basic skills necessary to throw cylinders, cups, bowls, and more in this exciting hands-on workshop. You will be guided through the process of throwing and shaping wet clay into a functional piece of pottery. When class is done, choose a glaze option and your instructor will complete your project for you. Age 14+.

Survivors can register themselves and family members by calling Emily at 610-478-1447 or emailing Emily at Emily@bcssberks.org. Seating is limited, register early. Limit 4 per household.

*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
Español: 610-478-1004

www.BCSSBerks.org

Questions? Emily@bcssberks.org

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



Breast Cancer
Support Services of Berks



PROGRAMS 2024
JANUARY-JUNE

All BCSS programs and services are provided at no cost to all breast cancer survivors

Our mission: Breast Cancer Support Services of Berks County provides hope, emotional support, education, and resources to **every person** affected by breast cancer.

Pink Power Nights

Monthly meetings for all survivors are upbeat and fun. Guest speakers present valuable information, always allowing time for mutual sharing and support. Share conversation and the companionship of other survivors.

Location: BCSS Office

Pre-registration required: call 610.478.1447 or email Emily at Emily@bcssberks.org

Monday, January 8, 6PM

Vision Boards

Presented by Caitlin Long, PA-C

Health, Wellness, Life Coaching/ Team Lifelong Wellness

Monday, February 5, 6PM

Risk Assessment and Genetic Testing for Breast Cancer

Presented by Cassandra Gulden, MS, CGC and Anita

Wilhelm, MSN, APRN, FNP-BC, CGRA

Reading Hospital- Tower Health

Tuesday, March 5, 6PM

Living With the End in Mind

Presented by Karen Glass, Life to End of Life

Coach & Doula

Monday, April 1, 6PM

Laughtercare: Integrating Humor with Hope and Healing

Presented by James R. Huber, PhD, LMFT

Licensed Marriage and Family Therapist

Huber Interactives

Monday, May 6, 6PM

Make Ahead Meals at the Spine and Wellness Center

Presented by Lori Borja, RN, MS, CNS

Nutrition for Life

Spine and Wellness Center

3933 Perkiomen Ave, Reading PA 19606

Monday, June 3, 6PM

Lyric Analysis: What Does Your Music Really Say?

Presented by Gretchen Patti, Board Certified Music

Therapist and Fellow for the Association of Music and

Imagery

Lunch & Learn

Daytime program for survivors offer guest speakers on topics of interest.

A complimentary, light healthy lunch provided.

Opportunity to connect with others for support.

Location: BCSS Office

Pre-registration required: call 610.478.1447

or email Emily@bcssberks.org

Wednesday, January 17, 11:30AM

Risk Assessment and Genetic Testing for Breast Cancer

Presented by Cassandra Gulden, MS, CGC and Anita

Wilhelm, MSN, APRN, FNP-BC, CGRA

Reading Hospital- Tower Health

Wednesday, March 20, 11:30AM

Make Ahead Meals at the Spine and Wellness Center

Presented by Lori Borja, RN, MS, CNS

Nutrition for Life

Spine and Wellness Center

3933 Perkiomen Ave, Reading PA 19606

Wednesday, May 15, 11:30AM

Clinical Trials: Changing the Landscape of Cancer Care

Presented by Leah Ernst, BSN, RN, CCRP, OCN

Tower Health-Reading Hospital

Daytime Programs

Wednesday, February 21, 2PM

Living With the End in Mind

Presented by Karen Glass, Life to End of Life Coach & Doula

Wednesday, April 17, 2PM

Music Therapy: Choosing Music Purposefully

Presented by Gretchen Patti, Board Certified Music Therapist

and Fellow for the Association of Music and Imagery

Wednesday, June 19, 3PM

FUTSB Custom Blend: Eye Shadow

Presented by Maleeva F. Lengel, Freelance Makeup Artist/

National Certified Trainer for Motives Cosmetics

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

Spring Session: Thursdays at 7PM: April 25, May 2, May 9, May 16, May 23, May 30

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 email Emily at Emily@bcssberks.org.

Thursday, March 21, 6PM

Sharing Stories with Oncology Nurse Q&A

Thursday, March 28, 6PM

Emotions with a Licensed Mental Health Provider

Thursday, April 4, 6PM

Image Recovery Center and Lymphedema

Thursday, April 11, 6PM

Face Up to Safe Beauty

Thursday, April 18, 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, March 12th, 7PM

Tuesday, June 18th, 7PM

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 or Thursday of every month.

For more information, please email Emily at Emily@bcssberks.org.

Tuesday, January 30, 6PM

New Year Goals

Virtual Open Forum

Thursday, February 29, 6PM

Jewelry Making Workshop

Lisa Gauker, Recreation and Special Events Supervisor

Berks County Parks & Recreation Dept.

Tuesday, March 26, 6PM

Talking with Your Children about Your Diagnosis

Elon Gruber, LMFT

The Counseling and Wellness Center of Wyomissing

Tuesday, April 30, 6PM

Zumba Gold

Jen Deblase, Certified Zumba Instructor since 2016

Inspire Exercise Together

Thursday, May 30, 7PM

Join All Survivors for Yoga

BLDG 7, 220 North Park Road, Building 7,

Wyomissing, PA 19610

Pre-registration required: please call BLDG. 7 Yoga at 484-775.5705 or email www.bldg7yoga.com

Thursday, June 27, 6PM

Ice Cream Social

Sweet Ride Ice Cream

542 Penn Ave, West Reading, PA 19611

Pre-registration required: please call 610.478.1447 or email Emily at Emily@bcssberks.org.

