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 Riter 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 nonprofit organization and not part of any hospital or medical practice.

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 Board
Presented by Caitlin Long, PA-C
Health, Wellness, Life Coaching/ Team Lifelong Wellness

Monday, January 30, 6PM
Risk Assessment and Genetic Testing for Breast Cancer
Presented by Cassandra Golden, 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

Wednesday, April 17, 2PM
Face Up to Safe Beauty
Presented by Jen Deblase, Certified Zumba Instructor since 2016
www.bldg7yoga.com

Thursday, April 4, 6PM
Emotions with a Licensed Mental Health Provider
Presented by Elon Gruber, LMFT
Talking with Your Children about Your Diagnosis

Tuesday, April 29, 6PM
Virtual Open Forum
Presented by Lisa Gauker, Recreation and Special Events Supervisor
Berks County Parks & Recreation Dept.

Tuesday, May 2, May 9, May 16, May 23, May 30
Daytime Program 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.

Monday, May 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 20, 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

Wednesday, May 15, 11:30AM
Clinical Trials: Changing the Landscape of Cancer Care
Presented by Leah Ernst, BSN, RN, CCRR CN
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

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 Golden, 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

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
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

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 484-755.5705 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.