

Spring 2020 Program Guide for Breast Cancer Survivors

The following programs are offered to breast cancer survivors free of charge through grants from Rays of Hope. We consider you a survivor the day you are diagnosed.



Art from the Heart

Springfield and Northampton Area Art from the Heart is a series of art therapy workshops designed to provide survivors with support while having fun and engaging in creative expression. The winter/spring workshops include creating decorative paper, making a personal journal, hand dyed silk scarves, paper beads, precious metal clay, sun prints and drawing.

Learn more by contacting: Pat Hayes, 413-409-1557, phayesdesigns@gmail.com



Jewelry created by survivors through a class with Art from the Heart.

Cancer Connection, Inc.

“A Haven to Find Strength”

41 Locust Street, Northampton, MA

Cancer Connection offers a haven where people living with cancer can learn how to cope with their changed lives and bodies and the emotional challenges that accompany a cancer diagnosis. We welcome participants, caregivers, and families living with all cancer diagnoses.

We offer one-on-one guidance, integrative therapies (Reiki, reflexology, therapeutic massage and facials, acupuncture, Cranio-Sacral therapy, and calming strategies/ guided imagery), adapted exercise classes (yoga dance, Pilates, rowing, and water aerobics), creative workshops and classes (writing, clay, collage, and others), and mindfulness training. We have an active knitting group that meets on Mondays. We also offer Thursday afternoon workshops on a wide variety of topics.

For the breast cancer community, we provide a general breast cancer support group as well as two all-cancer groups. We offer a monthly support group for those with

a diagnosis of metastatic breast cancer. We also provide a support group for families and caregivers. All participants are welcome to attend Monthly Reiki Night.

We are open for unscheduled visits on Monday, Tuesday and Thursday from 10 am - 2 pm and on Wednesday from 10 am - noon. If those times aren't convenient, call and we'll find a time that fits!

Learn more: 413-586-1642, cancer-connection.org

CHD Cancer House of Hope

1999 Westfield Street, West Springfield, MA

The CHD Cancer House of Hope provides free access to services and therapies that bring comfort, care, strength, resilience, and hope to patients with cancer and their loved ones. Walk-ins are welcome. Take some time for yourself or speak with one of our compassionate volunteers

Available programming

Support Groups

- Men's All Cancer
- Breast Cancer Support Group
- Women's All Cancer Support Group

Therapies

- Counseling
- Hypnotherapy
- Massage therapy (facilitated by certified oncology massage therapist)
- Reiki
- Relaxation group
- Yoga

Other Support

- Wig and Accessories Boutique featuring new and refreshed wigs, as well as hats and scarves; professional wig consultation; by appointment
- Mastectomy bras and forms
- Lending and resource library
- Meditation garden
- Art classes

Learn more: 413-733-1858, chd.org/chh

Healing Art of Yoga for Ongoing Cancer Recovery

CHD Cancer House of Hope, 1999 Westfield Street, West Springfield, MA

Learn gentle slow-motion yoga practices within a small group that safely accommodates individual needs. Participants report improved flexibility, relaxation, balance and strength in an environment of personal empowerment and supportive

companionship. This program is the longest continuously running program of its' kind for those diagnosed at any time with cancer of any kind, or friends and family. Preregister for 11:00am, 2:00 or 5:30pm Thursday group classes.

Learn more: Patricia “Niti” S. Martin, 413-204-1179, pseip@yahoo.com, doingwellyoga.com

LIVESTRONG at the YMCA of Greater Springfield

Scantley Valley YMCA, 45 Post Office Park, Wilbraham, MA

Downtown Springfield YMCA, Tower Square, 1500 Main Street, Springfield, MA - TBA 2020

LIVESTRONG at the YMCA's Cancer Survivor Fitness Program focuses on improving wellness by using cardiovascular, strength, flexibility, and balance exercises. Specially trained staff members offer small group personal training two times per week for 90 minute sessions. LIVESTRONG participants and household family members receive a no-cost three-month YMCA family membership running concurrently with the 12-week program.

Learn more for both locations: 413-206-5707, springfield.org/livestrong

LIVESTRONG at the YMCA of Greater Westfield

67 Court Street, Westfield, MA

Livestrong at the Y is a free 12-week exercise program for adult cancer survivors. The objective of this small group personal training program is to help you meet your fitness and wellness goals. We meet two times per week for 12 weeks and focus on improving endurance, strength, flexibility, and balance.

Learn more: Cindy Agan, Health & Wellness Director, 413-568-8631, cagan@westfieldymca.org

Paradise City Dragon Boat

Paradise City Dragon Boat is a team of cancer survivors and supporters paddling on the Connecticut River in Northampton, Mass. Our goals include developing into a top-notch racing team, paddling our way to health and fitness, and building camaraderie and support among team members.

Learn more: 413-588-7315, paradisdragons.org

PVRC Dragon Rays Dragon Boat Team

Join the Pioneer Valley Riverfront Club's Dragon Rays! Springfield's dragon boat team is open to adult paddlers from all communities and offers targeted support to individuals who have had breast cancer. We practice all year round (indoors in the winter)! Don't miss our June 27th Dragon Boat Festival, free for spectators, highlights a beautiful Rose Ceremony, and is a great corporate teambuilding event.

**Learn more: 413-736-1322,
dragonrays@pvriverriverfront.org,
pvriverriverfront.org**

Water Fitness for Breast Cancer Survivors

**Elms College, Maguire Center,
291 Springfield Street, Chicopee, MA**

**Westfield State University, Ely Building,
577 Western Avenue, Westfield, MA**

This is a low-impact aerobics class, set to music, with core strengthening using water weights and noodles.

At Elms College:

Session I Session is over

Session II runs two days per week on Mondays and Wednesdays, March 2, 2020 to June 15, 2020.

Session III runs two days per week, Mondays and Wednesdays, June 17, 2020 to Sept. 28, 2020. Classes are from 7 - 8 pm and are limited to 25 participants.

At Westfield State University:

Session II Classes will meet on Thursdays from Feb 6, 2020 to April 30, 2020

Session III Classes will meet on Thursdays from May 7, 2020 to July 30, 2020

Classes are from 6:30 - 7:30 pm and are limited to 12 participants.

**Learn more: Debra Pacitti, 413-786-8051 or
pacitti28@aol.com**

Baystate Regional Cancer Program Offerings

**D'Amour Center for Cancer Care
3350 Main Street, Springfield, MA**

Hypnosis Therapy

For patients actively in treatment at the D'Amour Center for Cancer Care. Sessions are held by appointment.

Learn more: Melanie Toro, 413-794-9702

Support for Children Who Have a Parent with Cancer

Support for children of a parent with cancer is offered on an individual basis through the Social Work Department at the D'Amour Center for Cancer Care.

Learn more: Melanie Toro, 413-794-9702

**Baystate Franklin Medical Center
164 High Street, Greenfield, MA**

**To learn more and verify programs before
attending, call 413-773-2251.**

Gentle Yoga for Cancer

**YMCA in Greenfield, 451 Main Street,
Greenfield, MA**

This free 12-session series is offered in the fall, winter, and spring by the Baystate Regional Cancer Program at Baystate Franklin Medical Center.

Learn more: Pam Roberts, 413-625-2402

Spirit of the Written Word: For Those Touched by Cancer

**Artspace Community Arts Center,
15 Mill Street, Greenfield, MA**

Ten-week sessions are offered at the Artspace in the fall and late spring.

Learn more: Pam Roberts, 413-625-2402

**Baystate Mary Lane
Outpatient Center
85 South Street, Ware, MA**

General Cancer Support Group

This group is offered to all cancer diagnoses the first Wednesday of each month from 11 am - 12:30 pm.

Expressive Writing Through Cancer

This is a topic-driven group for those experiencing cancer. The program is offered to all cancer diagnoses the third Wednesday of each month from 11 am - 1 pm.

Breast Cancer Support Group

This group is open to all women with breast cancer in any stage of treatment the fourth Wednesday of each month from 11 am - 12:30 pm.

Partners in Caregiving

This is an early evening support group for caregivers of people with cancer that meets the second Tuesday of every month from 5 - 6:30 pm.

Circle of Angels Quilting Support Group

Those whose lives have been touched by cancer gather to make quilts for patients undergoing cancer treatment. The group meets Tuesdays from 10 am - 12 noon twice per month. No experience with sewing or quilting needed.

**Learn more: Camille St. Onge, LICSW,
413-967-2245**

Rays of Hope Office

Baystate Health Foundation

**280 Chestnut Street
Springfield, MA 01199**

413-794-8001

BaystateHealth.org/RaysofHope

@raysofhopema

facebook.com/raysofhope.baystate



Survivors paddling on the Connecticut River with Paradise City Dragon Boat