



Breast Cancer Options

845-339-4673 ■ www.breastcanceroptions.org

Breast Cancer Options is a 501c3 non-profit organization serving the Hudson Valley and beyond with free services. Our mission is to educate breast cancer patients about effective treatment options, to advocate for and support informed patient choice and to promote public awareness regarding cancer risk reduction.

Our services are free and many are unduplicated in the region. They include:

- **Camp Lightheart for Children:** A free sleep-away camp for children of breast cancer survivors or children who have lost their mothers to breast cancer. (One of few services for children in this situation). Children don't talk about their fear and parents tell us that often they act out because they are afraid of losing the parent they love and depend on. Camp provides a support group for them. They have fun, hike and participate in sharing circles where many verbalize their fears for the first time. **July 13-16, 2025. Omega Institute.**
Sponsored by: Omega Institute; Miles of Hope Breast Cancer Foundation; United Breast Cancer Foundation
- **Metastatic Breast Cancer Retreat:** One of few services in New York State for women with stage 4 breast cancer. We schedule talks from Integrative Medicine doctors and practitioners. We hold family night so family members can learn how to discuss their fears with the attendees. **September 7-12, 2025. Omega Institute.**
Sponsored by: Omega Institute; Miles of Hope Breast Cancer Foundation; United Breast Cancer Foundation.
- **Massage/Acupuncture Services:** Massage and Acupuncture therapies have been shown to offer a number of benefits for breast cancer patients. The benefits of both therapies include reduced stress and anxiety, help in controlling lymphedema and increased energy and improved immune function (including increased NK cell numbers) in breast cancer patients. Must go to an approved practitioner. **Must live in Ulster, Dutchess, Columbia, Greene, Sullivan or Orange County.** *Funded by Miles of Hope Breast Cancer Foundation; Greene County Rural Health Network.*
- **Healthy Lifestyles Calendar:** An informational digest focusing on topics and information relevant to health, well-being and disease prevention. They are distributed throughout the Hudson Valley and Tri-state area at hospitals, doctor's offices and health food stores and are sent out free to by request. To see calendars: http://breastcanceroptions.org/healthy_lifestyles_calendar0.aspx
- **Peer-Led Support Groups:** On Zoom. Includes a Caregiver, Young Survivor, Metastatic and Mixed breast cancer groups. http://breastcanceroptions.org/support_groups_services0.aspx
- **BCO News, E-updates:** Sent to a list of 2,500 on all aspects of breast cancer including chemical exposures, nutrition, the impact of light at night and much more. Sign up at www.breastcanceroptions.org
- **Breast Cancer Options Comprehensive Web Site,** with up-to-date information on environmental risk factors, treatments and healthy lifestyle issues.

SEE WEBSITE FOR ALL SERVICES: BreastCancerOptions.org – hope@breastcanceroptions.org

BREAST CANCER OPTIONS PEER-LED SUPPORT GROUPS

Our support groups can help you during and after a cancer diagnosis and treatment. Below are the groups we provide.

Join a Zoom meeting using one of these methods:

Click on the links below

1. Enter the meeting ID number and your display name. ...
2. Select if you would like to connect audio and/or video and tap Join Meeting
3. **The Password to join any group is: BCO101**
For information on all services: 845/339-HOPE or email hope@breastcanceroptions.org
www.breastcanceroptions.org

Breast Cancer Options Caregiver Support Group

First Tuesday, 4:30pm Monthly on Zoom .[https://us02web.zoom.us/meeting/register/tZ0tfu-trT4jE9ZFXITCVqcFHTX4X44wE4ak](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZ0tfu-trT4jE9ZFXITCVqcFHTX4X44wE4ak)

Open to everyone but will focus on the male perspective.

Breast Cancer Options Support Group

First Thursday, 6pm Monthly on Zoom.

For all breast cancer stages

[https://us02web.zoom.us/meeting/register/uZMsd-ihpz0uSNg6Nvk0BsCGoFNR7ehfGw](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/uZMsd-ihpz0uSNg6Nvk0BsCGoFNR7ehfGw)

Breast Cancer Options Metastatic Support Group

Second Monday, 6:30pm. Monthly on Zoom.

[https://us02web.zoom.us/meeting/register/tZclcumqqTMOgtU6EJ8XX4_murVrjIH_xGhI](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZclcumqqTMOgtU6EJ8XX4_murVrjIH_xGhI)

Breast Cancer Options Support Group

Second Wednesday, 10am. Monthly on Zoom.

For all breast cancer stages

[https://us02web.zoom.us/meeting/register/upEpdmqrj4pAwaR5BPfzTVcc_qTOTBseQ](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/upEpdmqrj4pAwaR5BPfzTVcc_qTOTBseQ)

Breast Cancer Options Young Survivor Support Group

Third Monday, 6:30pm. Monthly on Zoom.

[https://us02web.zoom.us/meeting/register/upMpd-qprz8iJOhiRvt18wjX9ux4bybtvg](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/upMpd-qprz8iJOhiRvt18wjX9ux4bybtvg)

Breast Cancer Options Metastatic Support Group

Fourth Monday, 4:30pm. Monthly on Zoom.

[https://us02web.zoom.us/meeting/register/tZQqc-uhpiwuAYdvO6TGRWfUwVQ7hMAeEQ](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZQqc-uhpiwuAYdvO6TGRWfUwVQ7hMAeEQ)

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Breast Cancer Options provides direct services in the Hudson Valley counties of Ulster, Dutchess, Columbia, Greene, Orange & Sullivan. Our Zoom support groups welcomes survivors from all over as do several of our programs. We Welcome Calls and Provide Information No Matter Where You Live!

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