

Outreach

Stay up-to-date on the latest breast cancer news & events!

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STAGE IV/METASTATIC BREAST CANCER

EDUCATION SESSION FOR PATIENTS & THEIR SUPPORT PEOPLE



Join us for a FREE interactive education session to learn about and discuss:

- ▶ Advances in the treatment of metastatic breast cancer
- ▶ Practical mindfulness skills for improving well being

Visit www.CBCN.ca for more information

TUESDAY SEPTEMBER 20, 2016

12 noon - 2:30 pm

Location: Tom Baker Cancer Centre
Auditorium

Room CC104, Main Floor

1331 29 Street NW

Calgary, AB

**Stay for light refreshments after the presentation!*

To Register, patients & support people please call 403-355-3207

Department of Psychosocial Oncology

SPEAKERS

DR. SUNIL VERMA, MD, MEd, FRCPC, Medical Director at the Tom Baker Cancer Centre, and Department Head, Department of Oncology at the University of Calgary and Alberta Health Services.

DR. MICHAEL SPECA, PSY.D, R. Psych., Tom Baker Cancer Centre Clinical Psychologist and co-founder of Mindfulness-Based Cancer Recovery.

Presented by:



In partnership with:



Share your story

Seeking stories of triple negative breast cancer

Have you been diagnosed with triple negative breast cancer? Would you like to educate and inspire others with your story? Then why not share your story through an article in CBCN's magazine, *Network News*.

You can choose to write the article yourself or tell it to a writer, who will draft the article and send it to you for approval before it is published.

If you are interested, please contact Wendy at whall@cbcn.ca.



CBCN in action

CBCN presenting at the World Cancer Congress in Paris, France

From October 31 to November 3, CBCN will be attending the World Cancer Congress in Paris, France. CBCN will be presenting key highlights from our 2015 report, *Waiting for Treatment: timely equitable access to drugs for metastatic breast cancer* in a panel session at the conference. Through our participation at the World Cancer Congress, CBCN hopes to initiate great dialogue around the issue of accessibility and affordability of innovative medicines globally.

CBCN presenting at the San Antonio Breast Cancer Symposium

From December 6 to 10, CBCN will be participating in the 2016 San Antonio Breast Cancer Symposium (SABCS) in Texas. CBCN will join key researchers, industry leaders and patient advocates from around the world to discuss new and emerging research for breast cancer. CBCN will also be presenting a poster on our 2015 metastatic breast cancer report, *Waiting for Treatment: timely equitable access to drugs for metastatic breast cancer*. At SABCS, CBCN hopes to spearhead global discussions on the treatment and care of metastatic breast cancer patients and their families.

Learn & connect

This section of *Outreach* is to share resources, educational tools, and information developed by partner groups and other organizations; the views and information expressed in this section do not necessarily reflect the views of the Canadian Breast Cancer Network.

2016 OUR GENES Conference - Fighting Hereditary Cancer

This annual public conference hosted by the HBOC Society is now in its fifteenth year and takes place October 1 at the Holiday Inn Conference Centre Edmonton South. The full-day program provides current clinical and research information focused on the hereditary breast and ovarian cancer (HBOC) syndrome, which causes high rates of breast, ovarian, and prostate cancer. Educational sessions will address new hope for hereditary cancer prevention, genetic testing options, lifestyle/wellness, and nipple/mastectomy tattooing. Attendees will have the opportunity to interact with the experts at the session Q&As, in an intimate round table session and during the trade show and cocktail reception that follows.

For more information, click [here](#), go to www.hbocsociety.org or call 780-488-4262 (toll-free: 1-866-786-4262).

Cancer retreat comes to Charlottetown October 28 to 30

The Healing and Cancer Foundation presents the Skills for Healing Cancer Weekend

Retreat October 28 to 30 in Charlottetown, Prince Edward Island. The retreat is open to anyone who has been given a cancer diagnosis of any type or stage. Learn about how to get complete cancer care, empower the body, reduce stress through mind-body techniques, and work with difficult thoughts and emotions. For more information and to register, contact Jennifer Jelley at 902-894-2554 or jjelley@ihis.org.

Online course addresses depression and anxiety after cancer

Wellbeing after Cancer is a free online depression and anxiety management course for cancer survivors. It is run by the University of Regina and is based on Cognitive Behavioural Therapy. For more information, watch this five-minute [video](#), which provides an overview of what the course would entail and who it is appropriate for. To apply for the course, visit www.onlinetherapyuser.ca/wac.

Managing your breast cancer worries: A research study

Do you often worry about your cancer coming back? Do you worry for weeks before your follow-up appointments? Do your worries about your cancer coming back cause you distress or affect your daily life?

A six-week group study with 1.5 to 2-hour sessions is being offered at The Ottawa Hospital starting in October to increase quality of life and decrease fear of cancer recurrence. Interested in participating? [Download details](#) or contact Christina Tomei, research assistant, at 613-562-5800, ext. 4903.

Featured video

It's now September and fall has crept up on us so fast! So here's a [video](#) from the ELLICSR Kitchen on how to make a delicious Onion and White Bean Soup with Kale Toasts. Mmmmmm.

To nominate a video for CBCN's Featured Video, email Rebecca at rwilson@cbcn.ca.



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Canadian Breast Cancer Network
331 Cooper Street, Suite 602, Ottawa ON K2P 0G5
Telephone: 1-800-685-8820; Ottawa: 613-230-3044 Fax: 613-230-4424; cbcn@cbcn.ca; www.cbcn.ca

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