

# TRIPLE NEGATIVE BREAST CANCER: COPING WITH THE FEAR OF RECURRENCE

## A CancerCare Connect® Education Workshop

This program is made possible by the Triple Negative Breast Cancer Foundation®, an independent grant from Merck & Co., Inc. and a grant from Genentech. CancerCare's application for continuing education credits for this program is supported by the Diana Napoli Fund.

**Register  
Today!**



## SPEAKERS

**Shimoli V. Barot, MD**, Associate Staff, Breast Medical Oncology, Cleveland Clinic, Taussig Cancer Center

**Shelley Johns, PsyD, HSPP, ABPP**, Board Certified Clinical Health Psychologist, Associate Professor of Medicine and Walther Scholar in Psycho-Oncology, Indiana University School of Medicine, Research Scientist, Center for Health Services Research, Regenstrief Institute, Member, Cancer Prevention & Control Research Program, Indiana University Simon Comprehensive Cancer Center

**Jean-Philippe Laurenceau, PhD**, Unidel A. Gilchrist Sparks III Chair in the Social Sciences and Professor, Department of Psychological & Brain Sciences, University of Delaware

**Karen Hurley, PhD**, Psychologist – Hereditary Cancer Risk, Clinical Member, Cancer Prevention, Control & Population Research Program, Case Comprehensive Cancer Center, Cleveland Clinic

**Hayley Dinerman, JD**, Co-Founder and Executive Director, Triple Negative Breast Cancer Foundation®

**Cassie Spector, MSW**, Breast and Gynecological Cancers Program Coordinator, CancerCare

**Carolyn Messner, DSW, BCD, FAPOS, FAOSW**, Senior Director of Education and Training, CancerCare

Our workshops are open to national and international clients and pre-registration is via our website [www.cancercare.org/connect](http://www.cancercare.org/connect)

## DATE

**WEDNESDAY, SEPTEMBER 18, 2024 FROM 1:30 p.m. - 2:30 p.m. ET**

## TOPICS:

- Triple Negative Breast Cancer
- Fear of Recurrence
- Concerns that Cancer May Come Back
- Events that May Trigger Fear of Recurrence
- Living with Continuing Uncertainty
- Promoting Effective Health Care Communication
- Making Informed Treatment Choices
- Follow-Up Care
- Tips for Coping with Fear of Recurrence
- Balancing Reality with Stress Management Tips
- Using Mind Body Techniques to Cope with Fear of Recurrence
- How to Select the Mind Body Techniques That Are Best for You
- Communicating with Your Health Care Team about Quality-of-Life & Lifestyles Concerns
- Guidelines for Preparing for Telehealth/Telemedicine Appointments, Including Technology, Prepared List of Questions & OpenNotes Discussion
- Questions for Our Panel of Experts

**For more information or to register, please contact our Hopeline at 800-813-HOPE (4673) or register online at [www.cancercare.org/connect](http://www.cancercare.org/connect)**

**Facebook:** [facebook.com/cancercare](https://facebook.com/cancercare) | **Instagram:** @CancerCareUS | **Twitter:** @CancerCare

## What is a CancerCare Connect® Education Workshop?

CancerCare Connect® Education Workshops are a cost-free way to learn about cancer-related issues from the convenience of your home or office. Leading experts in oncology provide the most up-to-date information on the telephone and online.

### How do I participate?

You can listen to this workshop on the telephone or via live streaming through the Internet. Participation is free.

### How do I register?

There are two ways to register:

- Call **800-813-HOPE (4673)**
- Register online at [www.cancercare.org/connect](http://www.cancercare.org/connect)

After you have registered, you will receive additional information.

## Missed a CancerCare Connect® Education Workshop?

You can listen to previous workshops on the CancerCare website. Just log on to [www.cancercare.org/podcasts](http://www.cancercare.org/podcasts).

## Continuing Education Credits (Live Only)

**Social Workers:** This program has been submitted to The University of Texas MD Anderson Cancer Center, an approved provider through the Texas State Board of Social Work Examiners, provider #CS4607, for 1.0 Contact Hour.

Cancer Care, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0088. This workshop is approved for 1.0 Contact Hour.

**Registered Dietitians:** This program has been submitted to the Commission on Dietetic Registration for one Continuing Professional Education Unit (CPEU).

**To request continuing education paperwork, please email your name, profession, and address to [connect@cancercare.org](mailto:connect@cancercare.org) after the program. All paperwork for continuing education credit must be requested, completed, and submitted within two weeks of the live program.**

## About Us

Founded in 1944, CancerCare is the leading national organization providing free support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include resource navigation, counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All CancerCare services are provided by master's-prepared oncology social workers and world-leading cancer experts.

To learn more, visit [www.cancercare.org](http://www.cancercare.org) or call **800-813-HOPE (4673)**.

CancerCare is pleased to collaborate with these organizations:

**Triple Negative Breast Cancer Foundation**  
[www.tnbcfoundation.org](http://www.tnbcfoundation.org); 1-877-880-TNBC (8622)

**Advanced Practitioner Society for Hematology and Oncology (APSHO)**  
[www.apsho.org](http://www.apsho.org)

**American Cancer Society**  
[www.cancer.org](http://www.cancer.org); 1-800-227-2345

**American Psychosocial Oncology Society**  
[www.apos-society.org](http://www.apos-society.org)

**American Society of Clinical Oncology**  
[www.asco.org](http://www.asco.org)

**Association for Molecular Pathology (AMP)**  
[outreach.amp.org](http://outreach.amp.org); 1-301-634-7939

**Association of Clinicians for the Underserved**  
[www.clinicians.org](http://www.clinicians.org); 1-844-422-3247

**Association of Oncology Social Work**  
[www.aosw.org](http://www.aosw.org); 1-847-686-2233

**Black Women's Health Imperative**  
[www.bwhi.org](http://www.bwhi.org); 1-202-548-4000

**BreastCancerTrials.org**  
[www.breastcancertrials.org](http://www.breastcancertrials.org); 1-415-476-5777

**Cancer Legal Resource Center (CLRC)**  
[www.thedrlc.org/cancer/](http://www.thedrlc.org/cancer/); (866) THE-CLRC (843-2572)

**Cancer Patient Education Network**  
[www.cancerpatienteducation.org](http://www.cancerpatienteducation.org)

**Cancer Support Community**  
[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org); 1-888-793-9355

**Caregiver Action Network**  
[www.caregiveraction.org](http://www.caregiveraction.org)

**Intercultural Cancer Council**  
[www.interculturalcancerCouncil.org](http://www.interculturalcancerCouncil.org)

**Joe's House – A Lodging Guide for Cancer Patients**  
[www.joeshouse.org](http://www.joeshouse.org); 1-877-563-7468

**Latinas Contra Cancer**  
[www.latinascontracancer.org](http://www.latinascontracancer.org); 1-408-280-0811

**The LGBT Cancer Project**  
[www.lgbtcancer.org](http://www.lgbtcancer.org)

**LIVESTRONG Foundation**  
[www.livestrong.org](http://www.livestrong.org); 1-855-220-7777

**Living Beyond Breast Cancer**  
[www.lbbc.org](http://www.lbbc.org); 1-855-807-6386

**Multinational Association of Supportive Care in Cancer**  
[www.mascc.org](http://www.mascc.org)

**National Association of Social Workers**  
[www.socialworkers.org](http://www.socialworkers.org); 1-202-408-8600

**National Comprehensive Cancer Network® (NCCN®) – NCCN Guidelines for Patients®**

[www.nccn.org/patients](http://www.nccn.org/patients)

**The National Witness Project, Inc.**  
[www.nationalwitnessproject.org](http://www.nationalwitnessproject.org); 1-718-845-1394

**NeedyMeds**  
[www.needymeds.org](http://www.needymeds.org); 1-800-503-6897

**Prevent Cancer Foundation®**  
[www.preventcancer.org](http://www.preventcancer.org); 1-800-227-2732

**Redes en Acción: The National Latino Cancer Research Network at UT Health San Antonio**

[www.redesenaccion.com](http://www.redesenaccion.com); 1-210-562-6500

**Research Advocacy Network**  
[www.researchadvocacy.org](http://www.researchadvocacy.org); 1-877-276-2187

**Scott Hamilton CARES Foundation**  
[www.scottcares.org](http://www.scottcares.org)

**SHARE Cancer Support**  
[www.sharecancersupport.org](http://www.sharecancersupport.org); 1-844-ASK-SHARE

**Sharsheret: The Jewish Breast & Ovarian Cancer Community**  
[www.sharsheret.org](http://www.sharsheret.org); 1-866-474-2774

**Sisters Network® Inc. - A National African American Breast Cancer Survivorship Organization**

[www.sistersnetworkinc.org](http://www.sistersnetworkinc.org); 866.781.1808

**Tigerlily Foundation**  
[www.tigerlilyfoundation.org](http://www.tigerlilyfoundation.org); 1-888-580-6253

**TOUCH, The Black Breast Cancer Alliance**  
<https://touchbbca.org>; 443-758-1924

**Triage Cancer**  
[www.triagecancer.org](http://www.triagecancer.org); 1-424-258-4628

**Young Survival Coalition**  
[www.youngsurvival.org](http://www.youngsurvival.org); 1-877-972-1011

**Vital Options International**  
[www.vitaloptions.org](http://www.vitaloptions.org)