

TRIPLE NEGATIVE BREAST CANCER: COPING WITH THE FEAR OF RECURRENCE

A CancerCare Connect® Education Workshop

This program was made possible by the Triple Negative Breast Cancer Foundation®. 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

Bonnie Fuchs, Executive Director, Triple Negative Breast Cancer Foundation®

Danielle Saff, MSW, Older Adult Program Manager/Clinical Supervisor, CancerCare®

Our workshops are open to national and international clients and pre-registration is via our website www.cancercare.org/connect

DATE

WEDNESDAY, SEPTEMBER 17, 2025 FROM 1:30 p.m. - 2:30 p.m. ET

TOPICS:

- Overview of 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

Facebook: 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**

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**.

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).

Certified Health Education Specialists (CHES®): This program is designated for Certified Health Education Specialists (CHES®) and/or Master Certified Health Education Specialists (MCHES®) to receive up to 1 total Category I continuing education contact hour.

Cancer Care, Inc. is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc.

To request continuing education paperwork, please email your name, profession, and address to 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.

CancerCare is pleased to collaborate with these organizations:

Triple Negative Breast Cancer Foundation®
www.tnbcfoundation.org; 1-877-880-TNBC (8622)

Advanced Practitioner Society for Hematology and Oncology (APSHO)
www.apsho.org

American Cancer Society
www.cancer.org; 1-800-227-2345

American Psychosocial Oncology Society
www.apos-society.org

American Society of Clinical Oncology
www.asco.org

Association for Molecular Pathology (AMP)
outreach.amp.org; 1-301-634-7939

Association of Clinicians for the Underserved
www.clinicians.org; 1-844-422-8247

Association of Oncology Social Work
www.aosw.org; 1-847-686-2233

Black Women's Health Imperative
www.bwhi.org; 1-888-834-8451

Breast Cancer Research Foundation
www.bcrf.org; 1-866-346-3228

BreastCancerTrials.org
www.breastcancertrials.org; 1-888-282-7099

Cancer Justice
www.thedrlc.org; 1-866-843-2572

Cancer Nation
www.canceradvocacy.org; 1-877-NCCS-YES (1-877-622-7937)

Cancer Patient Education Network
www.cancerpatienteducation.org

Cancer Support Community
www.cancersupportcommunity.org; 1-888-793-9355

Caregiver Action Network
www.caregiveraction.org

Intercultural Cancer Council
www.interculturalcancercouncil.org

Joe's House – A Lodging Guide for Cancer Patients
www.joeshouse.org; 1-877-563-7468

Latinas Contra Cancer
www.latinascontracancer.org; 1-408-280-0811

The LGBT Cancer Project
www.lgbtcancer.org

LIVESTRONG Foundation
www.livestrong.org; 1-855-220-7777

Living Beyond Breast Cancer
www.lbbc.org; 1-855-807-6386

Multinational Association of Supportive Care in Cancer
www.mascc.org

National Association of Social Workers
www.socialworkers.org; 1-202-408-8600

National Center for Frontier Communities
www.frontierus.org; 1-575-534-0101

National Comprehensive Cancer Network® (NCCN®) – NCCN Guidelines for Patients®
www.nccn.org/patients

The National Witness Project, Inc.
www.nationalwitnessproject.org; 1-718-845-1394

NeedyMeds
www.needy meds.org; 1-800-503-6897

Prevent Cancer Foundation®
www.preventcancer.org; 1-800-227-2732

Redes en Acción: The National Latino Cancer Research Network at UT Health San Antonio
www.redesenaccion.com; 1-210-562-8600

Research Advocacy Network
www.researchadvocacy.org; 1-877-276-2187

Scott Hamilton CARES Foundation
www.scottcares.org

SHARE Cancer Support
www.sharecancersupport.org; 1-844-ASK-SHARE

Sharsheret: The Jewish Breast & Ovarian Cancer Community
www.sharsheret.org; 1-866-474-2774

Sisters Network® Inc. - A National African American Breast Cancer Survivorship Organization
www.sistersnetworkinc.org; 1-866-781-1808

The Sister Study (Estudio de Hermanas)
www.sisterstudy.niehs.nih.gov; 1-877-4SISTER

Tigerlily Foundation
www.tigerlilyfoundation.org; 1-888-580-6253

TOUCH. The Black Breast Cancer Alliance
www.touchbbca.org; 1-443-758-1924

Triage Cancer
www.triagecancer.org; 1-424-258-4628

Young Survival Coalition
www.youngsurvival.org; 1-877-972-1011

Vital Options International
www.vitaloptions.org

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** or call **800-813-HOPE (4673)**.