



**ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM**

800.877.8077 • adelphi.edu/breast-cancer



We are here for you 365 days a year!

Breast Cancer does not take a break for the holidays.

The Adelphi Breast Cancer Program is here to help, listen and support you and your family. If you or someone you love has been diagnosed with breast cancer, is experiencing difficulty navigating the health system, looking for vital community resources, or want to talk, please call us at: **800.877.8077** or text us at **516.262.3263**. Our licensed Social Workers, and trained volunteers are here to help you cope and are available from 9 AM to 9 PM 365 days a year. Calls to the hotline are answered in both English and Spanish. Support is a call or text away.

Call us: 800.877.8077

Text us: 516.262.3263

Email us: breastcancerhotline@adelphi.edu

Visit us: adelphi.edu/breast-cancer

You are not alone!

ADELPHI NEW YORK STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM

- ♦ professional counseling
- ♦ peer support
- ♦ advocacy
- ♦ community outreach
- ♦ workshops
- ♦ health referrals



All services are free and confidential

HOTLINE (Hablamos Español)

800.877.8077

hotline open 9 am - 9 pm

TEXT

516.262.3263

texting available 9 am - 5 pm

adelphi.edu/breast-cancer

The STEP Program Video Series

Stay tuned for new videos in 2026

In 2025, we launched The STEP Program Video Series. The Adelphi NY Statewide Breast Cancer Hotline & Support Program was awarded a five-year grant from the Centers for Disease Control and Prevention (CDC) to initiate the **Survivorship, Treatment, Education and Peer Support (STEP) Program** which provides psychosocial support services and referrals to improve the quality of life for young women diagnosed with breast cancer, MBC patients and their families.

[Click here](#) or use the **QR Code** below to watch all of our **2025 STEP Videos**.

The STEP Program 2025 Video Series



Watch Here





The start of a new year is an ideal time to prioritize your health. [Click here](#) to watch **Wendy Kaplan, MS, RDN, CSO, CDCES, CDN**, a registered dietitian specializing in oncology nutrition, discuss how personalized nutrition can support cancer treatment, ease side effects, and promote long-term health. From practical tips on meal planning and healthy cooking to the power of plant-based foods and key nutrients, Wendy offers guidance to help individuals nourish their bodies and live well during and after cancer.

THE WARRIORS BOOK CLUB MEETING

February 9, 2026

Hello Beautiful by Ann Napolitano

[Click here to register](#)

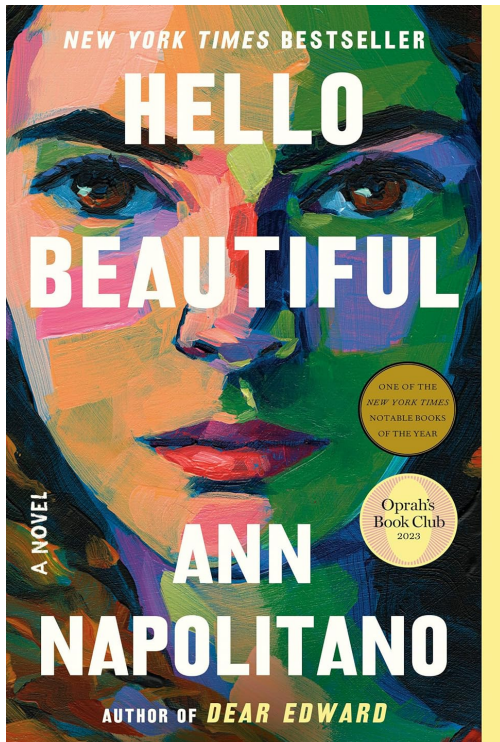


Participation in our **Warriors Book Club** will provide you with a wonderful, feel-good, uplifting and inspirational experience! The purpose of the Warriors Book Club is to support people in the community impacted by Breast Cancer.

Monday, February 9, 2026

Join us on zoom from 7:00 pm - 8:00 pm

On **February 9th** we will be discussing the book **Hello Beautiful** by **Ann Napolitano**



A *New York Times* bestseller, this 2003 novel tells the story of William Waters, a man with a tragic past who finds love with Julia Padavano, one of four inseparable sisters from Chicago. However, with any family there is conflict and a past which threatens to separate them. The book contains themes of love (familial, romantic, and self-love), loss and healing and is considered a modernization of *Little Women*.

REGISTRATION:

[Click here](#) to register for our **February 9, 2026** Warriors Book Club Meeting on zoom.

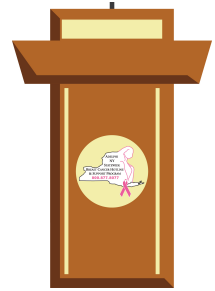
*** One week prior to the book club meeting you will receive the zoom link in an email.**

FORUMS



Save the date - February 10, 2026

**Addressing The Needs of People
Living With Metastatic Breast Cancer:
A Conversation With Dr. Vered Stearns, MD**



Addressing The Needs
of People Living With
METASTATIC BREAST CANCER:

A Conversation with
Dr. Vered Stearns, MD



Join us for an engaging program with **Dr. Vered Stearns, M.D., FASCO**, Director for Translational Breast Cancer Research and Interim Chief of Breast Medical Oncology from Weill Cornell Medicine as she addresses the needs of Metastatic Breast Cancer Patients.

Date: Tuesday, February 10, 2026

Time: 6:00 pm - 7:30 pm

Place: ZOOM

[Click here](#) to register!



Weill Cornell Medicine
Breast Center

Stay tuned for more details!

If you have missed any of our past forums,
please visit our **[YouTube](#)** channel to watch the videos.

Our forums are sponsored by
The Junior Coalition of the Manhasset Women's Coalition Against Breast Cancer,
and Northwell Health Cancer Institute

SUPPORT GROUPS



See our [support group schedule](#)

To participate in one of the listed support groups please call our Hotline at **800.877.8077** or email breastcancerhotline@adelphi.edu to pre-register.

All groups are free but registration is required. All groups are facilitated by a licensed social worker.

If you are interested in a support group or service that is not listed, please contact Angela Papalia LMSW: apapalia@adelphi.edu.

All groups are facilitated by a licensed social worker of the Adelphi Breast Cancer Program. These programs are supported by grants from the Alpern Family Foundation, Cooperative Agreement DP 24-0061 from the Centers for Disease Control and Prevention, Kat's Ribbon of Hope, Marilyn Lichtman Foundation, New York State, Northwell Health Cancer Institute and Pink Aid.

Drop-In Support Group – Virtual

Young Women's Drop-In Support Group – Under 45 years of age *Virtual

This group will address the unique needs of young women with breast cancer and will meet via zoom.

For more information and to register, please contact Lois Goetz LMSW at: 516.877.4347 or goetz@adelphi.edu.

Drop-In Support Group – Virtual

Newly Diagnosed Drop-In Support Group – *Virtual*

This group is for women who are newly diagnosed with breast cancer and will meet via zoom.

For more information and to register, please contact Angela Papalia LMSW at: 516.877.4329 or apapalia@adelphi.edu.

Drop-In Support Group – Virtual

Hormone Therapy Drop-In Support Group – *Virtual*

Ongoing, monthly support group will meet via zoom. This support group is for breast cancer patients and survivors who are currently on hormone therapy (as adjuvant therapy).

For more information and to register, please contact Angela Papalia LMSW at: 516.877.4329 or apapalia@adelphi.edu.

Ongoing Support Group – Virtual

Stage 4 Breast Cancer Support Group – *Virtual*

Men and women with Stage 4 Metastatic Breast Cancer are welcome to join an ongoing twice-monthly group via zoom to share information, feelings, hopes and coping strategies.

For more information and to register, please contact Lois Goetz, LMSW, ACSW at: 516.877.4347 or goetz@adelphi.edu.

SUPPORT GROUP FOR SPANISH SPEAKING WOMEN

Cafecito - *Virtual*

A Spanish-language support group for breast cancer patients and survivors. This group meets every other week via zoom.

Cafecito

Un grupo de apoyo para pacientes y sobrevivientes de Cancer del seno.

Call Angela M. Papalia, LMSW (516) 877-4329.

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REGISTER TODAY!

ONLINE CREATIVE ARTS WORKSHOP



Our Creative Arts workshops are open to people coping with a breast cancer diagnosis, survivors and/or caregivers.

DATES: (4 consecutive Thursdays) March 5, March 12, March 19 & March 26, 2026

TIME: 10:00 am - 11:30 am (EST) on ZOOM

Our (4) week, online, creative arts workshops empower participants to express themselves using art. This therapeutic program offers a safe place to communicate your thoughts, feelings, concerns, problems, hopes and dreams. This workshop will explore the power of art as a tool for building resilience. Through self-reflection and creative expression, participants will cultivate hope, discover new ways to cope with challenges, and find strength. Art will serve as a therapeutic outlet, helping to relieve stress and foster problem-solving skills.

Each session will include creative activities facilitated by experienced staff who will offer guidance throughout the process. Participants will have opportunities to explore new perspectives, build personal resilience, and connect with others. Each session will begin with a **relaxation/breathing exercise** setting a calm and supportive tone for the creative journey ahead. You will gain fresh perspectives, connection and community.

This online workshop will accommodate 20 members. You must register to attend the workshop and all members must commit to attending the entire 4-week session. *Supplies for the art projects will be mailed to you in advance.

HOW TO REGISTER:

For information and to register, please call **Angela M. Papalia, LMSW** at **(516) 877-4329** or email **apapalia@adelphi.edu**.

Our creative arts workshops are facilitated by **Angela M. Papalia, LMSW**, Assistant Director for the Adelphi Breast Cancer Program along with **Kimberly Newman, BFA**, Communications and Marketing Specialist for the Adelphi Breast Cancer Program.

Tips to Cope With Holiday Stress

The Holiday Season can create additional stress for everyone.



Create new traditions. Find creative ways to celebrate with loved ones in a way that is comfortable and safe for you. Using virtual platforms, calling a loved one, or sending cards can help to stay connected during times when we are physically apart.

Enjoy special moments. Taking time to reflect upon the people, places and things that truly matter to you can be very rewarding, and can help us to stay focused on the positive things in life.

Don't put pressure on yourself. Honor the emotional place that you are in at the moment. If you are not feeling up to cooking a meal, it's okay not to cook! It's important to not place blame on yourself if you are not feeling up to doing what you typically do.

Stay in the moment. Taking time to truly enjoy the moment can help to 'slow down' and helps to remind us to take things one at a time. Embracing the moments helps us to celebrate the little things in life, which are sometimes the most important.

Use a journal, prayer or meditation to externalize your feelings. Having an outlet to express your feelings can be very powerful. Finding a tool that is most comfortable for you can be very helpful in getting through the difficult times.

Surround yourself with positive people. Eliminating negative influences and individuals can help to maintain your spirits and foster positive thinking.

Laugh. It's important to remember to have fun!! Laughter can be a very therapeutic tool and truly soothes the soul. Even in the most stressful times, laughter can provide a wonderful outlet and reminds us to not take ourselves too seriously.

#GivingTuesday 12.02.25

Thank you for making a difference this #GivingTuesday.

Thank you for your continued support and helping us have a successful **GIVING TUESDAY**. Your donation helped us raise over **\$24,000**.

A very special thank you to Advisory Board Member, Dr. Karen Kostroff for her generous matching gift, dollar for dollar of \$1,000 on #GivingTuesday.

Thanks to your contributions, we will be able to provide support and hope to breast cancer patients and their families.

GIVING TUESDAY

News & Press Releases

Click here to read our newest press releases

December 11, 2025

Finding Your Tribe: How to Connect with Other MBC Warriors for Hope and Honest Support

Lois Goetz, Bilingual Social Worker at the Adelphi NY Statewide Breast Cancer Hotline and Support Program was interviewed for an article featured in **EverydayHealth.com**. The article discusses how women newly diagnosed with metastatic breast cancer may find a support group specifically for women with MBC valuable.

Read the full article

READ MORE

Lets Stay in Touch!

Follow us on Social Media and online to see photos of our wonderful volunteers at our outreach events, stay up-to-date on programs, forums and support groups. Read news articles and new studies on breast cancer, read inspiring stories from our volunteers, watch our events live on facebook and see the wonderful people and businesses that support us.





SOCIAL MEDIA



[facebook](#), [X](#), [linkedin](#), [instagram](#), [youtube](#)

Support Us

There are many ways for you to be involved with the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

As a statewide, not-for-profit organization, we provide free, bilingual social work services, peer support, and education to the breast cancer community.

Ways You Can Get Involved

We rely on grants and donations to continue our vital work. Without your support, we may not be able to provide these life-saving services to those who need them most.



Donate

Your support matters. By donating to the Adelphi NY Statewide Breast Cancer Hotline & Support Program, you directly contribute to our mission of providing vital

services and assistance to individuals, families, and caregivers affected by breast cancer. Every tax-deductible contribution helps us expand our reach, enhance our resources, and provide support to those in need.

[Make A Gift](#)



[Become a Volunteer](#)

Dedicated and professionally trained volunteers are at the heart of everything we do. Our experienced volunteers answer calls to our breast cancer hotline and provide support, resources and referrals across New York State.

[Volunteer Training Information](#)



[Fundraising Initiatives](#)

Get involved to host and/or support us to raise awareness and funds for the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

[Help Raise Funds & Awareness](#)

The Adelphi Breast Cancer Program wishes our volunteers the happiest of birthdays!



THANK YOU TO ALL OUR SPONSORS

(Listed below in alphabetical order)

Alpern Family Foundation Inc.

Centers for Disease Control and Prevention

Kat's Ribbon of Hope

Manhasset Women's Coalition Against Breast Cancer

The Junior Coalition of the Manhasset Women's Coalition Against Breast Cancer

The Marilyn Lichtman Foundation

Nassau County Office for Housing and Community Development

New York State Department of Health

Northwell Health Cancer Institute

Pink Aid

Please visit our website at adelphi.edu/breast-cancer
Donate to our cause at adelphi.edu/breast-cancer/donate
