DAY 1

|  |
| --- |
| **1. Nuevo Amanecer II: A Stress Management Program for Latinas**  |
| **9:00–9:10****Anna** | 1.1 Welcome and introductions (p. 1) |
| **9:10–9:45****Carmen** | ICE BREAKER ACTIVITY (p. 1) |
| **9:45–10:00****Carmen** | 1.2 Latinas, breast cancer and their concerns (pp. 1-2) |
| **10:00–10:15****Anna** | 1.3 The Nuevo Amanecer research study (pp. 3-4) |
| **10:15–10:45****Anna** | 1.4 The Nuevo Amanecer I program (pp. 5-6)1.5 The Nuevo Amanecer II program (pp. 6-7)1.6 The Roles of Compañeras and Recruiters (pp.7-9) |
| **10:45–11:00** | **BREAK** |
| **BREAK OUT SESSIONS FOR COMPAÑERAS AND RECRUITERS** |
| **2. Logistics -- Delivering the *Nuevo Amanecer* II Program**  |
| **11:00–11:45****Anna** | 2.1 Overview of the Nuevo Amanecer program manual (pp. 10-12)2.2 Program Tracking Forms (pp. 12-14)2.3 Contacting the client for the first time (p. 15) |
| **11:45–12:30****Carmen** | 2.4 Delivering the program to a group (pp. 15-19) |
| **12:30–1:15** | **LUNCH** |
| **3. Hands-on Review of the Compañera Manual**  |
| **Week 1. Managing the Impact of Cancer** |
| **1:15–2:15****Dimas** | Introduction, guidelines, welcome, ice breaker, overview, common reactions, depression, suicide risk assessment and when professional help is needed  |
| **2:15–2:30****Dimas** | Tracking symptoms using the distress thermometer **Activity 1.1 Distress Thermometer – Before deep breathing**  |
| **2:30–2:45** | **BREAK** |
| **2:45–3:00****Carmen** | Deep Breathing exercise using script **Activity 1.2 Distress Thermometer – After deep breathing****Recap and weekly goal**  |
| **Week 2. Learning about Breast Cancer and Survivorship**  |
| **3:00–4:15****Carmen** | **DVD: Deep breathing**Overview of Week 2 and Review of Week 1Breast cancer and it’s treatment **DVD: Arizona Breast Cancer Resource Guide****Activity 2.1 Questions about your cancer, cancer treatment, and follow-up care**  |
| **4:15–5:00****Carmen** | What is a survivorship care plan? **Activity 2.2 Your survivorship care plan****Recap and weekly goal** |

DAY 2

|  |  |
| --- | --- |
| **9:00–9:15****Anna** | Recap of Day 1 – Q & A |
| **Week 3. Finding the Cancer Information You Need** |
| **9:15–9:30****Anna** | **DVD: Deep Breathing**  |
| **9:30–10:00****Anna** | Overview of Week 3 and Review of Week 2Communicating with your doctors and playing an active role in your care**Activity 3.1 Playing an active role in your care**  |
| **10:00–10:45****Carmen** | Finding Answers from the Cancer Information Service Trainer calls the Cancer Information Service |
| **10:45–11:00** | **BREAK** |
| **11:00–11:30****Carmen** | Compañeras role play calling the Cancer Information Service **Activity 3.2 Calling the Cancer Information Service** **Recap and weekly goal** |
| **Week 4. Getting the Support You Need** |
| **11:30–12:00****Dimas** | Overview of Week 4 and Review of Week 3Cancer and the patient’s family  |
| **12:00–12:20****Dimas** | The importance of good communication and dealing with criticism **Activity 4.1 Practicing good communication skills**  |
| **12:20–12:30****Dimas** | Getting the support you need **Activity 4.2 People in my life and the ways they can support me** **Recap and weekly goal** |
| **12:30–1:15** | **LUNCH** |
| **Week 5. Thoughts and Your Mood: Part 1** |
| **1:15–2:00****Carmen** | Overview of Week 5 and Review of Week 4What are thoughts and how they affect our mood; helpful and unhelpful thoughts **Activity 5.1 Unhelpful thoughts that I am having****Activity 5.2 “Changing my unhelpful thoughts to helpful thoughts**  |
| **2:00–2:30****Carmen** | Using the “Yes, But” technique **Activity 5.3 Adding “Yes, But” to Unhelpful Thoughts****Recap and weekly goal** |
| **Week 6. Thoughts and Your Mood: Part 2** |
| **2:30–2:45** | **BREAK** |
| **2:45–3:15****Dimas** | Overview of Week 6 and Review of Week 5Changing unhelpful thoughts to helpful thoughts**Activity 6.1 Changing your unhelpful thoughts to helpful thoughts**  |
| **3:15–4:00****Dimas** | Ways to increase helpful thoughts and decrease unhelpful thoughts and using coping statements **Activity 6.2 Coping statements to help reduce stress**  |
| **4:00–4:45****Jasmine** | Using positive thoughts cards throughout the day **Activity 6.3 Positive and helpful thoughts cards****DVD: Positive thoughts****Recap and weekly goal** |

DAY 3

|  |  |
| --- | --- |
| **9:00–9:15****Anna** | Recap of Day 2 – Q & A |
| **Week 7. Stress Management** |
| **9:15–9:30****Anna** | **DVD: Deep Breathing** |
| **9:30–10:15****Carmen** | Overview of Week 7 and Review of Week 6Identifying the symptoms and the causes of stress **Activity 7.1 Identifying your common stress symptoms****Activity 7.2 What’s causing your stress?** |
| **10:15–10:30****Carmen** | Healthier ways to manage stress and 3 choices for handling stress |
| **10:30–10:50****Dimas** | Guided imagery**Play DVD: Guided imagery** |
| **10:50–11:00** | **BREAK** |
| **11:00–11:45****Dimas** | Progressive muscle relaxation and mini relaxation techniques**Play DVD: Progressive muscle relaxation****Recap and weekly goal** |
| **Week 8. Setting Goals that Make Us Feel Better: Part 1** |
| **11:45–12:15****Dimas** | Overview of Week 8 and Review of Week 7Planning joyful activities that improve our mood, using laughter, and distraction techniques **Activity 8.1 What you do affects how you feel** |
| **12:15–12:45****Anna** | Importance of setting goals and how to set goals **Activity 8.2 “Setting Goals”****Recap and weekly goal** |
|  **12:45–1:30** | **LUNCH** |
| **Week 9. Setting Goals: Part 2, Healthy Lifestyles** |
| **1:30–2:30****Jasmine** | Overview of Week 9 and Review of Week 8Getting physically active**Activity 9.1 What’s getting in my way?**How do I get started?**Activity 9.2 Setting goals to be more active** |
| **2:30–3:00****Anna** | Nutrition, sleep, stop smoking, limit alcohol and sun protection**Recap and weekly goal** |
| **Week 10. Program Recap and Future Goals** |
| **1:30–2:15****Dimas** | Overview of Week 10 and Review of Week 9Review of skills from sessions 1 – 4 * Finding information on breast cancer treatment and survivorship
* Communicating with your doctors
* Communicating with your family
 |
| **2:15–3:00****Dimas** | Review of sessions 4 – 8 * Increasing helpful thoughts
* Managing stress
* Increasing helpful activities
 |
| **3:00–3:15** | **BREAK** |
| **3:15–3:30****Carmen** | Setting goals for the future **Activity 10.1 Things that Cause Me Stress** |
| **3:30–4:15****Carmen** | Life lessons and what the hopes and goals do you have for the future * Concerns or worries
* Hopes and Goals
* Steps you can take now to move you toward that goal

**Activity 10.2 Setting Goals for Taking Care of Yourself** |
| **4:15–4:30****Carmen** | Closing the final session with your client Review of Appendices |
| **4:30–5:00****Anna** | Q & AEvaluation |