DAY 1

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| **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 1  Breast 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

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| **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 2  Communicating 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 3  Cancer 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 4  What 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 5  Changing 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

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| **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 6  Identifying 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 7  Planning 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 8  Getting 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 9  Review 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 & A  Evaluation |