



Rocking the Road For a Cure Mission Statement



We are a non-profit organization that provides Educational and Wellness programs, Case Management, Counseling, Therapeutic Recreational and support to people going through the diagnosis and treatment of breast cancer.

Our Mission is to restore your strength and confidence, as well as to rebuild your spiritual, emotional and physical well-being.

Rocking the Road for a Cure supports and promotes service and is dedicated to acquiring the knowledge and experience that will enhance the coping skills of people in treatment and expand the support networks that have proven so essential to their quality of life.

We are a network of Culturally Diverse Volunteers and Professional Licensed and Certified Men and Women who understand some challenges that you are facing today. There may be services that we can provide for you to make your life a little easier during this transitional period.

www.rockingtheroadforcure.org

SERVICES

Acupuncture

Beauty Consultations

Case Management

Cleaning Referrals

Counseling

Massage / Reflexology

Nutritional Support

Recreational Therapy

Support Services

Translators

Yoga / Meditation / Reiki



For further information, to volunteer
or to make donation
Please call 516 417-1911
or
email to
rockingtheroadforcure@gmail.com



A non-profit (501C) organization founded to provide free Educational, Homebound and Group Services for Women and Men, who are being treated for breast cancer.

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PO Box 404
Little Neck, NY 11363



Case Management



At times you may feel overwhelmed with all the medical information you are receiving, and find it difficult to organize your medical care. Our Case managers can assist you with organizing your medical care and treatments.

Beauty Consultation



Let our professional Beauty Consult assist you with choosing the colors and styles of your hair piece that would be most flattering on you. Explore ways to enhance your beauty during treatments.



Nutrition



Eating healthy, round balance meal is very important for your overall well-being. Try to eat 7 fruits and vegetables a day and drink 8 glasses of water. We provide Nutritional Consultations.

The Zen Garden Wellness Services



Yoga ...Many women being treated for breast cancer felt that their symptoms improved while doing yoga, according to one of the first scientific studies ever done. Yoga incorporates meditation, imagery, relaxation, breathing technics, stretching and physical movements. The study was small and preliminary, but it's one of the few to actually measure the benefits of yoga for cancer patients.

Meditation ...When studied, meditation seemed to help reduce, stress, fatigue, and mood disturbance in cancer patients.



Reiki ...Many people with cancer claim that Reiki help them relax, as well as improving pain management, and side effects of treatment like stomach upset and nausea.

Recreational Therapy

It is important to try to keep active while going through treatment and continue to participate in some of the recreational activities that you and your family enjoy. There are many different recreation modalities that will help to alleviate stress, teach you coping skills, enhance your well being, assist with emotional challenges, help to meet your spiritual needs, increase physical functioning, decrease sad feelings, stimulate your cognitive functioning, etc.



Child Activities

Our children are the most precious things in our lives and it can be difficult during treatment to meet all of their needs. It is very important for your children to still continue to participate in family and individual activities as they always did. Therefore we provide an activities specialist to work with your children so we can have a piece of mind while you are in treatment or just resting.

