

# **UPMC Hillman Cancer Center**

**Listing of Resource, Support and  
Educational Programs**

**For Patients and Families**

**UPMC Hillman Cancer Center provides this listing as a service to its patients.**

**Listing does not imply endorsement.**

**Revised July 2023**

# TABLE OF CONTENTS

LOCAL UPMC RESOURCES .....	
NATIONAL ORGANIZATIONS OFFERING LOCAL HELP .....	Page 3
<b>SUPPORT GROUPS BY CANCER DIAGNOSIS</b>	
Blood.....	Page 4
Brain.....	Page 4
Breast.....	Page 5
Colorectal.....	Page 6
Head & Neck.....	Page 6
Lung.....	Page 6
Mesothelioma.....	Page 6
Metastatic.....	Page 6
Neuroendocrine.....	Page 6
Ovarian.....	Page 7
Pancreatic.....	Page 7
Prostate.....	Page 7
Thyroid.....	Page 7
Women’s Cancer.....	Page 7-8
GENERAL CANCER SUPPORT GROUPS.....	Page 8-9
AGE SPECIFIC SUPPORT GROUPS.....	Page 9-10
CAREGIVER SUPPORT GROUPS.....	Page 10-11
OSTOMY SUPPORT GROUP.....	Page 11
WELLNESS SUPPORT PROGRAMS.....	Page 11-12
PROFESSIONAL COUNSELING.....	Page 12-13
FINANCIAL ASSISTANCE.....	Page 13
SURVIVORSHIP SUPPORT GROUPS & PROGRAMS.....	Page 14

## NATIONAL ORGANIZATIONS OFFERING LOCAL HELP

### **American Cancer Society**

**1-800-227-2345** [www.cancer.org](http://www.cancer.org)

The American Cancer Society (ACS) provides free information, day-to-day help, and emotional support to people with cancer and their loved ones. Connect with trained Cancer Information Specialists 24/7 to get accurate, up-to-date information and find valuable services.

Contact by phone (1-800-227-2345) or [Live Chat](#) on [cancer.org](http://cancer.org)

Programs offered are:

Reach to Recovery- [www.cancer.org/reach](http://www.cancer.org/reach) Trained volunteers, who are breast cancer survivors, offer practical tips on self-care and a listening ear to anyone with breast cancer at diagnosis, during treatment and beyond.

Road to Recovery- A volunteer transportation program providing free rides to cancer-related treatments and doctors' appointments.

Lodging Assistance- Hope Lodge and Extended Stay America Lodging Programs help to provide patients and caregivers with a place to stay when traveling for treatment.

Cancer Survivors Network- [www.cancer.org/csn](http://www.cancer.org/csn) A safe online community where cancer patients and caregivers can find others with similar experiences in discussion boards and chat rooms.

### **Leukemia & Lymphoma Society**

**1-800-955-4572** [www.lls.org](http://www.lls.org)

Speak one-on-one with an Information Specialist who can assist you through cancer treatment, financial and social challenges and give accurate, up-to-date disease, treatment, and support information. Our Information Specialists are highly trained master's level oncology social workers, nurses, and health educators.

To contact an Information Specialist about disease, treatment and support information and resources:

- **Call:** (800) 955-4572  
Monday to Friday, 9 a.m. to 9 p.m. ET
- **Chat live online:** <https://www.lls.org/support-resources/information-specialists>  
Monday to Friday, 10 a.m. to 7 p.m. ET
- **Email:** <https://www.lls.org/support-resources/information-specialists>  
All email messages are answered within one business day.

Programs offered are:

Financial Support- The Leukemia & Lymphoma Society (LLS) offers financial assistance programs to help individuals with blood cancer. For a summary of all LLS Patient Financial Assistance Programs, go to: <https://www.lls.org/support-resources/financial-support>

Peer to Peer Support- If you or a family member has been diagnosed with a blood cancer, you may find it helpful to speak with someone who has gone through a similar experience and learned how to manage the same disease you are trying to cope with each day. The Patti Robinson Kaufmann First Connection® Program is a free service of The Leukemia & Lymphoma Society (LLS) that introduces patients and their loved ones to a trained peer volunteer who has gone through a similar experience. If interested, please go to the link below and fill out the form: <https://www.llsform.org/0999FS18/form53/index.html>

# **SUPPORT GROUPS BY DIAGNOSIS**

## **Blood/Hematologic/Lymphoma**

### **Leukemia & Lymphoma Society**

**(412)395-2882; 1-800-955-4572** national number.

Please call for more information. Can also email Angela Austin at [angela.austin@lls.org](mailto:angela.austin@lls.org)

Website [www.LLS.org](http://www.LLS.org)

The South Hills, Erie and Wheeling support groups are meeting virtually. They also offer an Information Resource Center, Clinical Trial Support Center, Nutrition Consultation, Peer to Peer Support, Online Chats, Family Support Groups, an LLS online community, education, and financial assistance. Below are links to register online for the virtual support groups.

Family Support Group of the South Hills:

<https://www.llsform.org/ho0999ser/blp1fsg/index.html>

Family Support Group of Erie:

<https://www.llsform.org/ho0999ser/ere1fsg/index.html>

Myeloma Family Support Group in Youngstown/Warren. For more information contact Matt Giambattista at [mgiambattista@yahoo.com](mailto:mgiambattista@yahoo.com) or Sadie Szrama at [sadie.szrama@lls.org](mailto:sadie.szrama@lls.org) or call **(585)613-6292**.

### **Stay Connected Multiple Myeloma - Cancer Bridges**

Call **(412)338-1919** or email Colleen at [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org) to register and for information. Meets virtually and in person at Cancer Bridges on the 2<sup>nd</sup> Tuesday of the month from 6-8:00 pm. No meeting in June. This program provides education and support for the person with multiple myeloma and their partner, family, or close friend. website:

[www.cancerbridges.org](http://www.cancerbridges.org)

### **International Waldenstrom's Macroglobulinemia Foundation (IWMF) of Pittsburgh & Cleveland** (724)433-5687 Marcia Klepac [marciaklep@hotmail.com](mailto:marciaklep@hotmail.com) or (330)533-4921

Shariann Hall [shari19ster@gmail.com](mailto:shari19ster@gmail.com)

Meeting virtually, please call or email for information. Provides education and support for patients and caregivers who are touched by the rare lymphoma Waldenstrom's.

### **Myeloproliferative Neoplasm (MPN)**

**(724) 831-0368** Jean Diesch [mpn.pgh.sup@gmail.com](mailto:mpn.pgh.sup@gmail.com)

Meeting virtually on the 3<sup>rd</sup> Wednesday of the month from 7-8:00 pm.

For patients, families and friends dealing with polycythemia vera, essential thrombocythemia, and chronic idiopathic myelofibrosis. Call or email for information.

## **Brain**

### **Brain Cancer Support - Cancer Bridges**

Call **(412)338-1919** or email Jen at [jen@cancerbridges.org](mailto:jen@cancerbridges.org) to register and for information.

Meeting virtually on the 3<sup>rd</sup> Thursday of the month at 4:30 pm to 5:30. For those diagnosed with brain tumors from cancer, all ages, and stages. This group focuses on emotional support and educational topics. website: [www.cancerbridges.org](http://www.cancerbridges.org)

## **Breast**

### **Breast Cancer Support - Cancer Bridges**

Call (412)338-1919 or email Jen at [jen@cancerbridges.org](mailto:jen@cancerbridges.org) to register and for information. Meeting virtually on the 2<sup>nd</sup> Wednesday of the month from 6:00 to 7:00 pm. For those diagnosed with all types of breast cancer, all ages, and stages. website: [www.cancerbridges.org](http://www.cancerbridges.org)

### **Stay Connected Living Life with Metastatic Breast Cancer - Cancer Bridges**

Call (412)338-1919 or email Colleen at [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org) to register and for information. Meets virtually 3<sup>rd</sup> Tuesday of the month from 6-7:30 pm. For those diagnosed with stage IV (metastatic) breast cancer. website: [www.cancerbridges.org](http://www.cancerbridges.org)

### **Butler Breast Cancer & Women's Cancer Support Group**

(724)282-4421 contact Cheryl Schaefer. Meets in person on the 1<sup>st</sup> Tuesday of the month from 7-9 pm at the Trinity Lutheran Church, located off Route 308, beside Clearview Mall. Use doors closest to Route 308. Handicapped accessible.

### **Glock Foundation: Targeting Breast Cancer Through Clinical Trials**

412-680-6496 or [cglock@glockfoundation.org](mailto:cglock@glockfoundation.org) Meets 2<sup>nd</sup> Friday every other month at Bend the Bridge Yoga in Bridgeville, PA at 6:00-8:00 pm. Next meeting in August. Learn about and discuss current clinical breast cancer trials. They also offer support for women such as food, childcare and transportation if participating in a clinical trial.

### **UPMC Central PA Breast Cancer Support Groups**

(717)960-3360 or email Jen Laspe at [Laspejj@upmc.edu](mailto:Laspejj@upmc.edu) for information.

Can also join their Facebook page [www.facebook.com/groups/UPMCPinnacleBCS](http://www.facebook.com/groups/UPMCPinnacleBCS)

**West Shore-** Meets in person the 3<sup>rd</sup> Wednesday of the month at 6:30 pm in conference room G08 at the Fredricksen Outpatient Center in Mechanicsburg PA.

**East Shore-** Meets in person the 2<sup>nd</sup> Friday of the month at 6:00 pm in conference room #3 at UPMC Osteopathic Hospital, Harrisburg, PA.

### **UPMC Pinnacle Gyn Oncology & Breast Cancer in York, PA**

(717)815-2631 or (717)801-0765 [groveac@upmc.edu](mailto:groveac@upmc.edu) Please call or e-mail Anita, social worker for more information. Meets in person the last Monday of the month from 6:00-8:00 pm; social distancing and masks are required. (the room is large)

### **UPMC Susquehanna Breast Cancer Support Group in Lycoming County**

(570)320-7877 Laurie King, Cancer Center Patient Navigator/Social Worker

This group is open to all women with a past or present diagnosis of breast cancer at any stage. Speakers on assorted topics are featured. Meets virtually and in person at UPMC Hillman in Williamsport, Large Conference Room the last Monday of the month at 6:30 pm. Please call to register.

### **Stewart's Caring Place – Breast Cancer Support at Cancer Wellness Center in Akron, OH**

(330)836-1772 or [www.stewartscaringplace.org](http://www.stewartscaringplace.org) for more information and to register.

Location: 3501 Ridge Park Dr, Fairlawn, OH 44333. Meets the 2<sup>nd</sup> Tuesday of each month from 5:30-7:00. Offers emotional support with fellowship, breast health education and a caring space to share concerns. Meets in person and virtually.

## **Colorectal/Gastrointestinal**

### **Gastrointestinal Cancer Support Group - Cancer Bridges**

(412)338-1919 or email Jen, [jen@cancerbridges.org](mailto:jen@cancerbridges.org). You must call or email to register. Meets virtually 3<sup>rd</sup> Tuesday of the month from 6:30-7:30 pm. For patients with any cancer of the GI tract for all stages and all ages; gallbladder, pancreatic, liver, small bowel, anal, rectal, colon, stomach, cholangiocarcinoma. [www.cancerbridges.org](http://www.cancerbridges.org)

## **Head & Neck**

### **Head & Neck Cancer Support Group - Cancer Bridges**

(412)338-1919 or email Wendy at [wendy@cancerbridges.org](mailto:wendy@cancerbridges.org).

Meets virtually 1<sup>st</sup> Wednesday of the month at 6-7:30 pm. For those diagnosed with all types of head and neck cancer, all ages, and stages. The group focuses on emotional support and educational topics. website: [www.cancerbridges.org](http://www.cancerbridges.org)

## **Lung**

### **Stewart's Caring Place – Lung Cancer Support at Cancer Wellness Center in Akron, OH**

(330)836-1772 or [www.stewartscaringplace.org](http://www.stewartscaringplace.org) for more information and to register.

Location: 3501 Ridge Park Dr, Fairlawn, OH 44333. Meets the 2<sup>nd</sup> Wednesday of each month from 5:30-7:00. Receive support, education and join a larger conversation about the emotional and physical challenges of lung cancer. Meets in person and virtually.

## **Mesothelioma**

### **Mesothelioma Support Group**

(affiliated with the Mesothelioma Applied Research Foundation)

(412)276-0702 Nancy Buszinski [www.curemeso.org](http://www.curemeso.org) or (703)879-3797

Currently not meeting but patients can call for peer-to-peer support. This organization also offers supportive Facebook groups but must call to register for the invitations.

## **Metastatic**

### **Metastatic Cancer Support Group - Cancer Bridges**

Call (412)338-1919 or email Wendy at [wendy@cancerbridges.org](mailto:wendy@cancerbridges.org).

Meets virtually 1<sup>st</sup> Thursday of the month at 5-6:00 pm. This group is for patients with stage 4 and/or recurrent cancers focusing on emotional support and educational topics.

website: [www.cancerbridges.org](http://www.cancerbridges.org)

### **Stay Connected Living Life with Metastatic Breast Cancer - Cancer Bridges**

Call (412)338-1919 or email Colleen at [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org) to register and for information. Meets virtually 3<sup>rd</sup> Tuesday of the month from 6-7:30 pm. For those diagnosed with stage IV (metastatic) breast cancer. website: [www.cancerbridges.org](http://www.cancerbridges.org)

## **Neuroendocrine**

### **Neuroendocrine Cancer Awareness Network (NCAN) Support Group**

(412)254-6190 Melissa Devine or [ncanpittsburgh@gmail.com](mailto:ncanpittsburgh@gmail.com)

Meeting virtually; please call or email for information. The national organization also offers virtual support. Contact: 1-866-850-9555 or [info@netcancerawareness.org](mailto:info@netcancerawareness.org)

## **Ovarian**

### **Ovarian Cancer Support Group – National Ovarian Cancer Coalition/Teal Hearts Network**

Call (412)661-1095 or email Ali Matthews at [amatthews@ovarian.org](mailto:amatthews@ovarian.org) to register.

Meets 1<sup>st</sup> Tuesday of the month from 6:00-7:45 pm in person at Cancer Bridges, and the 3<sup>rd</sup> Tuesday of the month virtually on Zoom from 6-7 pm. The group offers support for those diagnosed at any stage, focusing on emotional support and educational topics. The national organization, NOCC, also offers peer-to-peer, caregiver support, counseling, plus meal delivery and financial assistance. website: [www.ovarian.org](http://www.ovarian.org)

## **Pancreatic**

### **Pancreatic Cancer Support Group - Cancer Bridges**

Call (412)338-1919 or email Colleen at [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org) to register and for more information. Meets virtually and in person at Cancer Bridges the 2<sup>nd</sup> Thursday of the month from 6:30-7:30 pm. This program provides education & support for the person with pancreatic cancer and their partner, family, or close friend. website: [www.cancerbridges.org](http://www.cancerbridges.org)

## **Prostate**

### **Prostate Cancer Support Group - Cancer Bridges**

Call (412)338-1919 or email Colleen at [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org) to register and for information. Meets virtually and in person at Cancer Bridges the 1st Tuesday of the month from 6:00-7:00 pm. This program provides education & support for the person with prostate cancer. website: [www.cancerbridges.org](http://www.cancerbridges.org)

### **UPMC Hillman Mechanicsburg- Prostate Cancer Support Group**

Email [PCsupportgroup@upmc.edu](mailto:PCsupportgroup@upmc.edu) or call (717)988-1400

Alternates meeting in person and virtually on the 3<sup>rd</sup> Thursday of every month at 6:00 pm. 2305 Technology Pkwy. Mechanicsburg, PA 17050

### **UPMC Hillman Susquehanna- Prostate Cancer Support Group**

(570)320-7887 Contact Laurie King, Patient Navigator/Social Worker for more information.

This group is open to all men with a past or present prostate cancer diagnosis.

Spouses/partners are also encouraged to attend. Speakers on assorted topics are featured.

Meets virtually or in person at UPMC Hillman in Williamsport, Large Conference Room, the 1<sup>st</sup> Wednesday of the month at 6:00 pm. Please call to register.

### **Stewart's Caring Place -Prostate Cancer Support at Cancer Wellness Center in Akron, OH**

(330)836-1772 or [www.stewartscaringplace.org](http://www.stewartscaringplace.org) for more information and to register.

Location: 3501 Ridge Park Dr, Fairlawn, OH 44333. Meets the 2<sup>nd</sup> Wednesday of each month from 6:00-7:00. A speaker-led series providing education and support to assist in the prostate cancer, diagnosis, treatment, and recovery process. Meets in person and virtually.

## **Thyroid**

### **ThyCa Thyroid Cancer Support Group**

(724)929-7582 Arlene Kroll or email [Pittsburgh-pa@thyca.org](mailto:Pittsburgh-pa@thyca.org)

Call or email for more information. Facebook page: ThyCa- Pittsburgh

## **Women's Cancer**

### **Women's Cancer Support Group - Cancer Bridges**

Call (412)338-1919 or email Wendy at [wendy@cancerbridges.org](mailto:wendy@cancerbridges.org) to register and for information. Currently meeting virtually, the 2<sup>nd</sup> Tuesday of the month at 5:30 pm. website: [www.cancerbridges.org](http://www.cancerbridges.org)

### **African American Women's Cancer Support Group - Cancer Bridges**

Call (412)338-1919 or email Jen at [jen@cancerbridges.org](mailto:jen@cancerbridges.org) to register and for information. Currently meeting virtually on the 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month from 6:00 to 8:00 pm. This group is for African American women diagnosed with cancer. All ages and stages. The group focuses on emotional support and educational tips. website: [www.cancerbridges.org](http://www.cancerbridges.org)



### **Johnstown Women's Cancer Support Group - Cancer Bridges**

Call (412)338-1919 or email Wendy at [wendy@cancerbridges.org](mailto:wendy@cancerbridges.org) to register and for information. Currently meeting virtually, the 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month from 6:00 to 8:00 pm. For those diagnosed with all women's cancers, all ages, and stages. Majority of the members in this group live in the Johnstown area. website: [www.cancerbridges.org](http://www.cancerbridges.org)

### **UPMC Pinnacle - Women's Cancer Support Group**

(717)988-1421 or email [laniganme@upmc.edu](mailto:laniganme@upmc.edu) for information. Meets in person and virtually on the 1<sup>st</sup> Thursday of each month at 2:00 pm.

### **UPMC Pinnacle - Gyn Oncology & Breast Cancer in York, PA**

(717)815-2631 or (717)801-0765 [groveac@upmc.edu](mailto:groveac@upmc.edu) Please call or e-mail Anita, social worker for more information. Meets the last Monday of the month in person at 6:00-8:00 pm; social distancing and masks are required. The room is large.

### **Butler Breast Cancer & Women's Cancer Support Group**

(724)282-4421 contact Cheryl Schaefer Meets in person the first Tuesday of the month from 7-9 pm at the Trinity Lutheran Church. Located off Route 308, beside Clearview Mall. Use doors closest to Route 308. Handicapped accessible.

## **GENERAL CANCER SUPPORT GROUPS**

### **General Cancer Weekly Support Group - Cancer Bridges**

Call (412)338-1919 or email Wendy at [wendy@cancerbridges.org](mailto:wendy@cancerbridges.org) to register and for information. Currently meeting virtually with various speakers and discussions every Wednesday from 6:00 to 7:00 pm. Open to anyone touched by cancer and their loved ones. website: [www.cancerbridges.org](http://www.cancerbridges.org)

### **Face 2 Face Healing- Support Group for All Cancer Patients**

(724)935-3580 or email [info@face2facehealing.org](mailto:info@face2facehealing.org) for more information. Meets virtually the 3<sup>rd</sup> Monday of the month from 6:00-7:00 pm. Website: [www.face2facehealing.org](http://www.face2facehealing.org)

### **Courage & Cancer Support Group**

(724)463-8535 or email Pastor Kathy at [kmihoeck@indianagrace.org](mailto:kmihoeck@indianagrace.org) Facebook page: Courage and Cancer. Meets in person the 2<sup>nd</sup> Sunday of the month from 3:00 to 4:30 pm at the Grace United Methodist Church in Indiana, PA. This group is open to anyone who lives with cancer, including patients, survivors, caregivers, and those who have lost a loved one to cancer.

### **African American Self Help Cancer Support Group**

(412)647-1809 Please call Betty Dowdy for more information. Meets virtually the 4<sup>th</sup> Thursday of each month from 12:00-1:00 pm.

### **New Journey Christian Cancer Support Group**

(412)486-7778 or email [mccanne55@gmail.com](mailto:mccanne55@gmail.com) for more information. Meets in person at the Stoneridge Covenant Church, 811 Dressel Rd, Allison Park, PA 15101 on the 1<sup>st</sup> Monday of the month at 7:00 pm. They do not meet in July or August. Next Meeting 9/11/23.

### **Exceptional Cancer Patient (ECAP) in Crawford County**

Call (814)373-3381 Kelly Wright for more information. Meets 1<sup>st</sup> Wednesday of the month at 4:30 pm at the Yolanda G. Barco Oncology Institute, 16792 Conneaut Lake Rd, Meadville, PA. Facilitated by Dr. Kathy Berkey.



### **Staying Connected Support Group in Crawford County**

**(814)373-3519** Shelley Pence or **(814)373-3381** Kelly Wright to register.

Meets 3<sup>rd</sup> Tuesday of each month from 12:00-1:00 pm at the Yolanda G. Barco Oncology Institute in the library at 16792 Conneaut Lake Rd, Meadville, PA.

For past and present patients who are going through treatment or have finished treatment.

### **General Cancer Support in Newcastle**

**Call (724)971-7293** Diane Dattilo; Meets at the Gallo Italian Village the 3<sup>rd</sup> Thursday of the month at 6:00 pm.

### **YASU LGBTQ Cancer Support Group**

[www.yasurvivors.org](http://www.yasurvivors.org) to register; sponsored by Young Adult Survivors United & F-Cancer. Meets virtually through zoom the 1<sup>st</sup> Tuesday of each month from 8:00-9:30 pm ET /5:00-6:30 pm PT. This group is for any adult who has or had cancer and identifies with this community.

### **Stewart's Caring Place – Coping with Cancer Support at Cancer Wellness Center in**

**Akron, OH 330)836-1772** or [www.stewartscaringplace.org](http://www.stewartscaringplace.org) for more information and to register. Location: 3501 Ridge Park Dr, Fairlawn, OH 44333. Meets the 3<sup>rd</sup> Tuesday of each month from 5:30-7:00. For individuals diagnosed with any type of cancer. This group is not open to caregivers. Meets in person and virtually.

## **AGE SPECIFIC SUPPORT GROUPS**

### **Aged Out of AYA Cancer Support Group**

[www.yasurvivors.org](http://www.yasurvivors.org) to register; sponsored by Young Adult Survivors United & Gryt Health. Meets virtually the 4<sup>th</sup> Wednesday of each month from 7:00-8:30 pm ET. For anyone who was diagnosed as a young adult (18-39 years old) but is no longer in that age range.

### **Young Adult Weekly Cancer Virtual Chats**

Visit [www.yasurvivors.org](http://www.yasurvivors.org) to register; sponsored by Young Adult Survivors United. Meets virtually every Tuesday from 7:00-9:00 pm ET and 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of the month from 12:00-1:00 pm ET.

### **Young Adult African American Cancer Chat**

Visit [www.yasurvivors.org](http://www.yasurvivors.org) to register; sponsored by Young Adult Survivors United. Meets virtually the 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of each month from 6:00-7:30 pm ET.

### **YASU: LGBTQ+ Support Group**

Visit [www.yasurvivors.org](http://www.yasurvivors.org) to register; sponsored by Young Adult Survivors United. Meets virtually 1<sup>st</sup> Tuesday of the month from 8:00-9:30 ET.

### **Young Adult Co-Survivor/Caregiver Cancer Support Group**

Visit [www.yasurvivors.org](http://www.yasurvivors.org) to register; sponsored by Young Adult Survivors United. Meets virtually the 1<sup>st</sup> Wednesday of each month from 6:00-7:30 pm ET.

### **YASU: Other Young Adult Cancer Support Programs**

Visit [www.yasurvivors.org](http://www.yasurvivors.org) to register; sponsored by Young Adult Survivors United. They also sponsor **social events** (virtual and in-person) **education, and empowering workshops** (i.e., Self-Love Workshops) ongoing throughout the year; The **Rae of Hope** program provides free daylong or overnight respite trips for young adult cancer survivors and there is a **Young Adult Cancer Camp** over Labor Day weekend. Additionally, a **Grief Support Group** is available for parents who lost a young adult child to cancer. **Financial assistance** is available for those who qualify. YASU hosts an annual **golf outing** scheduled for July 23, 2023, and a YASU **Wig Out** event scheduled for October 27, 2023. They are also a registered charity of the **Pittsburgh Marathon**. Please check the website for more information.

### **Family and Youth Support - Cancer Bridges**

(412)338-1919 or e-mail Abby Ziegler [abby@cancerbridges.org](mailto:abby@cancerbridges.org)

When cancer happens, it happens to the whole family. Families impacted by cancer can meet individually or as a group with our child life specialist to discuss their needs.

Kids and Teen social activities programs are also offered. website: [www.cancerbridges.org](http://www.cancerbridges.org)

### **Teen's Turn – Cancer Bridges**

(412)338-1919 or email [abby@cancerbridges.org](mailto:abby@cancerbridges.org) to register.

Currently meeting the 1<sup>st</sup> Saturday of the month from 10:30-11:30 am.

This group is for teens in active treatment for a cancer diagnosis. The group incorporates a combination of education and socialization to empower teens and decrease isolation.

## **CAREGIVER SUPPORT GROUPS**

### **UPMC Hillman Cancer Center – Caring for the Caregiver 2023 Series**

(412)692-4724 call for more information or email Christie at [santurec@upmc.edu](mailto:santurec@upmc.edu)

Meets in person the 2<sup>nd</sup> Tuesday of the month, and the 4<sup>th</sup> Wednesday of the month, from 1:00-2:00 pm at UPMC Hillman Cancer Center, Shadyside, Gumberg Family Resource Center, ground floor, 5115 Centre Ave. Pittsburgh, PA 15232

### **UPMC Pinnacle- Caregiver Support - York, PA**

[cancercaregiversyork@upmc.edu](mailto:cancercaregiversyork@upmc.edu) Please email for more information and to register.

Meets in-person and virtually on the 1<sup>st</sup> Monday of the month from 5:00-6:30 pm

### **Caregiver Cancer Support Group - Cancer Bridges**

Call (412)338-1919 or email Wendy at [wendy@cancerbridges.org](mailto:wendy@cancerbridges.org) to register and for information. Meets virtually the 3<sup>rd</sup> Tuesday of each month at 6:00 pm.

website: [www.cancerbridges.org](http://www.cancerbridges.org)

### **Leukemia and Lymphoma Society Family Support Groups**

(412)395-2882 for the Pittsburgh chapter; 1-800-955-4572 national number.

Please call for more information. Can also email Angela Austin at [angela.austin@lls.org](mailto:angela.austin@lls.org)

### **Through Your Eyes – Support for Caregivers in Crawford County**

Call (814)373-3381 Kelly Wright for more information. Meets at the Yolanda G. Barco Oncology Institute, 16792 Conneaut Lake Rd, Meadville, PA.

### **Courage & Cancer Support Group**

Call (724)463-8535 or email Pastor Kathy at [kmihoeerck@indianagrace.org](mailto:kmihoeerck@indianagrace.org)

Meets in person the 2<sup>nd</sup> Sunday of the month from 3:00 to 4:30 pm at the Grace United Methodist Church in Indiana, PA. This group is open to anyone who lives with cancer, including patients, survivors, caregivers, and those who have lost a loved one to cancer.

### **Stewart's Caring Place – Ann Amer Brennan Caregiver Support at Cancer Wellness Center in Akron, OH**

(330)836-1772 or [www.stewartscaringplace.org](http://www.stewartscaringplace.org) for more information and to register. Location: 3501 Ridge Park Dr, Fairlawn, OH 44333. Meets the 3<sup>rd</sup> Tuesday of each month from 5:30-6:30. Education and emotional support for those helping someone through any stage of their cancer journey. This group is for caregivers only. Meets in person and virtually.

## **OSTOMY SUPPORT**

### **UPMC Pinnacle - Ostomy Support in York, PA**

(717)815-2631; (717)801-0765 [groveac@upmc.edu](mailto:groveac@upmc.edu) Call or e-mail Anita Grove, social worker for more information. Meets 3<sup>rd</sup> Thursday of each month from 3:00-5:00 pm.

## **WELLNESS SUPPORT PROGRAMS**

### **The Wellness and Integrative Oncology Program**

(412)623-5771

Located at Hillman Cancer Center Shadyside. This program manages the mind, body, and spirit in the context of conventional cancer care, using movement, touch, nutrition, and mindfulness to address symptoms and quality of life. Examples of such services are yoga, massage, acupuncture, meditation, and Teaching Kitchen cooking classes. Coordinated by Dr. Lanie Francis, a medical oncologist, providers from the community implement customized care plans across the cancer journey.

### **Essence of You**

(570)320-7877 A partnership with UPMC Hillman Williamsport, Susquehanna Health Foundation, and the Paternosto Cancer Foundation. Series of programs designed to give patients in treatment holistic opportunities for self-care within a supportive and caring environment. Meets the 2<sup>nd</sup> Tuesday every other month at 3:00 pm in person at UPMC Hillman in Williamsport, Large Conference Room.

### **UPMC Registered Dietitian Services**

Please contact your provider at your Hillman Cancer Center location for specific contact information. Nutritional Services are staffed by registered, licensed dietitians with a focus on nutrition oncology. Services are available Monday through Friday from 8 am to 4 pm. Patients and family members can be seen in the treatment area, during clinic visits with the oncologist, or through a private consultation. All consultations are complimentary. For materials on nutrition to be mailed to you, contact the Gumberg Family Resource Center at 412-623-4733.

### **Nutrition Classes - Cancer Bridges**

Call (412)338-1919 to register and for more information. [www.cancerbridges.com](http://www.cancerbridges.com)

Meets virtually the 2<sup>nd</sup> Monday of the month from 5-6:00 pm. An oncology dietitian will provide education, support, and tips on healthy eating during and beyond cancer.

**Yoga/Gentle Movement and Breathing/Reiki/Exercise - Cancer Bridges**

Call (412)338-1919 to register and for information. They offer several types of yoga, including chair yoga, accessible yoga, gentle yoga, 30-minute yoga, mindfulness minutes, daily dose of exercise and reiki. website: [www.cancerbridges.org](http://www.cancerbridges.org)

**Therapeutic Art - Cancer Bridges**

Call (412)338-1919 to register and for information. Meets the 4<sup>th</sup> Tuesday of the month from 6:30 to 7:30. website: [www.cancerbridges.org](http://www.cancerbridges.org)

**Happy Feet – A Wellness Community - Cancer Bridges**

Call (412)338-1919 or email Jen, [jen@cancerbridges.org](mailto:jen@cancerbridges.org) to register and for information. Offered various times though the year. A proactive 7-week wellness program for those in treatment, post treatment, and caregivers, to promote mental health and physical health. website: [www.cancerbridges.org](http://www.cancerbridges.org)

**Cognitive Toolbox (improving memory and attention) - Cancer Bridges**

Call (412)338-1919 to register and for information. Currently meeting virtually, the 4<sup>th</sup> Monday of the month at 7:00 pm. website: [www.cancerbridges.org](http://www.cancerbridges.org)

**Health and Wellness Programs - Cancer Bridges**

Call (412)338-1919 for more information. [www.cancerbridges.org](http://www.cancerbridges.org) They offer creative expressive workshops, educational lectures, family and youth programs, health and wellness classes, and social activities. From diagnosis through treatment and survivorship, the programs help prevent and manage the adverse effects of cancer.

**Stewart’s Caring Place - Cancer Wellness Center in Akron, Ohio**

(330)836-1772 or [www.stewartscaringplace.org](http://www.stewartscaringplace.org) for more information. Location: 3501 Ridge Park Dr, Fairlawn, OH 44333. They offer numerous support groups, counseling, family programs, fitness and yoga classes, mindfulness & meditation program, wigs and beauty programs, social activities, financial and legal counseling, food pantry and webinars. The programs are currently in person & virtual.

## **PROFESSIONAL COUNSELING (One-on-One)**

**UPMC Hillman Cancer Center Clinical Social Work Services**

Contact your provider for a social worker affiliated with your Hillman location. Licensed clinical social workers are available to talk with patients and family members about emotional distress, caregiver support, practical and economic needs, plus employment and disability issues. These services are free of charge.

**UPMC Mental Health Professionals for Cancer Patients & Families**

**(412)623-5888 UPMC Center for Counseling & Cancer Support; Shadyside Medical Center (570)320-7525, UPMC Susquehanna Behavioral Health.**

Call or ask your doctor for a referral. Meets virtually and in person. Psychologists help patients and/or families deal with the emotional challenges of cancer. There is also a psychiatrist on staff to counsel patients about medicines that may help with concerns such as anxiety, depression, and difficulty sleeping.

### **Cancer Bridges- Free Supportive Short-Term Counseling**

Call (412)338-1919 for information. website: [www.cancerbridges.org](http://www.cancerbridges.org)

Provides virtual and in-person counseling to those diagnosed with cancer at any stage, their caregivers, and those bereaved through the loss of a loved one to cancer. Counseling is offered to individuals, couples, and families.

### **Face 2 Face Healing**

(724)344-7578 or [info@face2facehealing.org](mailto:info@face2facehealing.org) website: [www.face2facehealing.org](http://www.face2facehealing.org)

Highly skilled and professionally trained in counseling, clinical social workers and clinical psychologists provide short or long-term counseling free of charge to patients and caregivers. Counseling is available in person or via an online meeting. They can also visit the patient in the hospital.

### **Find Your Balance LLC**

(724) 933-0202 Please call the office phone number to schedule an in-person or virtual appointment with: Wendy A. Myers MSW, LCSW. 17025 Perry Highway, Warrendale, PA 15086; offering Supportive Counseling for those with acute/chronic illness, caregiver support, women's health issues, and grief/bereavement.

## **FINANCIAL ASSISTANCE**

### **UPMC Hillman Cancer Center Clinical Social Work Services**

Contact your provider for a social worker affiliated with your Hillman location.

Licensed clinical social workers are available to assist patients and family members with all case management concerns, practical and economic needs, employment and disability issues, emotional distress, caregiver support, and more. These services are free of charge.

### **UPMC Hillman Cancer Center Financial Counselors**

Contact your provider for a financial counselor affiliated with your Hillman location. Financial counselors are available to answer questions about insurance, out-of-pocket costs, and billing related to your cancer care.

### **Face 2 Face Healing**

(724)344-7578 or [info@face2facehealing.org](mailto:info@face2facehealing.org)

Provides financial help to patients that are in active treatment. Some examples are gift cards, groceries, transportation, parking, medical supplies, one-time cleaning, and utilities. Restrictions apply and financial need will be assessed through an application. Additionally, can provide case management, counseling, support groups, mindfulness programs and patient care packages.

### **Leukemia and Lymphoma Society Financial Assistance**

(412)395-2882 for the Pittsburgh chapter; 1-(877)557-2672 is the national number.

Please call for more information. You can also email Angela Austin at [angela.austin@lls.org](mailto:angela.austin@lls.org)

Offers patient aid, co-pay assistance program, travel assistance program and urgent need program. For a summary of all LLS Patient Financial Assistance Programs, go to:

<https://www.lls.org/support-resources/financial-support>

### **Young Adult Survivors United**

Visit [www.yasurvivors.org](http://www.yasurvivors.org) to register; sponsored by Young Adult Survivors United.

Offers financial assistance for those that qualify; must be a registered YASU member.

### **Young Women's Breast Cancer Awareness Foundation**

Visit [www.ywbcaf.org](http://www.ywbcaf.org) to apply for financial grants for those that have been diagnosed under 45 and qualify.

# **SURVIVORSHIP SUPPORT**

## **UPMC Hillman Cancer Center Survivorship Programs**

Please contact the Hillman Cancer Center where you received treatment to learn more about the survivorship program offered in your area.

## **Post Treatment After Cancer Support Group - Cancer Bridges**

Call **(412)338-1919** or email Colleen at [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org) to register and for information. Group meets virtually the last Monday of the month from 6:00 to 7:00 pm. Provides support for adults who have completed cancer treatment (surgery, radiation, chemotherapy, immunotherapy, etc.) website: [www.cancerbridges.org](http://www.cancerbridges.org)

## **Courage & Cancer Support Group**

Call **(724)463-8535** or email Pastor Kathy at [kmihoeck@indianagrace.org](mailto:kmihoeck@indianagrace.org)  
Meets in person the 2<sup>nd</sup> Sunday of the month from 3:00 to 4:30 at the Grace United Methodist Church in Indiana, PA. This group open to anyone who lives with cancer, including patients, survivors, caregivers, and those who have lost a loved one to cancer.

## **Living Life Post Cancer Treatment (LLPCT) - Cancer Bridges**

Call **(412)338-1919** or email Colleen at [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org) to register or learn more. This is a nine-week program for adults who have completed cancer treatment in the last two years. Participants will learn strategies for regaining energy and motivation through exercise and diet, talking with their medical team, and communicating with others. The program covers separate topics that help bridge the gap between cancer treatment and life following cancer. Each class is 2 hours from 6:00 to 8:00 pm and offers 30 minutes of exercise, a light meal, and a presentation from experts. website: [www.cancerbridges.org](http://www.cancerbridges.org)

July 2023