

Resources, Support, and Educational Programs Guide



For Patients and Families

UPMC Hillman Cancer Center provides this listing as a service to its patients. Listing does not imply endorsement.

UPMC | **HILLMAN
CANCER CENTER**

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National Organizations Offering Local Help

American Cancer Society

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

Programs offered are:

- **Reach to Recovery:** [cancer.org/reach](https://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:** The 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:** [cancer.org/csn](https://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 [lls.org](https://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

For more information, call 412-395-2882 (local PGH number), 1-800-955-4572 (national number), or email Angela Austin at angela.austin@lls.org.

Website: LLS.org

LLS offers 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 for the support groups.

Family Support Group of the South Hills (MEETS VIRTUALLY AND IN PERSON):

<https://www.lls.org/event/south-hills-family-support-group-2023-o>

Family Support Group of Erie (MEETS IN PERSON):

<https://www.lls.org/event/erie-family-support-group-2023-o>

Myeloma Family Support Group in Youngstown/Warren (MEETS VIRTUALLY):

For more information contact, call 585-613-6292 or email Matt Giambattista at mgiambattista@yahoo.com.

Stay Connected Multiple Myeloma - Cancer Bridges

This program provides education and support for the person with multiple myeloma and their partner, family, or close friend. They meet virtually at Cancer Bridges on the second Tuesday of the month from 6 to 8 p.m. There is no meeting in June. **For more information and to register, call 412-338-1919 or email Colleen Diehl at colleen@cancerbridges.org.**

Website: cancerbridges.org

International Waldenstrom's Macroglobulinemia Foundation (IWMF) of Pittsburgh & Cleveland

This virtual program provides education and support for patients and caregivers who are touched by the rare lymphoma, Waldenstrom's. **For more information, contact Marcia Klepac at 724-433-5687 or marciaklep@hotmail.com or Shariann Hall at (330-533-4921 or shari19ster@gmail.com.**

Myeloproliferative Neoplasm (MPN)

This program is for patients, families and friends dealing with polycythemia vera, essential thrombocythemia, and chronic idiopathic myelofibrosis. They meet virtually on the third Wednesday of the month from 6:30 to 8 p.m. **For more information, call 724-831-0368 or email Jean Diesch at mpn.pgh.sup@gmail.com.**

Brain

Brain Cancer Support - Cancer Bridges

This group offers emotional support and educational topics for those diagnosed with brain tumors from cancer, all ages, and stages. They meet virtually on the third Thursday of the month from 4:30 to 5:30 p.m. **For more information and to register, contact 412-338-1919 or email Jen Kehm at jen@cancerbridges.org.** Website: cancerbridges.org

Breast

Breast Cancer Support - Cancer Bridges

This group is for those diagnosed with all types of breast cancer, all ages, and stages. They meet virtually on the second Wednesday of the month from 6 to 7 p.m. **For more information and to register, call 412-338-1919 or email Jen Kehm at jen@cancerbridges.org.** Website: cancerbridges.org

Stay Connected Living Life with Metastatic Breast Cancer - Cancer Bridges

This group is for those diagnosed with stage IV (metastatic) breast cancer. They meet virtually on the third Tuesday of the month from 6 to 7:30 p.m. **For more information and to register, call 412-338-1919 or email Colleen Diehl at colleen@cancerbridges.org.** Website: cancerbridges.org

Butler Breast Cancer & Women's Cancer Support Group

This group meets in person on the first Tuesday of the month from 7 to 9 p.m. at Trinity Lutheran Church (handicapped accessible), located off Route 308, beside Clearview Mall. For easy access, enter through the doors closest to Route 308. **For more information, contact Cheryl Schaefer at 724-282-4421.**

Glock Foundation: Targeting Breast Cancer Through Clinical Trials

This program offers education on current clinical breast cancer trials and support for women such as food, childcare, and transportation for those participating in a clinical trial. They meet on the second Friday every other month at Bend the Bridge Yoga in Bridgeville, PA from 6 to 8 p.m. **For more information, call 412-680-6496 or email cglock@glockfoundation.org.**

UPMC Central PA Breast Cancer Support Groups

The West Shore group meets in person on the third Wednesday of the month at 6:30 p.m. in Conference Room G08 at the Fredricksen Outpatient Center in Mechanicsburg, PA. The East Shore group meets in person on the second Friday of the month at 6 pm in Conference Room #3 at UPMC Osteopathic Hospital in Harrisburg, PA. **For more information, call 717-960-3360, email Jen Laspe at Laspejj@upmc.edu, or visit facebook.com/groups/UPMCPinnacleBCS.**

UPMC Pinnacle Gyn Oncology & Breast Cancer in York, PA

This group meets in person the last Monday of the month from 6 to 8 p.m. Although the room is large, social distancing and masks are required. **For more information, call 717-815-2631, 717-801-0765, or email Anita, the social worker, at groveac@upmc.edu.**

UPMC Susquehanna Breast Cancer Support Group in Lycoming County

This group is open to all women with a past or present diagnosis of breast cancer at any stage and features speakers on assorted topics. They meet virtually and in person in the Large Conference Room at UPMC Hillman Cancer Center in Williamsport on the last Monday of the month at 6:30 p.m. **To register, please call Laurie King, Cancer Center Patient Navigator/Social Worker, at 570-320-7877.**

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

This group offers emotional support with fellowship, breast health education, and a caring space to share concerns. They meet virtually and in person at 3501 Ridge Park Dr, Fairlawn, OH 44333 on the third Tuesday of each month from 5:30 to 7 p.m. **For more information and to register, call 330-836-1772 or visit stewartscaringplace.org.**

Colorectal/Gastrointestinal

Gastrointestinal Cancer Support Group - Cancer Bridges

This group is 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). They meet virtually on the third Tuesday of the month from 6:30 to 7:30 p.m. **For more information or to register, call 412-338-1919 or email Jen Kehm at jen@cancerbridges.org.**

Website: cancerbridges.org

Head & Neck

Head & Neck Cancer Support Group - Cancer Bridges

This group is for those diagnosed with all types of head and neck cancer, all ages, and stages and focuses on emotional support and educational topics. They meet virtually on the first Wednesday of the month from 6 to 7 p.m. **For more information or to register, call 412-338-1919 or email Wendy Myers at wendy@cancerbridges.org.**

Website: cancerbridges.org

Head & Neck Cancer Support – Central PA - Virtual

For more information or to register, visit facebook.com/groups/upmccentralpaheadandnecksupport/.

Lung

Stewart’s Caring Place – Lung Cancer Support at Cancer Wellness Center in Akron, OH

This group offers support, education, and the opportunity to join a larger conversation about the emotional and physical challenges of lung cancer. They meet virtually and in person at 3501 Ridge Park Dr, Fairlawn, OH 44333 on the second Wednesday of each month from 5:30 to 7 p.m. **For more information and to register, call 330-836-1772 or visit stewartscaringplace.org.**

Mesothelioma

Mesothelioma Support Group (Affiliated with the Mesothelioma Applied Research Foundation)

This group is not currently meeting in person, but peer-to-peer support and online support groups are available through the website. This organization also offers Facebook support groups. **To register for a Facebook support group invitation or to receive general information, please call 703-879-3797, Nancy Buszinski at 412-276-0702, or visit curemeso.org.**

Metastatic

Metastatic Cancer Support Group - Cancer Bridges

This group offers emotional support and educational topics for patients with stage IV and/or recurrent cancers. They meet virtually on the first Thursday of the month from 5 to 6 p.m. **For more information or to register, call 412-338-1919 or email Wendy Myers at wendy@cancerbridges.org.** Website: cancerbridges.org

Stay Connected Living Life with Metastatic Breast Cancer - Cancer Bridges

This group is for those diagnosed with stage IV (metastatic) breast cancer. They meet virtually on the third Tuesday of the month from 6 to 7:30 p.m. **For more information and to register, call 412-338-1919 or email Colleen Diehl at colleen@cancerbridges.org.**

Website: cancerbridges.org

Neuroendocrine

Neuroendocrine Cancer Awareness Network (NCAN) Support Group

The national organization offers virtual support groups, information, and educational resources. **For more information, call 1-800-850-9555 or email info@netcancerawareness.org.**

Ovarian

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

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. They meet in person on the first Tuesday of the month from 6 to 7:45 p.m. at Cancer Bridges. **For more information or to register, call 412-661-1095 or email Ali Matthews at amatthews@ovarian.org.**

Website: www.ovarian.org

There is also virtual peer-to-peer support, Teal Hearts, for the Northeast region. **For more information, email staylor@ovarian.org.**

Pancreatic

Pancreatic Cancer Support Group - Cancer Bridges

This program provides education & support for the person with pancreatic cancer and their partner, family, or close friend. They meet virtually and in person at Cancer Bridges on the second Thursday of the month from 6:30 to 7:30 p.m. **For more information and to register, call 412-338-1919 or email Colleen Diehl at colleen@cancerbridges.org.**

Website: cancerbridges.org

Prostate

Prostate Cancer Support Group - Cancer Bridges

This program provides education & support for patients with prostate cancer. They meet virtually and in person at Cancer Bridges on the first Tuesday of the month from 6 to 7 p.m.

For more information and to register, call 412-338-1919 or email Colleen Diehl at colleen@cancerbridges.org. Website: cancerbridges.org
UPMC Hillman Mechanicsburg- Prostate Cancer Support Group

This group alternates meeting virtually and in person at 2305 Technology Pkwy. Mechanicsburg, PA 17050 on the third Thursday of the month at 6 pm. ***For more information, call 717-988-1400 or email PCsupportgroup@upmc.edu.***

UPMC Hillman Susquehanna- Prostate Cancer Support Group

This group is open to all men with a past or present prostate cancer diagnosis, as well as their spouses/partners, to hear from featured speakers on assorted topics. They meet virtually or in person in the Large Conference Room at UPMC Hillman Cancer Center in Williamsport, PA on the first Wednesday of the month at 6 p.m. ***For more information or to register, contact Laurie King, Patient Navigator/Social Worker, at 570-320-7887.***

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

This group offers a speaker-led series providing education and support to assist in the prostate cancer, diagnosis, treatment, and recovery process. They meet virtually and in person at 3501 Ridge Park Dr, Fairlawn, OH 44333 on the third Tuesday of each month from 6 to 7 p.m. ***For more information and to register, call 330-836-1772 or visit stewartscaringplace.org.***

Thyroid

ThyCa Thyroid Cancer Support Group

For more information, call Arlene Kroll at 724-929-7582, email Pittsburgh-pa@thyca.org, or visit [THYCA- Pittsburgh | Facebook](#).

Women's Cancer

Women's Cancer Support Group - Cancer Bridges

This group meets virtually on the second Tuesday of the month from 5:30 to 6:30 p.m. ***For more information or to register, call 412-338-1919 or email Wendy Myers at wendy@cancerbridges.org. Website: cancerbridges.org***

African American Women's Cancer Support Group - Cancer Bridges

This group offers emotional support and educational tips for African American women diagnosed with cancer, all ages, and stages. They meet virtually on the first and third Thursday of the month from 6 to 8 p.m. ***For more information or to register, call 412-338-1919 or email Jen Kehm at jen@cancerbridges.org. Website: cancerbridges.org***

Johnstown Women's Cancer Support Group - Cancer Bridges

This group is for those diagnosed with all women's cancers, all ages, and stages in the Johnstown area. They meet virtually and in person on the first and third Tuesday of the month from 6 to 8 p.m. **For more information or to register, call 412-338-1919 or email Wendy Myers at wendy@cancerbridges.org.** Website: cancerbridges.org

UPMC Pinnacle - Women's Cancer Support Group

This group meets virtually and in person on the first Thursday of the month at 2 p.m. **For more information, call 717-988-1421 or email laniganme@upmc.edu.**

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

This group meets in person the last Monday of the month from 6 to 8 p.m. Although the room is large, social distancing and masks are required. **For more information, call 717-815-2631, 717-801-0765, or email Anita, the social worker, at groveac@upmc.edu**

Butler Breast Cancer & Women's Cancer Support Group

This group meets in person on the first Tuesday of the month from 7 to 9 p.m. at Trinity Lutheran Church (handicapped accessible) located off Route 308, beside Clearview Mall. For easy access, enter through the doors closest to Route 308. **For more information, contact Cheryl Schaefer at 724-282-4421.**

GENERAL CANCER SUPPORT GROUPS

General Cancer Weekly Support Group - Cancer Bridges

This group is open to anyone touched by cancer and their loved ones and features various speakers and discussions. They meet virtually every Wednesday from 6 to 7 p.m. **For more information or to register, call 412-338-1919 or email Wendy Myers at wendy@cancerbridges.org.** Website: cancerbridges.org

Face 2 Face Healing- Support Group for All Cancer Patients

This group meets virtually on the third Monday of the month from 6 to 7 p.m. **For more information, call 724-935-3580 or email info@face2facehealing.org.** Website: face2facehealing.org

Camp Hill General Medical Oncology Support Group

This group meets on the third Thursday of every other month from 5 to 6 p.m.
For more information, call 717-975-8900.

Courage & Cancer Support Group

This group is open to anyone who lives with cancer, including patients, survivors, caregivers, and those who have lost a loved one to cancer. They meet in person on the second Sunday of the month from 3 to 4:30 p.m. at Grace United Methodist Church in Indiana, PA.
For more information, call 724-463-8535 or email Pastor Kathy Mihoerck at kmihoerck@indianagrace.org. Facebook page: [Courage and Cancer | Indiana PA | Facebook](#)

African American Self Help Cancer Support Group

This group meets virtually on the fourth Thursday of the month from 12 to 1 p.m.
For more information, contact Betty Dowdy at 412-647-1809.

New Journey Christian Cancer Support Group

This group meets in person at Stoneridge Covenant Church (811 Dressel Rd, Allison Park, PA 15101) on the first Monday of the month at 7 p.m. They do not meet in July or August.
For more information, call 412-486-7778 or email mccanne55@gmail.com.

Exceptional Cancer Patient (ECAP) in Crawford County

This group is facilitated by Dr. Kathy Berkey and meets in person at the Yolanda G. Barco Oncology Institute (16792 Conneaut Lake Rd, Meadville, PA) on the first Wednesday of the month at 4:30 p.m. ***For more information, call 814-373-3381.***

Staying Connected Support Group in Crawford County

This group is for past and present patients who are going through treatment or have finished treatment. They meet in person in the library of the Yolanda G. Barco Oncology Institute (16792 Conneaut Lake Rd, Meadville, PA) on the third Tuesday of the month from 12 to 1 p.m.
For more information and to register, call 814-373-3381 or Shelley Pence at 814-373-3519.

General Cancer Support in Newcastle

This group meets at Gallo Italian Village on the third Thursday of the month at 6 p.m.
For more information, call Diane Dattilo at 724-971-7293.

YASU LGBTQ Cancer Support Group (Sponsored by Young Adult Survivors United & F-Cancer)

This group is for any adult who has or had cancer and identifies with this community. They meet virtually on the first Tuesday of the month from 8 to 9:30 p.m. **For more information and to register, visit yasurvivors.org.**

Stewart's Caring Place – Coping with Cancer Support at Cancer Wellness Center in Akron, OH

This group is for individuals diagnosed with any type of cancer. This group is not open to caregivers. They meet virtually and in person at 3501 Ridge Park Dr, Fairlawn, OH 44333 on the first and third Tuesday of each month from 5:30 to 7 p.m. **For more information and to register, call 330-836-1772 or visit stewartscaringplace.org.**

South Hills Area General Cancer Support Group

This group is open to those diagnosed with any type or stage of cancer and focuses on emotional support and educational topics. They meet on the first Thursday of the month virtually and the third Thursday of the month in person at Jefferson Hospital from 2 to 3:30 p.m. **For more information or to register, call 412-338-1919 or email Wendy Myers at wendy@cancerbridges.org.** Website: cancerbridges.org

Faith and Gratitude Celebration Circle Support Group

This virtual group is for the newly diagnosed, presently in treatment and beyond and meets bi-monthly. This group also sponsors wellness events and a speaker series. **For more information and to register, email contactus@faithandgratitude.org or visit <https://faithandgratitude.org/event/celebration-circle/>.**

AGE SPECIFIC SUPPORT GROUPS

Aged Out of AYA Cancer Support Group (Sponsored by Young Adult Survivors United & Gryt Health)

This group is for anyone who was diagnosed as a young adult (18-39 years old) but is no longer in that age range. They meet virtually on the fourth Wednesday of the month from 7 to 8:30 p.m. An in-person support group option is expected to be added this year. **For more information and to register, call 724-719-2273 or visit yasurvivors.org.**

Young Adult Weekly Cancer Virtual Chats (Sponsored by Young Adult Survivors United)

This group meets virtually and in person every Tuesday from 7 to 9 p.m. and on the first and third Wednesday of the month from 12 to 1 p.m. **For more information, call 724-719-2273 or visit yasurvivors.org.**

Young Adult African American Cancer Chat (Sponsored by Young Adult Survivors United)

For more information, call 724-719-2273 or visit yasurvivors.org.

YASU: LGBTQ+ Support Group (Sponsored by Young Adult Survivors United)

This group meets virtually on the first Tuesday of the month from 8 to 9:30 p.m. In 2024, an in-person support group will be added. *For more information and to register, call 724-719-2273 or visit yasurvivors.org.*

Young Adult Co-Survivor/Caregiver Cancer Support Group (Sponsored by Young Adult Survivors United)

For more information or to register, call 724-719-2273 or visit yasurvivors.org.

YASU: Other Young Adult Cancer Support Programs

This organization sponsors virtual and in person social events, education, and empowering workshops (i.e., Self-Love Workshops). They offer free cosmetic services throughout the year and programs such as Rae of Hope which provides free daylong or overnight respite trips for young adult cancer survivors and Young Adult Cancer Camp which happens annually Labor Day weekend. Additionally, a Grief Support Group is available for parents who have lost a young adult child to cancer. YASU offers financial assistance to those who qualify. They host an annual golf outing, an annual Wig Out event, and are a registered charity of the Pittsburgh Marathon. *For more information, call 724-719-2273 or visit yasurvivors.org.*

Family and Youth Support - Cancer Bridges

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. *For more information, call 412-338-1919 or contact Abby Ziegler at abby@cancerbridges.org. Website: www.cancerbridges.org*

Teen's Turn – Cancer Bridges

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. *For more information, call 412-338-1919 or contact Abby Ziegler at abby@cancerbridges.org. Website: www.cancerbridges.org*

CAREGIVER SUPPORT GROUPS

UPMC Hillman Cancer Center – Caring for the Caregiver Series

This group meets in person at UPMC Hillman Cancer Center (5115 Centre Ave. Pittsburgh, PA 15232) in the Gumberg Family Resource Center on the Ground Floor. They meet on the second Tuesday of the month and the fourth Wednesday of the month from 1 to 2 p.m. **For more information, call 412-864-6659 call or email Melissa Potter at pottermc@upmc.edu.**

UPMC Pinnacle- Caregiver Support - York, PA

This group meets virtually and in person on the first Monday of the month from 5 to 6:30 p.m. **For more information and to register, email cancercaregiversyork@upmc.edu.**

Caregiver Cancer Support Group - Cancer Bridges

This group meets virtually on the third Tuesday of the month at 6 p.m. **For more information or to register, call 412-338-1919 or email Wendy Myers at wendy@cancerbridges.org.**
Website: cancerbridges.org

Leukemia and Lymphoma Society Family Support Groups

For more information, call 412-395-2882 (Pittsburgh chapter), 1-800-955-4572 (national number), or email Angela Austin at angela.austin@lls.org.

Through Your Eyes – Support for Caregivers in Crawford County

This group meets at the Yolanda G. Barco Oncology Institute (16792 Conneaut Lake Rd, Meadville, PA.) **For more information, call 814-373-3381.**

Courage & Cancer Support Group

This group is open to anyone who lives with cancer, including patients, survivors, caregivers, and those who have lost a loved one to cancer. They meet in person at Grace United Methodist Church in Indiana, PA on the second Sunday of the month from 3 to 4:30 p.m. **For more information, call 724-463-8535 or email Pastor Kathy Mihoerck at kmihoerck@indianagrace.org.**

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

This group provides education and emotional support for those helping someone through any stage of their cancer journey. They meet virtually and in person at 3501 Ridge Park Dr, Fairlawn, OH 44333 on the first and third Tuesday of each month from 5:30 to 6:30 p.m. **For more information and to register, call 330-836-1772 or visit stewartscaringplace.org.**

OSTOMY SUPPORT

UPMC Pinnacle - Ostomy Support in York, PA

This group meets on the third Thursday of each month from 3 to 5 p.m. **For more information, call 717-815-2631, 717-801-0765, or email Anita, the social worker, at groveac@upmc.edu.**

WELLNESS SUPPORT PROGRAMS

The Wellness and Integrative Oncology Program

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. This program is coordinated by Dr. Lanie Francis, a medical oncologist, providers from the community implement customized care plans across the cancer journey and is located at UPMC Hillman Cancer Center, Shadyside.

For more information, call 412-623-5771.

Essence of You

This features a series of programs designed to give patients in treatment holistic opportunities for self-care within a supportive and caring environment. They meet in person in the Large Conference Room at UPMC Hillman Cancer Center in Williamsport, PA on the second Tuesday every other month at 3 p.m. This program is a partnership with UPMC Hillman Cancer Center, Williamsport, Susquehanna Health Foundation, and the Paternostro Cancer Foundation.

For more information, call 570-320-7877.

UPMC Registered Dietitian Services

Nutritional Services are staffed by registered, licensed dietitians with a focus on nutrition oncology. Services are available Monday through Friday from 8 a.m. to 4 p.m. 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. **Please contact your provider at the nearest UPMC Hillman Cancer Center location for specific contact information. For materials on nutrition to be mailed to you, contact the Gumberg Family Resource Center at 412-623-4733.**

Nutrition Classes - Cancer Bridges

This class features an oncology dietitian that provides education, support, and tips on healthy eating during and beyond cancer. They meet virtually on the second Monday of the month from 5 to 6 p.m. **For more information and to register, call 412-338-1919.**

Website: cancerbridges.com

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

Cancer Bridges offers several types of yoga, including chair yoga, accessible yoga, gentle yoga, 30-minute yoga, mindfulness minutes, daily dose of exercise and reiki. ***For more information and to register, call 412-338-1919.*** Website: cancerbridges.com

Therapeutic Art - Cancer Bridges

This group meets virtually on the fourth Tuesday of the month from 6:30 to 7:30 p.m. ***For more information and to register, call 412-338-1919.*** Website: cancerbridges.com

Happy Feet – A Wellness Community - Cancer Bridges

This is a proactive 7-week wellness program for those in treatment, post treatment, and caregivers, to promote mental health and physical health which is offered various times throughout the year. ***For more information or to register, call 412-338-1919 or email Jen Kehm at jen@cancerbridges.org.*** Website: cancerbridges.org

Cognitive Toolbox (improving memory and attention) - Cancer Bridges

This group meets virtually on the fourth Monday of the month at 7 p.m. ***For more information and to register, call 412-338-1919.*** Website: cancerbridges.com

Health and Wellness Programs - Cancer Bridges

Cancer Bridges offers 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. ***For more information and to register, call 412-338-1919.*** Website: cancerbridges.com

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

Stewart's Caring Place offers 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 held virtually and in person at 3501 Ridge Park Dr, Fairlawn, OH. ***For more information and to register, call 330-836-1772 or visit stewartscaringplace.org.***

PROFESSIONAL COUNSELING (One-on-One)

UPMC Hillman Cancer Center Clinical Social Work Services

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. **Contact your provider for a social worker affiliated with your UPMC Hillman Cancer Center location.**

UPMC Mental Health Professionals for Cancer Patients & Families

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. These opportunities are offered virtually and in-person. **For a referral, call or ask your doctor.**

UPMC Center for Counseling & Cancer Support, Shadyside Medical Center: 412-623-5888
UPMC Susquehanna Behavioral Health: 570-320-7525

Cancer Bridges- Free Supportive Short-Term Counseling

Cancer Bridges 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. **For more information and to register, call 412-338-1919.** Website: cancerbridges.com

Face 2 Face Healing

Clinical social workers and clinical psychologists who are highly skilled and professionally trained in counseling provide short or long-term counseling free of charge to patients and caregivers. Counseling is available virtually, in person, or at the hospital. Appointments with a nurse navigator are also available. **For more information, call 724-344-7578 or email info@face2facehealing.org.** Website: face2facehealing.org

Find Your Balance LLC

This organization offers supportive counseling for those with acute/chronic illness, caregiver support, women's health issues, and grief/bereavement. **To schedule a virtual or in-person appointment (17025 Perry Highway, Warrendale, PA 15086) with Wendy A. Myers MSW, LCSW, call 724-933-0202.**

YASU: Counseling Program (Sponsored by Young Adult Survivors United)

YASU offers up to 12 free virtual and in-person counseling sessions for those that qualify. **For more information, call 724-719-2273 or visit yasurvivors.org.**

FINANCIAL ASSISTANCE

UPMC Hillman Cancer Center Clinical Social Work Services

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. **Contact your provider for a social worker affiliated with your UPMC Hillman Cancer Center location.**

UPMC Hillman Cancer Center Financial Counselors

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

Face 2 Face Healing

Face 2 Face Healing 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, case management, counseling, support groups, mindfulness programs and patient care packages are offered. **For more information, call 724-344-7578 or email info@face2facehealing.org.**

Leukemia and Lymphoma Society Financial Assistance

LLS offers patient aid, co-pay assistance program, travel assistance program and urgent need program. **For more information, call 412-395-2882 (Pittsburgh chapter), 1-800-955-4572 (national number), or email Angela Austin at angela.austin@lls.org.** For a summary of all LLS Patient Financial Assistance Programs, go to: <https://www.lls.org/support-resources/financial-support>.

Young Adult Survivors United (Sponsored by Young Adult Survivors United)

YASU offers financial assistance for those that qualify; must be a registered YASU member. **For more information and to register, visit www.yasurvivors.org.**

Young Women's Breast Cancer Awareness Foundation

Visit 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 UPMC Hillman Cancer Center location where you received treatment to learn more about the survivorship program offered in your area.

Post Treatment After Cancer Support Group - Cancer Bridges

This group provides support for adults who have completed cancer treatment (surgery, radiation, chemotherapy, immunotherapy, etc.) They meet virtually on the last Monday of the month from 6 to 7 p.m. **For more information and to register, call 412-338-1919 or email Colleen Diehl at colleen@cancerbridges.org.** Website: cancerbridges.org

Courage & Cancer Support Group

This group is open to anyone who lives with cancer, including patients, survivors, caregivers, and those who have lost a loved one to cancer. They meet in person at Grace United Methodist Church in Indiana, PA on the second Sunday of the month from 3 to 4:30 p.m. **For more information, call 724-463-8535 or email Pastor Kathy Mihoerck at kmihoerck@indianagrace.org.**

Living Life Post Cancer Treatment (LLPCT) - Cancer Bridges

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 to 8 p.m. and offers 30 minutes of exercise, a light meal, and a presentation from experts. **For more information and to register, call 412-338-1919 or email Colleen Diehl at colleen@cancerbridges.org.** Website: cancerbridges.org

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