

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 February 2023

TABLE OF CONTENTS

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

NATIONAL ORGANIZATIONS OFFERING LOCAL HELP

American Cancer Society

1-800-227-2345 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

Programs offered are:

Reach to Recovery- 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 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

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

Website 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 or Sadie Szrama at sadie.szrama@lls.org or call [\(585\)613-6292](tel:(585)613-6292).

Stay Connected Multiple Myeloma - Cancer Bridges

Call **(412)338-1919** or email Colleen at colleen@cancerbridges.org to register and for information. Meets virtually and in person at Cancer Bridges on the 2nd Tuesday of the month from 6-8:00 pm. This program provides education and support for the person with multiple myeloma and their partner, family, or close friend. website: www.cancerbridges.org

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

Shariann Hall 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

Meeting virtually on the 3rd 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 to register and for information.

Meeting virtually on the 3rd 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

Breast

Breast Cancer Support - Cancer Bridges

Call (412)338-1919 or email Jen at jen@cancerbridges.org to register and for information. Meeting virtually on the 2nd 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

Stay Connected Living Life with Metastatic Breast Cancer - Cancer Bridges

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

Butler Breast Cancer & Women's Cancer Support Group

(724)282-4421 contact Cheryl Schaefer. Meets in person on the 1st 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 Meets 2nd Friday every other month at Bend the Bridge Yoga in Bridgeville, PA at 6:00-7:30 pm. 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 Laspeji@upmc.edu for information.

Can also join their Facebook page www.facebook.com/groups/UPMCPinnacleBCS

West Shore- Meets the 3rd Wednesday each month at 6:30 pm in conference room G08 at the Fredricksen Outpatient Center in Mechanicsburg PA.

East Shore- Meets 2nd Friday each 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 please call Anita, social worker for more information.

Meets the last Monday of the month in person at 6:00 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 in person at UPMC Hillman in Williamsport, Large Conference Room or virtually the last Monday of each month at 6:30 pm. Please call to register.

Colorectal/Gastrointestinal

Gastrointestinal Cancer Support Group - Cancer Bridges

(412)338-1919 or email Jen, jen@cancerbridges.org. You must call or email to register. Meets virtually 3rd 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

Head & Neck

Head & Neck Cancer Support Group - Cancer Bridges

(412)338-1919 or email Wendy at wendy@cancerbridges.org.

Meets virtually 1st 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

UPMC Hillman Mechanicsburg - Head & Neck Support Group

Call (717) 988-1400 or e-mail HNsupportgroup@upmc.edu Meets 3rd Thursday of the month at 6:00 pm at 2305 Technology Pkwy. Mechanicsburg, PA 17050

Mesothelioma

Mesothelioma Support Group

(affiliated with the Mesothelioma Applied Research Foundation)

(412)276-0702 Nancy Buszinski 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.

Meets virtually 1st 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

Stay Connected Living Life with Metastatic Breast Cancer - Cancer Bridges

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

Neuroendocrine

Neuroendocrine Cancer Awareness Network (NCAN) Support Group

(412)254-6190 Melissa Devine or 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

Ovarian

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

Call (412)400-7561 or email Ali Brush at abrush@ovarian.org to register.

Meets 1st Tuesday of the month from 6:00-7:45 pm in person at Cancer Bridges, and the 3rd Tuesday of the month 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

Pancreatic

Pancreatic Cancer Support Group - Cancer Bridges

Call (412)338-1919 or email Colleen at colleen@cancerbridges.org to register and for more information. Meets virtually and in person at Cancer Bridges the 2nd 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

Prostate

Prostate Cancer Support Group - Cancer Bridges

Call (412)338-1919 or email Colleen at 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

UPMC Hillman Mechanicsburg- Prostate Cancer Support Group

Email PCsupportgroup@upmc.edu or call (717)988-1400 Alternates meeting in person and virtually on the 3rd 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 in person at UPMC Hillman in Williamsport, Large Conference Room, or virtually the 1st Wednesday of the month at 6:00 pm. Please call to register.

Thyroid

ThyCa Thyroid Cancer Support Group

(724)929-7582 Arlene Kroll or email 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 to register and for information. Currently meeting virtually, the 2nd Tuesday of the month at 5:30 pm. website: www.cancerbridges.org

African American Women's Cancer Support Group - Cancer Bridges

Call (412)338-1919 or email Jen at jen@cancerbridges.org to register and for information. Currently meeting virtually on the 1st & 3rd 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

Johnstown Women's Cancer Support Group - Cancer Bridges

Call (412)338-1919 or email Wendy at wendy@cancerbridges.org to register and for information. Currently meeting virtually, the 1st & 3rd 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

UPMC Pinnacle - Women's Cancer Support Group

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

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

(717)815-2631 or (717)801-0765 please call Anita, social worker for more information. Meets the last Monday of the month in person at 6:00 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 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

Courage & Cancer Support Group

(724)463-8535 or email Pastor Kathy at kmihoeck@indianagrace.org Facebook page: Courage and Cancer. Meets in person the 2nd 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 4th Thursday of each month from 12:00-1:00 pm.

New Journey Christian Cancer Support Group

(412)486-7778 or email mccanne55@gmail.com for more information.

Meets in person at the Stoneridge Covenant Church, 811 Dressel Rd, Allison Park, PA 15101 on the 1st Monday of the month at 7:00 pm. They do not meet in July or August.

Exceptional Cancer Patient (ECAP) in Crawford County

Call (814)373-3381 Kelly Wright for more information.

Meets 1st 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 3rd 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 3rd Thursday of the month at 6:00 pm.

YASU LGBTQ Cancer Support Group

www.yasurvivors.org to register; sponsored by Young Adult Survivors United & F-Cancer. Meets virtually through zoom the 1st 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.

UPMC Pinnacle- Medical Oncology Support Group

Call (717)975-8900. Meets 3rd Thursday every other month from 5:00-6:00 pm at 101 Erford Rd. Camp Hill, PA 17011. Please call to confirm and register.

AGE SPECIFIC SUPPORT GROUPS

Aged Out of AYA Cancer Support Group

www.yasurvivors.org to register; sponsored by Young Adult Survivors United & Gryt Health. Meets virtually the 4th Wednesday of each month from 7:00-8:30 pm ET. For anyone 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 to register; sponsored by Young Adult Survivors United. Meets virtually every Tuesday from 7:00-9:00 pm ET and Fridays from 12:00-1:00 pm ET.

Young Adult African American Cancer Chat

Visit www.yasurvivors.org to register; sponsored by Young Adult Survivors United. Meets virtually the 1st Thursday of each month from 6:00-7:30 pm ET.

YASU: Other Young Adult Cancer Support Programs

Visit 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.

Young Adult Co-Survivor/Caregiver Cancer Support Group

Visit www.yasurvivors.org to register; sponsored by Young Adult Survivors United. Meets virtually the 1st and 3rd Wednesdays of each month from 6:00-7:30 pm ET.

Family and Youth Support - Cancer Bridges

(412)338-1919 or e-mail Abby Ziegler 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

Teen's Turn – Cancer Bridges

(412)338-1919 or email abby@cancerbridges.org to register.

Currently meeting the 1st Wednesday of the month at 6:00 pm.

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

Meets 2nd Tuesday of the month and the 4th 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

Caregiver Cancer Support Group - Cancer Bridges

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

website: 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

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 kmihoeck@indianagrace.org

Meets in person the 2nd 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.

UPMC Memorial Hillman Cancer Center York - Cancer Care Givers Support Group

Email Cancercaregiversyork@upmc.edu (717) 801-0742. Meets 1st Monday of the month, 5:00-6:30 pm online and in person at UPMC Memorial, 1703 Innovation Dr. York, PA 17408.

OSTOMY SUPPORT

Pittsburgh Ostomy Society – Ostomy Support Group

(412)261-3937 or email pittsburghostomysociety@gmail.com

They are meeting but call to confirm; not handicap accessible; parking \$1.00 with validation at the Liberty parking garage across the street. Facebook page: Pittsburgh Ostomy Society
Meets 3rd Sunday of the month from 2:00-4:00 pm from Sept-June at the Smithfield United Church, 620 Smithfield St, Social Room, Pittsburgh, PA 15222. They also have a 24/7 helpline at (412)261-3937 and a newsletter.

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 2nd 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
Meets virtually the 2nd 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

Art Therapy - Cancer Bridges

Call **(412)338-1919** to register and for information. Meets the 4th Tuesday of the month from 6:30 to 7:30. website: www.cancerbridges.org

Happy Feet – A Wellness Community - Cancer Bridges

Call **(412)338-1919** or email Jen, 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

Cognitive Toolbox (improving memory and attention) - Cancer Bridges

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

Face 2 Face Healing Support (for patients with all types of cancer and their caregivers)

(724)344-7578 to call Karen Scuille or email info@face2facehealing.org

Healing services include massage therapy, reiki, acupuncture, meditation, and art therapy.

Website address is www.face2facehealing.org

Health and Wellness Programs - Cancer Bridges

Call **(412)338-1919** for more information. 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 for more information.

They offer numerous support groups, family programs, fitness and yoga classes, wigs and beauty programs, social activities, financial and legal counseling, food pantry and webinars. All the programs are currently virtual via zoom.

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

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 website: 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

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

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 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 to apply for financial grants for those that have been diagnosed under 50 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 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

Courage & Cancer Support Group

Call (724)463-8535 or email Pastor Kathy at kmihoerck@indianagrace.org

Meets in person the 2nd 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 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

February 2023