

# 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.

### ACS Programs offered are:

- **ACS ACTS:** [cancer.org/acts](https://www.cancer.org/acts) Help finding Clinical Trials and offering support.
- **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.

### LLS 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

### Bladder

#### **Bladder Cancer Support**

This support group is intended for anyone who is newly diagnosed, in the middle of treatment, or has completed treatment for bladder cancer. Meets the first Wednesday of each month from 6:30 to 8 p.m. **For more information and to register, call UPMC St. Margaret Urology at 412-781-7222, ext. 4 or email [gradnika@upmc.edu](mailto:gradnika@upmc.edu).**

### Blood/Hematologic/Lymphoma

#### **Leukemia & Lymphoma Society**

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

Website: [LLS.org](http://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, South Hills (Bethel Park, PA)** (MEETS VIRTUALLY & IN PERSON)

4<sup>th</sup> Tuesday of each month: 7 to 8 pm.

<https://na.eventscloud.com/ereq/index.php?eventid=780518&>

#### **Family Support Group, Erie, PA** (IN PERSON) Last Wednesday of each month: 5:30 to 6:30 pm.

<https://na.eventscloud.com/ereq/index.php?eventid=780519&>

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

3<sup>rd</sup> Monday each month: 6 to 7:30 pm. For more information call 585-613-6292 or email Sadie Szrama at [sadie.szrama@lls.org](mailto:sadie.szrama@lls.org)

#### **Wheeling, WV Family Support Group** (IN PERSON) 2<sup>nd</sup> Wednesday each month: 5 to 6 p.m.

<https://na.eventscloud.com/ereq/index.php?eventid=787395&>

### **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. From April- October they will meet hybrid. There is no meeting in June. **For more information and to register, call 412-338-1919 or email Colleen Diehl at [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org).** Website: [cancerbridges.org](http://cancerbridges.org)

### **Chronic Lymphocytic Leukemia Support – Cancer Bridges**

This program is for those diagnosed with chronic lymphocytic leukemia and their family members/friends. This group focuses on emotional support, education, and self-advocacy for survivors and caregivers. They meet virtually and in person on the second Tuesday of the month from 6 to 7 p.m. **For more information and to register, call 412-335-0449 or email Sara at [sara.orndoff@gmail.com](mailto:sara.orndoff@gmail.com) or Wendy, 412-338-1919, or email [wendy@cancerbridges.org](mailto:wendy@cancerbridges.org)** Website: [www.cancerbridges.org](http://www.cancerbridges.org)

### **International Waldenstrom’s Macroglobulinemia Foundation (IWMF) - 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](mailto:marciaklep@hotmail.com) or Shariann Hall at 330-533-4921 or [shari19ster@gmail.com](mailto: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](mailto: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](mailto:jen@cancerbridges.org).** Website: [cancerbridges.org](http://cancerbridges.org)

## **Breast**

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

This group is for those diagnosed with stage I-III breast cancer, all types, and all ages. 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](mailto:jen@cancerbridges.org).**

Website: [cancerbridges.org](http://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](mailto:colleen@cancerbridges.org).**

Website: [cancerbridges.org](http://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](mailto: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](mailto:Laspejj@upmc.edu), or visit [facebook.com/groups/UPMCPinnacleBCS](https://facebook.com/groups/UPMCPinnacleBCS).**

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

This group meets in person the last Monday of the month from 6 to 8 p.m. at UPMC Hillman Cancer Center at UPMC Memorial, 1703 Innovation Dr. York, PA 17408. 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](mailto:groveac@upmc.edu).**

### **UPMC Williamsport Women's Cancer Support Group**

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 second 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](http://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](mailto:jen@cancerbridges.org).**  
Website: [cancerbridges.org](http://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](mailto:wendy@cancerbridges.org).**  
Website: [cancerbridges.org](http://cancerbridges.org)

### **Head & Neck Cancer Support – Central PA - Virtual**

**For more information or to register, visit [facebook.com/groups/upmccentralpaheadandnecksupport/](https://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](http://stewartscaringplace.org).**

### **LiveLung Pittsburgh**

This group is an educational lung cancer patient and care partner group, open to anyone impacted by lung cancer. Information is provided on the latest treatments, coping strategies, and community support. Meetings are free and include lunch plus complimentary parking. They meet in person at the Hyatt House Pittsburgh/Bloomfield/Shadyside, 5335 Baum Blvd. Pittsburgh, PA 15224 on the second Thursday of each month from 11:30 a.m. to 1 p.m. Please RSVP at the latest, 24 hours before the meeting at [LiveLung.org](http://LiveLung.org) For more information and meeting details call 412-564-4888 or 877-311-LUNG (5864) or email Jackie Nixon, PRA at [Jackie@livelung.org](mailto:Jackie@livelung.org) Website: [www.LiveLung.org](http://www.LiveLung.org)

### **Lung Cancer Support Group- Cancer Bridges**

This group is for all patients diagnosed with lung cancer, at any stage, and their supporters. They meet virtually on the 1<sup>st</sup> Monday of each month from 7 to 8 p.m., beginning on May 5<sup>th</sup>. **For more information or to register, call 412-338-12919 or email Colleen Diehl at [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org) Website: [cancerbridges.org](http://cancerbridges.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 877-363-6376 or 703-879-3824 (Teresa) or Julie White, Patient Services Director, at 703-879-3819, or visit [curemeso.org](http://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 third Tuesday of the month from 6 to 7:30 p.m.

**For more information or to register, call 412-338-1919 or email Wendy Myers at [wendy@cancerbridges.org](mailto:wendy@cancerbridges.org).** Website: [cancerbridges.org](http://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](mailto:colleen@cancerbridges.org).**

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

## Neuroendocrine

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

The national organization offers virtual and in person support groups, information, and educational resources. **For more information, call 1-866-850-9555 and ask for Mary Ann, or email [info@netcancerawareness.org](mailto: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](mailto:amatthews@ovarian.org).**

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

There is also virtual peer-to-peer support, Teal Hearts, for the Northeast region. **For more information, email [staylor@ovarian.org](mailto: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](mailto:colleen@cancerbridges.org).**

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

## Prostate

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

This program provides education & support for patients with prostate cancer. They meet virtually 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](mailto:colleen@cancerbridges.org). Website: [cancerbridges.org](http://cancerbridges.org)***

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

This group meets in person at 2305 Technology Pkwy. Mechanicsburg, PA 17050 every other month on the third Thursday of the month at 6 p.m. ***For more information, call 717-988-1400 or email [PCsupportgroup@upmc.edu](mailto: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 second Wednesday of each month from 6 to 7 p.m. ***For more information and to register, call 330-836-1772 or visit [stewartscaringplace.org](http://stewartscaringplace.org).***

## Sarcoma

### **Sarcoma Support Group- Cancer Bridges**

This group offers emotional and educational support for patients at any stage of Sarcoma, and their supporters. They meet virtually on the 3<sup>rd</sup> Wednesday of each month from 6 to 7 pm- beginning April 16<sup>th</sup>. ***For more information and to register, call 412-338-1919, or email Colleen Diehl at [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org) Website: [cancerbridges.org](http://cancerbridges.org)***

## Thyroid

### **ThyCa Thyroid Cancer Peer to Peer Support**

***For more information, call Arlene Kroll at 724-929-7582, email [Pittsburgh-pa@thyca.org](mailto:Pittsburgh-pa@thyca.org), or visit [THYCA- Pittsburgh](http://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](mailto:wendy@cancerbridges.org).** Website: [cancerbridges.org](http://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 Thursday of the month from 6 to 8 p.m. and in person and virtually (hybrid) on the 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](mailto:jen@cancerbridges.org).** Website: [cancerbridges.org](http://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](mailto:wendy@cancerbridges.org).** Website: [cancerbridges.org](http://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 [Gyn Onc Support@upmc.edu](mailto:Gyn_Onc_Support@upmc.edu)**

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

This group meets in person the last Monday of the month from 6 to 8 p.m. at UPMC Hillman Cancer Center at UPMC Memorial, 1703 Innovation Dr. York, PA 17408. 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](mailto: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.**

### Gynecologic Cancer Support – Stewart's Caring Place Cancer Wellness Center in Akron, OH

This group offers a safe space for those seeking to share experiences and build a support system with others who are diagnosed with gynecologic cancers. They meet virtually and in person at 3501 Ridge Park Dr, Fairlawn, OH on the first Tuesday of the month at 5:30 p.m. **For more information and to register, call 330-836-1772, or visit [stewartscaringplace.org](http://stewartscaringplace.org).**

# 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](mailto:wendy@cancerbridges.org). Website: [cancerbridges.org](http://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 every Sunday: one group meets at 1:00 p.m. and a second group meets at 3:00 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](mailto:kmihoerck@indianagrace.org). Facebook page: [Courage and Cancer | Indiana PA | Facebook](#)***

## **African American Self Help Cancer Support Group (UPMC Shadyside)**

This group meets in person at UPMC Hillman Cancer Center, 5115 Centre Ave., Cooper Conference Center, Pittsburgh, PA 15232 on the third Friday of the month from 12:00 to 1:30 p.m. ***For more information, contact Betty Dowdy at 412-647-1809.***

## **Altoona General Cancer Support Group – Cancer Bridges**

This group meets hybrid, both virtually and in person, on the 2<sup>nd</sup> Thursday of the month from 6 to 7 p.m. The group provides emotional support and education for individuals at any stage of cancer, and their supporters. ***For more information and to register, call 412-338-1919.*** Website: [cancerbridges.org](http://cancerbridges.org)

## **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](mailto: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 3:30 p.m. ***For more information, call 814-373-2335.***

## **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 fourth Wednesday of the month from 12 to 1 p.m. ***For more information and to register, call 814-373-2335 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, call 724-719-2273 or visit [yasurvivors.org](http://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](http://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 third Thursday of the month in person from 2 to 3:30 p.m. at Jefferson Cancer Institute, Suite 102, 575 Coal Vally Rd, Jefferson Hills, PA. ***For more information or to register, call 412-338-1919 or email Wendy Myers at [wendy@cancerbridges.org](mailto:wendy@cancerbridges.org). Website: [cancerbridges.org](http://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, the first and third Thursdays of the month from 6:30 to 7:30 pm. This group also sponsors wellness events and a speaker series. They also offer a free Cancer Resource Guide to patients. ***For more information and to register, email [contactus@faithandgratitude.org](mailto:contactus@faithandgratitude.org) or visit <https://faithandgratitude.org/event/celebration-circle/>.***

## **AGE SPECIFIC SUPPORT GROUPS**

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

This group meets virtually 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 on virtual and in-person support, call 724-719-2273 or visit [yasurvivors.org](http://yasurvivors.org).***

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

This organization sponsors virtual and in person social activities and empowering workshops. They offer free cosmetic services (i.e. microblading with physician approval) and programs such as Rae of Hope which provides free daylong or overnight respite trips for those diagnosed when aged 18-45. Young Adult Cancer Camp is a 4-day retreat for YAs and held annually over Labor Day weekend. Additionally, an in-person 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 charity of the Pittsburgh Marathon. **For more information, call 724-719-2273 or visit [yasurvivors.org](http://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 family and youth staff to discuss their needs. Kids and Teen social activities programs are also offered. **For more information, contact Cancer Bridges at 412-338-1919 or email [familyandyouth@cancerbridges.org](mailto:familyandyouth@cancerbridges.org) Website: [cancerbridges.org](http://cancerbridges.org)**

### **Children's Camp**

Every year, an annual summer camp for children impacted by cancer is hosted at Cancer Bridges. The camp curriculum is built to offer therapeutic opportunities for children to express emotion through art and connection with peers who understand what it is like to have cancer in the family. Additionally, fun is incorporated into everyday with visits from community organizations, games, a camp video, and more. **For more information, contact Bre Regan at 412.338.1919, or email [bre@cancerbridges.org](mailto:bre@cancerbridges.org) Website: [cancerbridges.org](http://cancerbridges.org)**

## **CAREGIVER SUPPORT GROUPS**

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

This group meets virtually and 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](mailto: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, call 717-801-0742 or email [cancercaregiversyork@upmc.edu](mailto:cancercaregiversyork@upmc.edu).**

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

This group meets virtually on the third Tuesday 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](mailto:wendy@cancerbridges.org). Website: [cancerbridges.org](http://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](mailto: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.) on the fourth Wednesday of each month at 9 am & 4 pm.

***For more information, call 814-373-2335.***

### **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](mailto: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](http://stewartscaringplace.org).***

## **OSTOMY SUPPORT**

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

This group meets on the last Monday of each month from 2-3 p.m. ***For more information, call 717-815-2631, 717-801-0765, or email Anita, the social worker, at [groveac@upmc.edu](mailto:groveac@upmc.edu).***

# WELLNESS SUPPORT PROGRAMS

## The UPMC 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.***

## UPMC Moving Through Cancer Program

This program is available to all UPMC Hillman Cancer Center patients by referral from your medical team. The program offers one-on-one fitness assessment, education, and exercise sessions by meeting in person or virtually with an exercise oncology specialist. Virtual exercise sessions are for those 65 and older, and it is a 12-week program. Currently in person sessions occur at UPMC Hillman Shadyside but additional locations will be opening.

***For more information, call 412-623-3427 or email [mtchcc@upmc.edu](mailto:mtchcc@upmc.edu)***

Website: <https://hillman.upmc.com/cancer-care/exercise-oncology>

## 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.***

## 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. This program is only for patients residing in the north central region of PA. 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. Virtual attendance is available also. This program is a partnership with UPMC Hillman Cancer Center, Williamsport, Susquehanna Health Foundation, and the Paternostro Cancer Foundation. ***For more information, call Laurie King at 570-320-7877.***



### **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](http://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, Zumba, mindfulness minutes, daily dose of exercise and reiki. **For more information and to register, call 412-338-1919.** Website: [cancerbridges.com](http://cancerbridges.com)

### **Therapeutic Art and Creative Writing Programs - Cancer Bridges**

Cancer Bridges offers art classes, craft programs, and a creative writing program. The therapeutic art group meets in person and virtually. **For more information about the programs and to register, call 412-338-1919.** Website: [cancerbridges.com](http://cancerbridges.com)

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

This is a 7-week series focusing on the Pillars of Wellness, featuring a wide variety of medical professionals, and encouraging movement and exercise. Open to all adult members.

The program is offered twice per year. **For more information or to register, call 412-338-1919 or email Jen Kehm at [jen@cancerbridges.org](mailto:jen@cancerbridges.org).** Website: [cancerbridges.org](http://cancerbridges.org)

### **Let's Get Moving- Cancer Bridges**

This program provides one-on-one movement and nutrition consultations. Has your cancer treatment decreased your physical activity? Meet with an Exercise Specialist to learn how you can regain strength, endurance and find confidence in your body again. Janette Poppenberg ACSM Cancer Exercise Trainer will meet with those in treatment, or those who recently (in the past 2-3 years) completed treatment, and customize their physical activity.

**For more information, call Colleen at (412) 338-1919, or email [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org)**

Website: [cancerbridges.org](http://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](http://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](http://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 **Healing Spirits Group** meets the first and third Thursday of the month at 9:30 a.m. All 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](http://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, children, and families- 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](http://cancerbridges.com)**

### **Calm Pittsburgh**

Calm is Survivor owned and operated. A collaborative therapeutic approach is used, consisting of a multi-disciplinary team of Licensed Professionals (Counselors, Social Workers, Marriage and Family Therapists, & Psychologists) all trained in chronic illness, oncology, and the neurodivergent. Possible free therapy through a grant with YASU, or training clinicians. In network with most commercial insurances (not Medicaid). Locations in Monroeville, Lawrenceville, and virtually. **For more information, call 412-857-3717 or email [info@calmpittsburgh.com](mailto:info@calmpittsburgh.com) Website: [www.calmpittsburgh.com](http://www.calmpittsburgh.com)**

## **Charlie Health**

Charlie Health provides virtual intensive outpatient (IOP) services for adolescents and adults struggling with mental health. The program includes 9 hours of peer-matched group therapy, 1-hour individual therapy, 1 hour of family therapy, + medication management/psychiatric services as needed. Additionally, they have art, music, dance, and drama therapy, as well as yoga, mindfulness and meditation + free supplemental family support programs. Live experienced cohorts available for BIPOC, Neurodivergent, Perinatal/Postpartum, Military, and LGBTQIA + communities. In-network with most commercial insurances, TRICARE, VA, CCN, and 3 CHIP plans. No waitlists. **For more information, call local outreach 412-969-9388, or email [lamont.craven@charliehealth.com](mailto:lamont.craven@charliehealth.com), or contact admissions at 866-484-8218. Referral Link: <https://www.charliehealth.com/referrals>**  
Website: [www.charliehealth.com](http://www.charliehealth.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 724-935-3580 or email [info@face2facehealing.org](mailto:info@face2facehealing.org).** Website: [face2facehealing.org](http://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.**

# **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 724-935-3580 or email [info@face2facehealing.org](mailto: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](mailto: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**

YASU offers financial assistance for individuals 18-45 when diagnosed who qualify; must be a registered YASU member. **For more information and to register, visit [yasurvivors.org](http://yasurvivors.org)**

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

**Visit [ywbcaf.org](http://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 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](mailto:colleen@cancerbridges.org).** Website: [cancerbridges.org](http://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 every Sunday: one group meets at 1 p.m. and another group meets at 3 p.m. **For more information, call 724-463-8535 or email Pastor Kathy Mihoerck at [kmihoerck@indianagrace.org](mailto: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. This program is offered both in person and virtually. ***For more information and to register, call 412-338-1919 or email Colleen Diehl at [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org). Website: [cancerbridges.org](http://cancerbridges.org)***

### **Let's Get Moving- Cancer Bridges**

This program provides one-on-one movement and nutrition consultations. Meet with an Exercise Specialist to learn how you can regain strength, endurance and find confidence in your body again. Janette Poppenberg ACSM Cancer Exercise Trainer will meet with those who have completed treatment in the past 2-3 years and will customize physical activity. ***For more information, call Colleen at (412) 338-1919, or email [colleen@cancerbridges.org](mailto:colleen@cancerbridges.org)***  
Website: [cancerbridges.org](http://cancerbridges.org)

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