

# UPMC Hillman Cancer Center

Listing of Resource, Support and  
Educational Programs

For Patients and Families

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

Listing does not imply endorsement.

Revised July 2021

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# UPMC RESOURCES

## **Center for Counseling and Cancer Support**

**(412)623-5888**

Psychologists provide individual and family therapy to help patients and families deal with the emotional challenges of cancer. There is also a psychiatrist on staff to advise patients about medication for concerns such as anxiety, depression and difficulty sleeping.

Common issues for which help is provided include stress management techniques, worry, sadness, difficulty sleeping, irritability, concerns about children, dealing with uncertainty about the future, changes in sexuality and body image, and issues related to the end of life.

You can ask your physician for a referral or you can call directly for information and an appointment.

## **Emotional Crisis Phone Line - Re:solve Crisis Network**

**1-888-796-8226**

UPMC provides a confidential emotional crisis phone line, Re:solve Crisis Network. This service is available toll-free 24 hours a day, seven days a week. Whether you are overwhelmed by fear, depression, anxiety, grief, or stress, a trained counselor is available to talk with you on the phone and offer support and help as needed. If you live in Allegheny County, a counselor can also travel to wherever you are. If you live outside of Allegheny County, the counselor will help you find help close to your home. There is no fee for this service.

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

**(412)623-2937** or 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, and employment and disability issues. These services are free of charge.

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

**(412)623-5771**

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, and meditation. Coordinated by Dr. Lanie Francis, a medical oncologist, providers from the community implement customized care plans across the cancer journey.

## **Center for Integrative Medicine**

**(412)623-3023** <http://integrativemedicine.upmc.com>

The UPMC Center for Integrative Medicine staff works with each patient to identify physical, spiritual, and emotional needs and selects appropriate treatments. Some of the services available include naturopathic consultation, acupuncture, massage and relaxation therapies, mindfulness meditation, and yoga. Additionally, monthly lectures are offered free of charge.

### **Pain and Supportive Care/Palliative Care Services**

**(412)692-4724**

Based at UPMC Hillman Cancer Center, this group of specialists coordinates with the treating oncologist to help patients manage symptoms related to a diagnosis of cancer and side effects of cancer treatment. The multidisciplinary team of physicians, nurses, and psychotherapists work together to provide comprehensive:

- Pain evaluation and management
- Management of other symptoms such as fatigue, nausea, anxiety, and depression
- Psycho-social support in coping with a diagnosis of cancer

### **UPMC Gumberg Family Resource Center - Hillman Cancer Center Shadyside**

**(412)623-4733** Please call or stop in for more information. The Resource Center is located on the ground floor of Hillman Cancer Center in Shadyside. Educational and supportive materials are available while Patient Navigators help to answer any questions and guide patients and families to services and support. This is the best way to connect to all the supportive services and resources offered at Hillman Cancer Center and in the community.

### **UPMC Patient & Family Resource Center - Hillman Cancer Center Passavant McCandless**

**(412)748-5762** or e-mail Kathleen Bryte, MSN, RN, OCN at [bryteka@upmc.edu](mailto:bryteka@upmc.edu)

Or stop in for more information. Located on the 1<sup>st</sup> floor inside "C" entrance

Monday thru Friday 8 am - 4:30 pm

Offers referrals to patient and family services & support, computers for patient & family use, free pamphlets and books to borrow on types of cancer, treatment, and patient support; plus offers "Chemotherapy 101" class either virtually or in person for patients, caregivers, & family members new to chemotherapy treatment.

### **Cancer Genetics Program**

**1-800-454-8156**

Genetic Counseling Services at UPMC Hillman Cancer Center are coordinated through the Cancer Genetics Program, a joint program of the University of Pittsburgh Cancer Institute and Magee Women's Hospital of UPMC. Specialists will provide expert clinical consultation and education in cancer genetics, coordination of research into cancers with a strong genetic component, and cancer risk assessment for individuals and their families who are concerned about risks for cancer and how genetic inheritance may play a role.

### **Prevention and Early Detection Services**

**(412)623-1266** for more information / **(412)647-1809** to make an appointment.

UPMC Hillman Cancer Center provides cancer risk reduction education and early detection screenings, available to everyone, regardless of ability to pay. Our on-site health care provider will discuss cancer risk and review the recommended cancer screening guidelines.

Examinations may include breast, cervical, colorectal, oral, prostate, and skin.

### **LiveWell Survivorship Program**

**For appointments at Hillman in Shadyside (412)623-3425**

Call to schedule your appointment with Dr. Van Londen at Pittsburgh's UPMC Hillman Cancer Center. The oncologist and survivorship care team work with each survivor to improve the quality of life with comprehensive personalized care. The program delivers specialized expertise for survivors of all cancers including: -Surveillance for cancer recurrence -Prevention and management of the short and long-term effects of treatment -Lifestyle and adjustment to life after cancer-Additional workshops available throughout the year free of charge.

# NATIONAL ORGANIZATIONS OFFERING LOCAL HELP

## **American Cancer Society**

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

The American Cancer Society (ACS) provides free information, day-to-day help, and emotional support to people with cancer and their loved ones. Connect with trained Cancer Information Specialists 24/7 to get accurate, up-to-date information and find valuable services. Contact by phone (1-800-227-2345) or [Live Chat](#) on [cancer.org](http://cancer.org)

Some programs offered are:

Reach to Recovery- 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- A safe online community where cancer patients and caregivers can find others with similar experiences in discussion boards and chat rooms.

## **Leukemia & Lymphoma Society**

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

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

How to Contact Us

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.

Some 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're 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 for the Pittsburgh chapter; 1-800-955-4572 national number.

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

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

The South Hills, Greensburg, 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 for the virtual support groups or call.

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>

Family Support Group of Wheeling:

<https://www.llsform.org/ho0999ser/whl1fsg/index.html>

### **Our Clubhouse – Stay Connected for Multiple Myeloma**

(412)338-1919 or contact Colleen at [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org)

Meeting virtually 2<sup>nd</sup> Tuesday of the month from 6-7:30 pm

Education and support for the person with multiple myeloma and their partner, family or close friend.

### **International Waldenstrom’s Macroglobulinemia Foundation (IWMF) of Pittsburgh and Cleveland**

(724)433-5687 Marcia Klepac [marciaklep@hotmail.com](mailto:marciaklep@hotmail.com) or

(330)533-4921 Shariann Hall [shari19ster@gmail.com](mailto:shari19ster@gmail.com)

Meeting virtually, please call or email for information

Provides education and support for patients and caregivers who are touched by the rare lymphoma Waldenstrom’s.

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

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

Meeting virtually the 3<sup>rd</sup> Wednesday of the month from 7-8:30 pm

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

## **Brain**

### **Cancer Caring Center**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually 3<sup>rd</sup> Thursday of the month at 4:30 pm

Call or email to register.

## **Breast**

### **Cancer Caring Center – Breast Cancer Support**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually 2<sup>nd</sup> Wednesday of the month at 6:00 pm

Call or email to register.

**Cancer Caring Center – Young Women’s Breast Cancer Support (YWBCAF)**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually every Thursday at 7:00 pm

Call or email to register.

**Our Clubhouse – Stay Connected Living Life with Metastatic Breast Cancer**

(412)338-1919 or contact Colleen at [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org) to register

Meeting virtually 3<sup>rd</sup> Tuesday of the month from 6-7:30 pm For those diagnosed with stage IV (metastatic) breast cancer.

**Breast Cancer Support Group in Blair County**

(814)935-3738 contact Becky for information

Currently trying to meet in person. Please call to verify. Meets 1<sup>st</sup> Thursday of the month from 6-7:30 pm at UPMC Altoona Medical Center, conference room 1516, 9<sup>th</sup> Ave, Altoona.

Does not meet in July or Jan.

**Butler Breast Cancer & Women’s Cancer Support Group**

(724)282-4421 Cheryl Schaefer

Not meeting currently but patients can call Cheryl for peer-to-peer support.

**Breast Cancer Support Group in Erie at the UPMC Hillman Regional Cancer Center**

(814)836-2636 Maryann Frontino, please call for information.

**Breast Cancer Support Group in Fayette County**

(724)628-5173 Donna Welsh

Not currently meeting but patients can call Donna for support and information.

**Breast Cancer Support Group in Washington County**

(724)250-6034 Washington Health System at the Cameron Wellness Center

Meets the 3<sup>rd</sup> Tuesday of every other month; Jan, Mar, May, July, Sept, Nov from 6-7:30 pm

Please call for more information and to register.

**Breast Cancer Support in Washington County at the Monongahela Hospital**

(724)258-1704, please call for more information.

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

412-680-6496 or [cglock@glockfoundation.org](mailto:cglock@glockfoundation.org) Meets 2<sup>nd</sup> Friday every other month at Bend the Bridge Yoga in Bridgeville PA 6:00-7:30 pm. Learn about and discuss current clinical breast cancer trials. Support for women is given for food, childcare and transportation if participating in a clinical trial.

**UPMC Pinnacle Breast Cancer Support**

(717)231-8900 – please call for information

[www.UPMCPinnacle.com](http://www.UPMCPinnacle.com) or email [Laspejj@upmc.edu](mailto:Laspejj@upmc.edu)

Can also join their Facebook page for details: UPMC Central PA

Currently meeting virtually every 3<sup>rd</sup> Wednesday at 6:30 pm.

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

(717)231-8900 – please call for information

[www.UPMCPinnacle.com](http://www.UPMCPinnacle.com) Meets the 4<sup>th</sup> 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

Meeting virtually on the last Monday of each month at 6:30 pm. Please call to register.

## **Colorectal**

### **Cancer Caring Center – GI Cancer Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually 3<sup>rd</sup> Tuesday of the month at 6:30 pm

Call or email to register.

## **Esophageal**

### **UPMC Esophageal Cancer Surgery Support**

(412)623-3288 Currently not meeting but peer-to-peer support is available.

## **Head & Neck**

### **Cancer Caring Center – Head & Neck Cancer Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually 1<sup>st</sup> Wednesday of the month at 6:00 pm

Call or email to register.

### **Face 2 Face Healing Support Group**

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

Meets virtually the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month

For patients with conditions causing facial disfigurements and differences.

Website address is [www.face2facehealing.org](http://www.face2facehealing.org)

## **Mesothelioma**

### **Mesothelioma Support Group**

(affiliated with the mesothelioma applied research foundation)

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

Currently not meeting but patients can call for peer-to-peer support.

## **Metastatic**

### **Cancer Caring Center – Metastatic Cancer Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually 1<sup>st</sup> Thursday of the month at 5:00 pm; call or email to register.

### **Our Clubhouse – Stay Connected Living Life with Metastatic Breast Cancer**

(412)338-1919 or contact Colleen at [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org) to register

Meeting virtually 3<sup>rd</sup> Tuesday of the month from 6-7:30 pm

For those diagnosed with stage IV (metastatic) breast cancer.

## **Neuroendocrine**

### **Neuroendocrine cancer awareness network (NCAN) support Group**

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

Meeting virtually; please call or email for information.



## **Ovarian**

### **Cancer Caring Center – Ovarian Cancer Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually 3<sup>rd</sup> Monday of the month at 6:30 pm

Call or email to register.

## **Pancreatic**

### **Our Clubhouse – Pancreatic Cancer Support Group**

(412)338-1919 or contact Colleen at [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org)

Meeting virtually 2<sup>nd</sup> Thursday of the month from 6:30-8:00 pm

Education & support for the person with pancreatic cancer and their partner, family or close friend.

## **Prostate**

### **Our Clubhouse – Prostate Cancer Support Group**

(412)338-1919 or contact Colleen at [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org)

Meeting virtually 1<sup>st</sup> Tuesday of the month from 6:00-7:00 pm

Education & support for the person with prostate cancer and their partner, family or close friend.

### **UPMC Hillman/Pinnacle Prostate Cancer Support and Education**

[pcsupportgroup@upmc.edu](mailto:pcsupportgroup@upmc.edu) email to register

Meeting virtually the 3<sup>rd</sup> Thursday of each month from 6:00-8:00 pm.

### **US Too Prostate Support**

(412)877-6053 Bob Bowyer [bkbowyer@gmail.com](mailto:bkbowyer@gmail.com)

Currently not meeting in person or virtually, but patients can call for peer-to-peer support.

### **Prostate Cancer Support & Education Group at Monongahela Hospital in Washington County**

(724)292-9404 please call for more information.

## **Thyroid**

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

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

Call or email for more information.

also have a Facebook page: ThyCa-Pittsburgh

## **Women's Cancer**

### **Cancer Caring Center – Women's Cancer Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Currently all meeting virtually; please call or email to register.

Oakland 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month at 5:30 pm.

Northside 3<sup>rd</sup> Monday of the month at 6:30 pm.

Johnstown 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month at 6:00 pm.

**Cancer Caring Center – African American Women’s Cancer Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Currently meeting virtually; please call or email to register. Oakland 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month at 6:00 pm.

**Women’s Cancer Virtual Education Series 2021 offered by the Magee Womens Cancer Program**

(412)641-4469 please call for information

August 12-Genetics & High Risk, Sept 9-Self Image & Sexuality, Oct 14-Financial Toxicity & Solutions

Meets virtually through Microsoft Teams.

Presentations are from 5:30-6:30 and Q&A from 6:30-7:30 pm.

**UPMC Pinnacle Women’s Cancer Support Group**

(717)988-1421 or email [laniganme@upmc.edu](mailto:laniganme@upmc.edu) for information

Meets in person the 1<sup>st</sup> Thursday of each month at 2:00 pm.

**UPMC Pinnacle Gyn Oncology and Breast Cancer Support Group in York, PA**

(717)231-8900 for information

Meets in person the 4<sup>th</sup> Monday of each month at 6:00 pm.

**Butler Breast Cancer & Women’s Cancer Support Group**

(724)282-4421 Cheryl Schaefer

Not meeting currently but patients can call Cheryl for peer-to-peer support.

**UPMC Hillman Erie Regional Cancer Center- Gynecological Cancer Support Group**

(814)835-9607 please call Ann Marie Cronk for more information.

## GENERAL CANCER SUPPORT GROUPS

**Cancer Caring Center – General Cancer Weekly Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com) website: [www.cancercaring.org](http://www.cancercaring.org)

Currently meeting virtually with various speakers and discussions every Wednesday at 5:00 pm. Please call or email to register.

**Cancer Caring Center – General Cancer Monthly Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Currently meeting virtually, the 2<sup>nd</sup> Tuesday of each month at 4:00 pm. Please call or email to register.

**Our Clubhouse – Allegheny and Westmoreland County cancer support groups**

(412)338-1919 and (724)221-6182 or Colleen at [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org) to register.

Currently meeting virtually and preregistration is required. They offer various support groups, art therapy, yoga, exercise, meditation, social activities, and networking. [www.ourclubhouse.org](http://www.ourclubhouse.org)

**UPMC General Cancer Support Group UPMC East (on Microsoft Teams)**

(412)285-3708 Madison Deery [deerym@upmc.edu](mailto:deerym@upmc.edu) Call or email for information.

Meeting virtually the 2<sup>nd</sup> Wednesday of each month from 2:00-3:00 pm.

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

(724)463-8535 Jan Woodard [TextingThruCancer@gmail.com](mailto:TextingThruCancer@gmail.com)

or email Pastor Kathy at [kmihoerck@indianagrace.org](mailto:kmihoerck@indianagrace.org) Facebook page: Courage and Cancer. Meets virtually through the Grace United Methodist Church in Indiana, PA on Wednesdays at 1:00 pm on zoom. This group open to anyone who lives with cancer, including patients, survivors, caregivers and those who have lost a love one to cancer.

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

(412)647-1809 Please call Betty Dowdy for more information.

Meets virtually the 4<sup>th</sup> Thursday of each month from 12:00-1:00 pm.

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

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

Meeting in person at the Stoneridge Covenant Church, 811 Dressel Rd, Allison Park, PA 15101 on the 1<sup>st</sup> Monday of the month at 7:00 pm.

### **Cancer Support Group in Clinton County**

(570)748-4302 please call Fran Decker, MSW, Support Group Facilitator.

Currently not meeting in person, but patients can call for support.

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

(814)373-2335 please call for more information.

Meets at the Yolanda G. Barco Oncology Institute, 16792 Conneaut Lake Rd, Meadville, PA. Facilitated by Dr. Kathy Berkey.

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

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

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

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

### **Face 2 Face Healing- (Support for all types of cancer at any stage)**

(724)935-3580 or [info@face2facehealing.org](mailto:info@face2facehealing.org) website: [www.face2facehealing.org](http://www.face2facehealing.org)

Meets virtually every other Tuesday at 6:00 pm.

### **General Cancer Support in Lawrence County**

(724)971-7293 Not currently meeting, but patients can call Diane for support and information.

### **General Cancer Support Group in Potter County**

(814)647-8616 call June Buckler for more information.

Meets at the UPMC Cole Patterson Cancer Center, 1001 E. Second Street, Coudersport, PA 16915. Will be resuming in person support meetings.

### **Wellsboro Cancer Support Group in Tioga County**

(570)320-7877 please call Laurie King, social worker for more information. Currently meeting virtually when in person meetings begin, they will be held at the UPMC Susquehanna Soldiers & Sailors Building.

### **General Cancer Support Group in Washington County**

(724)258-1475 please call for more information. Meetings held at the Monongahela Hospital.

### **LGBTQ Cancer Support Group**

[www.yasurvivors.org/find-support](http://www.yasurvivors.org/find-support) to register Meeting virtually through zoom the 1<sup>st</sup> Tuesday of each month from 8:00-9:30 pm ET/5:00-6:30 pm PT. Led by Tom Pier, LCSW, OSW-C, CMF. For any adult who has or had cancer and identifies with this community.

## AGE SPECIFIC SUPPORT GROUPS

### **Young Adult Cancer Support Group**

Visit [www.yasurvivors.org](http://www.yasurvivors.org) to register; sponsored by Young Adult Survivors United.  
Meets virtually every Tuesday from 7:00-9:00 pm ET and Fridays from 12:00-1:00 pm ET.

### **Young Adult African American Cancer Support Group**

Visit [www.yasurvivors.org](http://www.yasurvivors.org) to register; sponsored by Young Adult Survivors United.  
Meets virtually the 2<sup>nd</sup> Monday of each month from 6:00-7:30 pm ET.

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

Visit [www.yasurvivors.org](http://www.yasurvivors.org) to register; sponsored by Young Adult Survivors United.  
Prayer Group meets virtually the 1<sup>st</sup> Wednesday of each month from 7:00-8:00 pm ET.  
Book Club Group meets virtually 4<sup>th</sup> Wednesday of each month from 7:00-8:00 pm ET.  
Grief Support Group meets virtually 2<sup>nd</sup> Monday of each month from 6:00-7:30 pm ET.  
There are also virtual socials, education, and empowering workshops ongoing throughout the year. Financial assistance is also available for those who qualify.

### **Co-Survivor Cancer Support Group**

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

### **Cancer Caring Center – Young Women’s Breast Cancer Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)  
Sponsored by the YWBCAF (Young Women’s Breast Cancer Foundation)  
Meets virtually every Thursday at 7:00 pm. Please call or email to register.

### **Cancer Caring Center – Young Adult Caregiver Cancer Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)  
Meets virtually the 3<sup>rd</sup> Monday of each month at 6:00 pm. Please call or email to register.

### **Our Clubhouse – Family and Youth Support**

(412)338-1919 or e-mail Abby Ziegler [aziegler@ourclubhouse.org](mailto:aziegler@ourclubhouse.org)  
When cancer happens, it happens to the whole family. Families impacted by cancer can meet individually or as a group with Our Clubhouse’s Child Life Specialist to discuss their needs. Kids and Teen social activities programs are also offered.

## CAREGIVER SUPPORT GROUPS

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

(412)692-4724 call for more information or email [santurec@upmc.edu](mailto:santurec@upmc.edu)  
Meeting virtually through zoom until further notice. Meets 2<sup>nd</sup> Tuesday of the month and the 4<sup>th</sup> Wednesday of the month from 1:00-2:00 pm.

### **Cancer Caring Center – Caregiver Cancer Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)  
Meets virtually the 3<sup>rd</sup> Tuesday of each month at 6:00 pm. Please call or email to register.

### **Cancer Caring Center – Young Adult Caregiver Cancer Support Group**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)  
Meets virtually the 3<sup>rd</sup> Monday of each month at 6:00 pm. Please call or email to register.

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

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

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

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

(814)373-3381 Kelly Wright or (814)373-3519 Shelley Pence; please call for more information.

Meets at the Yolanda G. Barco Oncology Institute, 16792 Conneaut Lake Rd, Meadville, PA.

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

(724)463-8535 Jan Woodard [TextingThruCancer@gmail.com](mailto:TextingThruCancer@gmail.com)

or email Pastor Kathy at [kmihoerck@indianagrace.org](mailto:kmihoerck@indianagrace.org)

Meets virtually through the Grace United Methodist Church in Indiana, PA on Wednesdays at 1:00 pm on zoom. This group open to anyone who lives with cancer, including patients, survivors, caregivers and those who have lost a love one to cancer. They also have a Facebook page: Courage and Cancer.

## OSTOMY SUPPORT GROUPS

### **Pittsburgh Ostomy Society – Ostomy Support Group**

(412)261-3937 or email [pittsburghostomysociety@gmail.com](mailto:pittsburghostomysociety@gmail.com)

They are meeting but call to confirm; not handicap accessible; parking \$1.00 at the Liberty parking garage across the street. Facebook page: Pittsburgh Ostomy Society

Meets 3<sup>rd</sup> 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.

## WELLNESS SUPPORT GROUPS

### **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.

### **Cancer Caring Center – Nutrition Classes**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually the 2<sup>nd</sup> Monday of each month at 5:00 pm. Please call or email to register.

### **Cancer Caring Center – Gentle Movement and Breathing**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of each month at 9:00 am. Please call or email to register.

### **Cancer Caring Center – Art Therapy**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually the 4<sup>th</sup> Thursday of each month at 6:30 pm. Please call or email to register.

**Cancer Caring Center – Taking Control of You – PT, OT, SLP**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually the 3<sup>rd</sup> Saturday of each month at 9:30 am and the 4<sup>th</sup> Wednesday of each month at 6:00 pm. Please call or email to register.

**Cancer Caring Center – Integrative Energy Healing into your Wellness**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually the 1<sup>st</sup> Wednesday of each month at 12:00 pm. Please call or email to register.

**Cancer Caring Center – Cognitive Toolbox (improving memory and attention)**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)

Meets virtually the 4<sup>th</sup> Monday of each month at 7:00 pm. Please call or email to register.

**Face 2 Face Healing-**

(724)935-3580 or [info@face2facehealing.org](mailto:info@face2facehealing.org)

Meets virtually every other Tuesday beginning 7/13 at 6:00 pm.

This is for people with any type of cancer at any stage.

**Our Clubhouse-**

(412)338-1919 or [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org) for more information

From diagnosis through treatment and in transition to life beyond cancer, Our Clubhouse helps prevent and manage the adverse effects of the disease. Our Clubhouse offers creative expressive workshops, educational lectures, family and youth programs, health and wellness classes and social activities. [www.ourclubhouse.org](http://www.ourclubhouse.org)

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

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

They offer numerous support groups and various other programs.

All are currently virtual via zoom.

## PROFESSIONAL COUNSELING

(One-on-One)

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

(412)623-2937 or 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, and employment and disability issues. These services are free of charge.

**Center for Counseling and Cancer Support**

(412)623-5888 Call or ask your doctor for a referral. Located at UPMC Shadyside Medical Center. Meeting 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 and to help with concerns such as anxiety, depression, and difficulty sleeping.

**Cancer Caring Center**

(412)622-1212 or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com) website: [www.cancercaring.org](http://www.cancercaring.org)

Provides free emotional support and guidance for individuals, couples, and families/caregiver.

### **Face 2 Face Healing**

(724)935-3580 or [info@face2facehealing.org](mailto:info@face2facehealing.org) website: [www.face2facehealing.org](http://www.face2facehealing.org)

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

### **Our Clubhouse**

(412)338-1919 or [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org)

Offers free One-on-One Short Term Individual Support to individuals, caregivers/friends, children, youth, and families. [www.ourclubhouse.org](http://www.ourclubhouse.org)

## FINANCIAL ASSISTANCE

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

(412)623-2937 or 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.

### **Face 2 Face Healing**

(724)935-3580 or [info@face2facehealing.org](mailto:info@face2facehealing.org)

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

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

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

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

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

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

### **Young Adult Survivors United**

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

Offers financial assistance for those that qualify; may receive up to \$500 annually.

## SURVIVORSHIP SUPPORT

### **UPMC Hillman LiveWell Survivorship Program**

(412)623-3425 Please call for more information and to schedule an appointment.

The oncologists and survivorship care teams work with survivors to make their quality of life better. They give in-depth, personalized, individual care to help cancer survivors thrive. They offer specialized knowledge about prevention and management of the short-term and long-term effects of treatment.

**Women's Cancer Virtual Educational Series 2021 offered free with the LiveWell Survivorship Program.**

**(412)641-4469** Please call for information about the series and to register.  
August 12-Genetics & High Risk, Sept 9-Self Image & Sexuality,  
Oct 14-Financial Toxicity & Solutions.  
Meets virtually through Microsoft Teams.  
Presentations are from 5:30-6:30 and Q&A from 6:30-7:30 pm.

**Cancer Caring Center – Post Treatment Moving on Support Group**

**(412)622-1212** or [cancercaringpgh@gmail.com](mailto:cancercaringpgh@gmail.com)  
Meets virtually the 2<sup>nd</sup> Tuesday of each month at 6:30 pm. Please call or email to register.

**Courage & Cancer Support Group**

**(724)463-8535** Jan Woodard [TextingThruCancer@gmail.com](mailto:TextingThruCancer@gmail.com)  
or email Pastor Kathy at [kmihoerck@indianagrace.org](mailto:kmihoerck@indianagrace.org)  
Meets virtually through the Grace United Methodist Church in Indiana, PA  
on Wednesdays at 1:00 pm on zoom. This group open to anyone who lives with cancer,  
including patients, survivors, caregivers, and those who have lost a love one to cancer.  
They also have a Facebook page: Courage and Cancer.

**Our Clubhouse – Stay Connected Living Life After Cancer**

**(412)338-1919** or contact Colleen at [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org) to register.  
Meeting virtually the 3<sup>rd</sup> or 4<sup>th</sup> Monday of the month from 6-7:30 pm.

**Our Clubhouse- Living Life Post Cancer Treatment Program (LLPCT)**

**(412)338-1919** or [cdwyer@ourclubhouse.org](mailto:cdwyer@ourclubhouse.org) to register or learn more.  
Developed by Our Clubhouse, LLPCT 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 2.5 hours and offers 30 minutes of exercise, a light meal,  
and a presentation from experts. [www.ourclubhouse.org](http://www.ourclubhouse.org)

July 2021