

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 August 2022

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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)647-2811 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

Or stop in for more information. Located on the 1st 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 will 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

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://www.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

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 masters level 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; 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 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>

Myeloma Family Support Group in Youngstown/Warren. Contact Matt Giambattista at mgiambattista@yahoo.com for information.

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 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 and 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 the 3rd 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

Brain Cancer Support - Cancer Bridges

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

Meeting virtually 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 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

Young Women's Breast Cancer Support (YWBCAF)

Email Jen at jen@ywbcaf.org and obtain information on dates and times. website: www.ywbcaf.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

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 1st Thursday of the month from 6-7:30 pm at UPMC Altoona Medical Center, conference room 1516, 9th Ave, Altoona. Does not meet in July or Jan.

Butler Breast Cancer & Women's Cancer Support Group

(724)282-4421 contact Cheryl Schaefer

Meeting in person at the Trinity Lutheran Church off Route 308, beside Clearview Mall. Use doors closest to Route 308. Handicapped accessible. Meets 1st Tuesday of month from 7-9 pm.

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 Pinnacle Breast Cancer Support

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

Can also join their Facebook page for details: UPMC Central PA Breast Cancer Survivors Currently meeting every 3rd Wednesday of the month at 6:00 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.

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/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 including but not limited to gallbladder, pancreatic, liver, small bowel, anal, rectal, colon, stomach, cholangiocarcinoma, for all stages & ages. 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

Face 2 Face Healing Support Group

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

Meets virtually the 2nd and 4th Tuesday of each month from 6-7:00 pm.

For patients with conditions causing facial disfigurements and differences and their caregivers.

Website address is www.face2facehealing.org

This organization also provides support to patients with all types of cancer.

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.

Ovarian

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

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

Meets 3rd Monday of the month at 6:00 pm. Support for those diagnosed with all stages, focusing on emotional support and educational topics. This organization also offers peer-to-peer and caregiver support. 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 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 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

US Too Prostate Support

(412)877-6053 Bob Bowyer bkbowyer@gmail.com

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

UPMC Susquehanna Prostate Cancer Support Group

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

Thyroid

ThyCa Thyroid Cancer Support Group

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

Call or email for more information.

also have a 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 or get information.

Currently meeting virtually the 2nd and 4th 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 or get 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 or get 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. Most of the members in this group live in the Johnstown area. website: www.cancerbridges.org

Women's Cancer Virtual Education Series 2022 offered by the Magee Women's Cancer Program

(412)641-4469 please call for information. The program will begin in March of 2022.

UPMC Pinnacle - Women's Cancer Support Group

(717)988-1421 or email laniganme@upmc.edu for information.

Meets in person 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

Meeting in person at the Trinity Lutheran Church off Route 308, beside Clearview Mall. Use doors closest to Route 308. Handicapped accessible. Meets 1st Tuesday of month from 7-9 pm.

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. website: www.cancerbridges.org

Courage & Cancer Support Group

(724)463-8535 Jan Woodard TextingThruCancer@gmail.com or email Pastor Kathy at kmihoerck@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 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. Meeting 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 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.

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

(724)344-7578 to call Karen Sculli or email info@face2facehealing.org Meets virtually the 2nd and 4th Tuesday of each month from 6-7:00 pm. For patients with conditions causing facial disfigurements, as well as all cancer patients and their caregivers. Website address is www.face2facehealing.org

General Cancer Support in Lawrence County & Ellwood City

(724)971-7293 Meets at the Gallo Italian Village the 3rd Thursday of the month at 6:00 pm.

LGBTQ Cancer Support Group

www.yasurvivors.org/find-support to register Meeting 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.

AGE SPECIFIC SUPPORT GROUPS

Young Adult Weekly Cancer Support Group

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 Monthly Cancer Support Group

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.

Young Adult Monthly LGBTQ+ Cancer Support Group

Visit www.yasurvivors.org to register, sponsored by Young Adult Survivors United. Meets virtually 1st Tuesday of the month from 8:00 to 9:30 pm ET.

Other Young Adult Cancer Support Programs

Visit www.yasurvivors.org to register; sponsored by Young Adult Survivors United. They also sponsor social events, education, and empowering workshops (like challenging negative thoughts and self-talk) ongoing throughout the year; they also offer a Young Adult Cancer Camp. Additionally, a Grief Support Group is available. Financial assistance is available for those who qualify through their financial support program. YASU hosts an annual golf outing scheduled for July 23, 2022, and a YASU Wig Out event scheduled for October 28, 2022. They are also a registered charity of the Pittsburgh Marathon. Please check the website for more information.

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.

Young Women's Breast Cancer Support (YWBCAF)

Email Jen at jen@ywbcaf.org and obtain information on dates and times. website: www.ywbcaf.org

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 and 3rd 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 2022 Series

(412)692-4724 call for more information or email Christie at santurec@upmc.edu for meeting link. Meeting virtually through zoom until further notice. Meets 2nd Tuesday of the month and the 4th Wednesday of the month from 1:00-2:00 pm.

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

UPMC Hillman Williamsport/Susquehanna – Caregiver Cancer Support Group

Call **(570)320-7877** Laurie King, patient navigator for information and to register. Meeting virtually 2nd Wednesday of the month at 6:00 pm.

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

(724)463-8535 Jan Woodard TextingThruCancer@gmail.com
or email Pastor Kathy at kmihoerck@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 open to anyone who lives with cancer, including patients, survivors, caregivers and those who have lost a loved one to cancer.

OSTOMY SUPPORT GROUPS

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 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 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.

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 different 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 Group (for patients with all types of cancer and their caregivers)

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

Healing services include massage therapy, reiki, acupuncture, meditation, and art therapy. For patients with conditions causing facial disfigurements, as well as all cancer patients.

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

(412)647-2811 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 Bridges- Free Supportive Short-Term Counseling

Call **(412)338-1919** for information. website: www.cancerbridges.org
Provides 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)935-3580 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
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

(412)647-2811 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
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** 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 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. They also offer evening workshops.

Women's Cancer Virtual Education Series 2022 offered by the Magee Women's Cancer Program with the LiveWell Survivorship Program

(412)641-4469 please call for information. The program will begin in March of 2022.

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** Jan Woodard TextingThruCancer@gmail.com

or email Pastor Kathy at kmihoeck@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

August 2022