



INSPIRED CONSCIOUS LIVING



LOVE
To Our Bodies
Letters™



CANCER RESOURCE
GUIDE

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LOVE To Our Bodies™ Letters



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While conducting research for the *LOVE LETTERS TO OUR BODIES* project, it became apparent that there is a wealth of resources available to support people journeying with cancer. This Resource Guide was assembled from that research. Among the data are: Support groups, both allopathic and complementary approaches to treatment, transportation to appointments, cosmetic, financial assistance, and more.

This guide is not exhaustive; however, many of the websites included have resource sections as well. Please explore the treasure trove of informational, financial and other support services available to assist you or loved ones who are in treatment for cancer. Use the blank pages in the back to add other helpful resources that you find. i

Remember, you are not alone. You have the support of many who have walked this same path.





LOVE To Our Bodies™ Letters



PAY ATTENTION TO YOUR BODY

WARNING SIGNS	WHAT TO LOOK FOR
<ul style="list-style-type: none"> • Unusual bleeding/discharge 	<ul style="list-style-type: none"> • Blood in urine or stool • Discharge from any parts of your body, for example nipples, penis, etc.
<ul style="list-style-type: none"> • A sore which does not heal 	<p>Sores that:</p> <ul style="list-style-type: none"> • don't seem to be getting better over time • are getting bigger • become more painful • are starting to bleed
<ul style="list-style-type: none"> • Change in bowel or bladder habits 	<ul style="list-style-type: none"> • Changes in the color, consistency, size, or shape of stools. (diarrhea, constipated) • Blood present in urine or stool
<ul style="list-style-type: none"> • Lump in breast or other part of the body 	<ul style="list-style-type: none"> • Any lump found in the breast when doing a self examination. • Any lump in the scrotum when doing a self exam. • Other lumps found on the body.
<ul style="list-style-type: none"> • Nagging cough 	<ul style="list-style-type: none"> • Change in voice/hoarsness • Cough that does not go away • Sputum with blood
<ul style="list-style-type: none"> • Obvious change in moles 	<p>Use the ABCD RULE:</p> <ul style="list-style-type: none"> • Asymmetry: Does the mole look the same in all parts or are there differences? • Border: Are the borders sharp or ragged? • Color: What are the colors seen in the mole? • Diameter: Is the mole bigger than a pencil eraser (6 mm)?
<ul style="list-style-type: none"> • Difficulty in swallowing 	<ul style="list-style-type: none"> • Feeling of pressure in throat or chest which makes swallowing uncomfortable • Feeling full without food or with a small amount of food

Note: If you experience any of these warning signs, you should consult your doctor. It is important to note that many of the listed warning signs, as well as a myriad of others, can point to less serious medical problems than cancer. It does not necessarily mean that cancer is present, but it is a sign you should not ignore. If the cause of your symptoms is cancer, early diagnosis and treatment will offer a better chance of cure.

ORGANIZATION	WEBSITE	MISSION	SERVICES	CONTACT INFO
African American Breast Cancer Alliance, Inc (AABCA)	https://aabcainc.org	Building awareness, networking, resources and support for Black women and men impacted by breast cancer.	Providing hope, awareness, education, emotional and social support to breast cancer survivors, their family members and the community.	P.O. Box 8981 Minneapolis, MN 55408 info@aabcainc.org 612-462-6813
American Cancer Society	https://www.cancer.org/	Cancer Support Community	National organization with resources organized by state	800-4-CANCER
American Association for Cancer Research	https://www.aacr.org/patients-caregivers/	Organization focused on Cancer Research	Helpful information about cancer research that is driving the development of new and better ways to prevent, detect, diagnose, treat, and cure these often devastating diseases.	615 Chestnut St., 17th Floor Philadelphia, PA 19106-4404 aacr@aacr.org 215-440-9300
American Institute for Cancer Research	https://www.aicr.org	Champions the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity.	The American Institute for Cancer Research helps patients and families understand the roles that lifestyle and nutrition can play in the prevention and treatment of cancer.	1560 Wilson Boulevard, Suite 1000 Arlington, VA 22209 1-800-843-8114 Fax: 202- 328-7226
Angel Foundation for Twin Cities, MN Only	https://bit.ly/3R8bmjb	Emergency Financial Assistance for active cancer treatment who live (or receive treatment) in the eleven-county Twin Cities, Minnesota metro area	Adult & Family Programs ~ Facing Cancer Together provides a variety of free, kid-friendly activities and resources that teach healthy communication and coping skills	1155 Centre Pointe Drive, Ste. 7, Mendota Heights, Minnesota 55120 612-627-9000 Fax- 612- 338-3018
Annie Appleseed Project	https://annieappleseedproject.org	A nonprofit organization of volunteers who have experienced cancer dedicated to presenting information about complementary and alternative medicine (CAM)	Information and advocacy about evidence based Complementary Therapies for Cancer, CAM Cancer Clinics, Personalized Medicine, Alternative Therapies; CAM for Cancer Conferences	Annie Appleseed Project Delray Beach, FL annieappleseedpr@aol.com 561-749-0084
Bikers Against Breast Cancer	http://www.bikersagainstcancer.org	A national nonprofit organization was established by a motorcycle enthusiast, in an effort to help in the battle against breast cancer.	Provides temporary financial assistance to people who are directly or indirectly affected by cancer and who are struggling to pay their common living expenses. Mini grants of \$300.	Bikers Against Breast Cancer, Inc. PO Box 3183 Newark, New Jersey 07103 973-819-3519

ORGANIZATION	WEBSITE	MISSION	SERVICES	CONTACT INFO
Black Women's Health Imperative	https://bwhi.org	First nonprofit organization created by Black women to help protect and advance the health and wellness of Black women and girls.	Investments in evidence-based strategies, and bold new programs and advocate health-promoting policies.	Administrative, Communications and Development Headquarters - 384 Northyards Blvd NW, Bldg 100/Suite 190, Atlanta, GA 30313
Breast Cancer Alliance	https://breastcanceralliance.org	To promote the goals of improve survival rates & life quality, invest in innovative research, breast surgery fellowships, education, dignified regional support and screening for the underserved.	Grants, events, books and other educational resources including exercise, patient resources, supplies & wigs, support, and webinars.	48 Maple Avenue Greenwich, CT 06830 info@breastcanceralliance.org 203-861-0014
Breast Cancer Prevention Partners	https://www.bcpp.org/resource/african-american-women-and-breast-cancer/	Breast Cancer Prevention Partners (BCPP) is a national organization working to eliminate toxic chemicals and other environmental exposures that lead to breast cancer.	BCPP works to eliminate the non-genetic risk factors linked to breast cancer—to save lives and prevent the disease before it starts.	1388 Sutter Street, Suite 400 San Francisco, CA 94109-5400 contact@bccpp.org 415-346-8223 toll-free 866-760-8223
Cancer and Careers	https://www.cancerandcareers.org/en	Empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events.	Resources for work-related issues, legal & financial, conferences, workshops, webinars, networking, resume writing, career coaching.	cancerandcareers@cew.org 646-929-8032
Cancer Support Community	https://www.cancersupportcommunity.org	The Cancer Support Community has 175 locations worldwide, including 52 licensed affiliates and health care partnerships.	Education, information and support helpline for patients, cancer experience registry, lifeline calendaring websites, recipe gallery, three institutes and more. Find the Cancer support community near you on the website.	888-793-9355
Cancer Hope Network	https://cancerhopenetwork.org	Cancer Hope Network provides free one-on-one emotional peer support to adult cancer patients and their loved ones.	400+ volunteers are at least one year post-treatment or successfully undergoing maintenance therapies. They offer support from diagnosis, through treatment and into recovery.	2 North Road – Suite A Chester, NJ 07930 877-HOPENET 877.467.3638 info@cancerhopenetwork.org
Celebrating Life Foundation	https://www.celebratinglife.org	Devoted to making breast cancer powerless by educating, encouraging, and empowering those most impacted by the disease	21st year anniversary of the Sister to Sister Fitness Festival	10455 N. Central Expressway, Ste. 109-124, Dallas, TX 74231 214- 475-0661

ORGANIZATION	WEBSITE	MISSION	SERVICES	CONTACT INFO
Center for Disease Control and Prevention (CDC)	https://www.cdc.gov/cancer/breast/resources/index.htm	To promote health and quality of life by preventing and controlling disease, injury, and disability	Videos, podcasts, graphics, print materials (English and Spanish) Take Action to Lower Risk Infographics – Genetic Counseling	800-232-4636
Cervivor	https://cervivor.org	Cervivor is a global community of patient advocates who inspire and empower those affected by cervical cancer	Educating and motivating cervical cancer patients to use their voices for creating awareness to end stigma, influence decision and change, and end cervical cancer	info@cervivor.org
Charlotte Maxwell Clinic	https://www.charlottemaxwell.org	To provide San Francisco Bay Area low-income women with cancer the opportunity for improved health outcomes and quality of life by providing free access to compassionate, integrative care.	Free Acupuncture; Massage & Bodywork; Energy Work; Movement Therapy; Nutrition Education; Homeopathy & Herbs; Support Services	411 30th Street, Suite 508 OAKLAND, CA 94609 510.601.7660 mail@charlottemaxwell.org
CHIPSA Hospital	https://chipsahospital.org	Alternative Cancer Treatment In Mexico. Enhanced Gerson Therapy Hospital & Advanced Immunotherapy.	IV Apatone, Insulin Potentiation Therapy, Immunotherapy	CHIPSA Hospital Nubes 670 Esquina Creston Secc.Jardines Del Sol Playas Tijuana, Baja California Mexico CP 22505 1-(855) 624-4772 +1-619-483-3344
Contra Costa Oncology	https://contracostaoncology.com	Integrative Cancer Care	From acupuncture and esthetic services to nutritional counseling, Chemo Suite, Full Service Lab, biological treatments	Walnut Creek Danville Rossmoor, CA 925.939.9610 925.939.9630 FAX
Dana-Farber Cancer Institute	https://www.dana-farber.org/health-library/recipes	Integrative medicine, nutrition information and more.	Known for patient-centered care where patients are seen not only by physicians and nurses, but also by specialists in other areas of cancer care, such as social work, nutrition, integrative therapies, and many others.	450 Brookline Avenue Boston, MA 02215 617-632-3000
Dream Foundation	https://www.dreamfoundation.org	Serving terminally-ill adults and their families by providing end-of-life Dreams that offer inspiration, comfort and closure.	Dream recipients live in the United States, including Alaska, Hawaii and Puerto Rico, are 18 and older, are diagnosed with a life limiting illness with a life expectancy of 12 months or less, and lack the resources to fulfill the Dream themselves.	1528 Chapala Street, Suite 304, Santa Barbara, CA 93101 888-4DREAMS 888-437-3267

ORGANIZATION	WEBSITE	MISSION	SERVICES	CONTACT INFO
Environmental Working Group (EWG)	https://www.ewg.org/foodnews/dirty-dozen.php	Information about research to make healthier choices and live a healthy life	Research on food, water, other areas of focus; Consumer Guides	https://www.ewg.org/who-we-are/contact-us
Gilda's Club	https://bit.ly/cansupportcom	The Wellness Community and Gilda's Club Worldwide joined to become the Cancer Support Community providing patient care and/or social and emotional support programs for men, women, teens and children living with cancer in a nonresidential setting.	Many local groups are still registered as Gilda's Clubs. Links to local clubs can be found on the website: https://www.cancersupportcommunity.org/find-location-near-you	(see Cancer Support Community)
HealthTree Foundation for Multiple Myeloma	https://healthtree.org/myeloma	The mission is to improve patient outcomes by removing barriers to a cure. The HealthTree Foundation is a patient-driven, 501(c)3 non-profit organization that empowers patients with rare diseases at each step of their disease journey.	HealthTree recently launched a new website for for black Multiple Myeloma patients. The website serves as an informational hub for Black patients and caregivers as well as a forum to increase awareness of and access to specialized myeloma resources. - Blackmyelomahealth.org .	2600 Executive Parkway Suite 380 Lehi, UT 84043 info@healthtree.org 800-709-1113
Moyo Institute, Inc.	https://www.moyoinstitute.org	Moyo's mission is to offer heart-centered educational experiences that foster inner peace, happiness, wellbeing, creativity, connection and oneness.	Provide supportive, healing activities that focus on the mind/body connection. Train individuals to tap into their innate healing capacity.	info@moyoinstitute.org P.O. Box 10084 Oakland, CA 94610-0084 510-904-4069
National Black Family Cancer Awareness Week	https://www.fda.gov/about-fda/oncology-center-excellence/national-black-family-cancer-awareness-week-blackfamcan	Empowering Patients Living with Cancer, Survivors, Advocates and Consumers	Multiple events	
National Breast Cancer Foundation, Inc.	https://www.nationalbreastcancer.org	Breast cancer information (early detection and education) and support services.	Educational guides, National Mammography Program, Patient Navigator Program; financial assistance resources	7460 Warren Pkwy, Suite 150 Frisco, TX 75034 972-248-9200
National Cancer Institute (NCI)	https://www.cancer.gov/types/breast/mammograms-fact-sheet	Cancer Information Services	Federal Government's principal agency for cancer research	800-4-CANCER

ORGANIZATION	WEBSITE	MISSION	SERVICES	CONTACT INFO
National Comprehensive Cancer Network	https://www.nccn.org/patients	The National Comprehensive Cancer Network® (NCCN®) is a not-for-profit alliance of 32 leading cancer centers devoted to patient care, research, and education. NCCN is dedicated to improving and facilitating quality, effective, equitable, and accessible cancer care so all patients can live better lives	Guidelines for patients, Patient webinars, resources for patients & caregivers, payment assistance information, list of advocacy and support groups	https://www.nccn.org/patientresources/patient-resources/breast-cancer-resources
National Consortium of Breast Centers (NCBC)	https://www.cdc.gov/cancer/	Nonprofit member organization dedicated to excellence in breast health care.	List of various national breast cancer resources	
National Directory of Integrative Health & Medicine Centers	https://fonconsulting.com/resources/integrative-oncology-centers/	Positioning integrative health organizations for long term growth while advancing evidence-based integrative medicine as the standard of care.	List of Integrative Health and Medicine Providers by State	FON Consulting FON Therapeutics, Inc. 705 Milshire Court Silver Spring, MD 20905 USA 301 384 2476 info@FONconsulting.com
Office of Women's Health Department of Health and Human Services	https://www.womenshealth.gov/cancer	Active Duty and Veteran Women's Health	Breast Cancer Patient Education, Quick Health Data Online	200 Independence Avenue, SW Room 712E, Washington, DC 20201 202-690-7650 Fax: 202-205-2631
Patient Advocate Foundation (PAF)	https://www.patientadvocate.org/explore-our-resources/breast-cancer-resource-directory/	A national 501 (c)(3) non-profit charity that provides direct services to patients with chronic, life threatening and debilitating diseases to help access care and treatment recommended by their doctor.	Breast cancer resource directory	https://www.patientadvocate.org/contact/

ORGANIZATION	WEBSITE	MISSION	SERVICES	CONTACT INFO
Red Door - Formerly Gilda's Club NYC	https://reddoorcommunity.org/	Create a welcoming community of FREE cancer support, to bring knowledge, hope and empowerment to anyone and everyone impacted by cancer and their families.	A full complement of free cancer support, emotional and educational programs, and healthy lifestyle workshops online and in-person.	195 West Houston St New York, NY 10014 212-647-9700 Fax: 212-647-1151 (212) 647-9700
SHARE	www.sharecancersupport.org	Support for women facing breast, ovarian, uterine, cervical or metastatic breast cancer.	Educational programs, helpline, support groups.	165 West 46th Street Suite 712 New York, NY 10036 Phone: 212-719-0364 Toll-Free 844-ASK-SHARE (844-275-7427)
Sisters by Choice	https://sistersbychoice.org	To significantly reduce the incidence and severity of breast cancer by delivering innovative programs that increase breast cancer awareness, education, and early detection. Provide treatment programs for underserved and uninsured men and women and establish a network of support group chapters.	In 2015, Sisters by Choice built a state-of-the-art mobile breast clinic to reach the under-served throughout the Metropolitan Atlanta area. The SBC Mobile Breast Clinic provides full service care with a breast specialist or physician assistant on site.	5910 Hillandale Drive, Suite 104 Lithonia, GA 30058 770-987-2951
Sisters Network Inc	https://www.sistersnetworkinc.org/affiliatechapters.html	Sisters Network® Inc. is committed to increasing local and national attention to the devastating impact that breast cancer has in the African American community.	Provides financial assistance to pay for mammograms for women in need and conference scholarships to help train African American breast cancer survivors to be advocate leaders in their communities.	Sisters Network Inc. - NATIONAL HEADQUARTERS 9668 Westheimer Rd., Ste. 200-132 Houston, TX 77063 infonet@sistersnetworkinc.org 866.781.1808/toll free
Sister2Sister, Inc.	https://www.s2scnj.org	Sanctuary, support, education, advocacy and programs	(BCAP) Program Transport to Chemo, Wigs Prosthetics, Financial assistance for rent, utilities, etc., Support	Sister2Sister, Inc. 1201 Hamilton Street Somerset, NJ 08873 s2s@s2scnj.org 732-246-8300

ORGANIZATION	WEBSITE	MISSION	SERVICES	CONTACT INFO
Smith Center for Healing and the Arts	https://smithcenter.org/	Community and hospital-based integrative cancer care navigation; Cancer programs; Arts & Healing	Cannabis Cancer Resources; Retreats; Art Gallery; Classes; Support Groups, Education	1632 U Street NW, DC programs@smithcenter.org 202.483.8600
Susan G. Komen Foundation	https://www.komen.org	Breast cancer information, support, and resources	Breast cancer help line, educational resources and interactive tools	helpline@komen.org Help: 1-877 GO KOMEN
Thelma D. Jones Breast Cancer Fund (TDJBCF)	https://tdjbreastcancerfund.org	Nonprofit organization for community outreach and advocacy in Washington, DC metro area.	Monthly support group, events, educational resources	https://tdjbreastcancerfund.org/resources (202) 251-1639
TOUCH, The Black Breast Cancer Alliance	https://touchbbca.org	TOUCH brings the collaborative efforts of patients, survivors, advocates, advocacy organizations, health care professionals, researchers, and pharmaceutical companies to work towards the common goal of eradicating Black Breast Cancer.	Historically Black Colleges and Universities Internship, The Doctor is In weekly live discussion on Facebook, Pink Table Talk - 3 generations discuss breast health, retreats, storytelling, and focus on research. #blackdatamatters	1011 Bay Ridge Avenue, Suite 200 Annapolis, MD 21403 info@touchbbca.org 443-758-1924
Women's Cancer Resource Center – Sister to Sister	https://www.wcrc.org	Equitable access to cancer information, support and care	Counseling, Emergency Financial Assistance, Sister to Sister Outreach	dolores@wcrc.org 510-809-0212
Young Survival Coalition	https://www.youngsurvival.org/	Young Survival Coalition (YSC) strengthens the community, addresses the unique needs, amplifies the voice and improves the quality of life of young adults affected by breast cancer, locally, nationally and internationally.	Educational materials for newly diagnosed, survivors, and caregivers. Online or in-person support. Events and advocacy. Survivor stories.	Young Survival Coalition 405 Lexington Avenue, 26th Floor New York, NY 10174; 800-221-2141; Phone: 877.972.1011 Fax: 646.257.3030
Y-Me National Breast Cancer Organization	https://www.y-me.org/	To ensure, through information, empowerment and peer support, that no one faces breast cancer alone	Store with post mastectomy products, educational materials, treatment information, and support.	contact@y-me.org



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LOVE LETTERS WORKSHOP



Note: This Resource List is not exhaustive. You may find additional resources on the websites of organizations listed.