



American Cancer Society Support & Self-Help Groups

1-800-ACS-2345

www.cancer.org

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American Cancer Society, 4550 E. Bell Road, Phoenix AZ 85032

***This booklet is to serve as a guide for our cancer patients who may need additional support & self- help. The guide does not guarantee assistance for our cancer patients. Support & self-help groups of the agencies vary from month to month and may not be available at the time of your call. If assistances are not available through these agencies, we may suggest contacting your local social worker.

SUPPORT AND SELF-HELP GROUPS

Table of Contents

About Support and Self-help Groups.....	pages 4 – 5
Breast Cancer Support Groups.....	pages 6 – 7
Breast Cancer Support on Internet.....	page 7
Bone Marrow Transplant Information on Internet.....	page 7
Brain Cancer Groups.....	page 8
Caregivers, Family & Friends Groups.....	pages 8 – 9
Childhood Cancer Groups.....	page 10
Childhood Cancer Support on Internet.....	page 10
Children Who Have A Family Member With Cancer.....	page 11
Children Who Have A Family Member With Cancer on Internet.....	page 11
Colorectal Cancer Support Group.....	page 12
General Cancer Groups.....	pages 12 – 13
General Cancer Support on Internet.....	page 14
General Support/Healing Arts Therapy.....	pages 14 – 20
Gynecological Cancer Support Groups.....	pages 20 – 21
Gynecological Cancer Support on Internet.....	page 21
Laryngectomy Group.....	page 21
Leukemia, Lymphoma & Related Cancer Groups.....	page 22
Lung Cancer Support Groups.....	page 22
Lymphedema Support Group.....	page 23
Multiple Myeloma Cancer Group.....	page 23
Oral, Head & Neck Cancer.....	pages 23 – 24
Ostomy Groups.....	pages 24 – 25
Pancreatic Cancer Group.....	page 25
Prostate Cancer Group.....	page 26
Prostate Cancer Support on Internet.....	page 26
Visits – One-on-one.....	page 27

Grief Support Groups follow on the **Next Page>>>**

SUPPORT AND SELF-HELP GROUPS

Table of Contents (continued)

General Grief Support	pages 27 – 31
General Grief Support on the Internet.....	page 31
Grief Groups for Parents Who Have Lost A Child.....	pages 31 - 32
Internet Support For Parents Who Have Lost A Child.....	page 32
Grief Programs for Children.....	page 32
Telephone & Internet Web Sites Information on Travel.....	page 33
Telephone Information Lines & Internet Web Sites.....	pages 33 – 35
Spanish Information for Telephones and Internet.....	page 35

SUPPORT AND SELF-HELP GROUPS CENTRAL ARIZONA REGION

Support Group (a group of people who meet to discuss common problems) - while it is not a therapy group, a support group is therapeutic since participants gain mutual support and education.

One dozen good reasons to consider a support group (suggestions have been extracted from an article by Arlene D'Alli, A.C.S.W., in the June, 1987, issue of SupportLine)

1. You'll meet people with similar concerns; as a result, understand more about the problem.
2. You gain an "extended family".
3. Just by getting out of the house, you will help alleviate that feeling of isolation.
4. You'll be with others who understand how you feel: you will realize you're not alone.
5. You get to help others. You'd be surprised how much knowledge you have acquired already.
6. You learn practical tips to help you cope with everyday situations.
7. You will be actively doing something about a difficult situation, and this alone will Make you feel more positive.
8. You will gain valuable, current information and resources concerning the problem.
9. You will improve your coping strategies as you learn what has worked for others.
10. The groups will keep your expectations realistic.
11. The groups will help you prepare for the future.
12. Perhaps, most importantly, you will increase self-esteem by being supported for what You are doing right.

Now you know what there is to gain from attending a support group. But remember, the experience is only as good as the effort you put into it! So here are a few suggestions:

- Be an active participant; speak up. Focus on what you came to the group for, or you will leave feeling like you wasted your time.
- Decide how much you wish to disclose. Don't feel you must "pour it all out" if you aren't comfortable.
- Learn to trust the group. You need to trust someone - a group of strangers is pretty safe. After all, you don't have to see them again. You can't say the same about your family.
- Don't expect the group to immediately solve your problems and change your life; change is an ongoing process. The support group will help you gauge how well you're doing over time.
- Listen closely but discriminately; decide for yourself what information applies to your situation.

This Support Group list is updated quarterly.

FOR MORE INFORMATION, PLEASE CONTACT THE AMERICAN CANCER SOCIETY AT (800) 227-2345.

This list of support groups is distributed by the American Cancer Society for your information and should not be considered an endorsement by the American Cancer Society.

BREAST CANCER SUPPORT GROUPS

Location

- Ahwatukee/
Chandler Support Group for Breast Cancer: “**Bosom Buddies**” Meets the 2nd Saturday of month from 10:00 – 12:00 pm. in the Conference Room at Dignity Health Urgent Care Ahwatukee, 4545 E. Chandler Blvd., Phoenix. For more information call (602) 460-9893.
- Chandler Breast Cancer Support Group: Meets the 2nd Monday of the month from 2:00 – 3:30 pm at Ironwood Cancer & Research Center, 685 S Dobson Rd. Chandler AZ. For more information please call Kelly Huey at (480) 340-4013
- Glendale Breast Cancer Support: “**Breast Buds**” Meets the 3rd Saturday of the month from 11:00 – 1:00 pm at the MidFirst Bank Building in the conference room, 6508 W. Bell Rd., Glendale, AZ. Contact Nancy at (480) 657-0500 for more information.
- Glendale Breast Cancer Support Group: Meets the 4th Tuesday of the month from 5:30 – 6:45 pm on the 1st floor of Banner Thunderbird Medical Center, Outpatient Services Building, Quality Management/CPAI Office, 5555 W Thunderbird Rd., Glendale AZ. For additional information please contact Patricia DeBruhl, Oncology Counselor (602) 865-5450.
- Mesa Breast Cancer Support Group: Meets the 4th Tuesday of the month from 5:00 – 6:15 pm on the 1st floor of Banner Desert Medical Center, Hope Springs Rm., 1400 South Dobson Rd. Mesa, AZ. For additional information contact Veronica Villanueva, Oncology Counselor (480) 412-5578.
- Mesa Support Group for Breast Cancer: “**Bosom Buddies**” meets the 2nd Tuesday of the month from 6:30 – 8:30 pm at the Women’s Center at Baywood Medical Center, located at 6644 E. Baywood Ave., Mesa. For additional information contact Lula Stephens at (480) 969-4119, or Betty Baerg at (480) 358-0198 or at bettybaerg@cox.net.
- Mesa Support Group for Metastatic Breast Cancer: Meets the 1st Wednesday of the month from 11:30 – 1:00 pm. at Banner Desert Medical Center, Rosati Education Ctr., Mesquite Room, 1400 S Dobson Rd, Mesa, AZ. For additional information please contact Veronica Villanueva, Oncology Counselor (480) 412-5578.
- Peoria Support Group for women with Breast Cancer: “**Bosom Buddies**” Meets the 1st Thursday of the month from 6:30 – 8:30 pm at La Quinta Inn & Suites, 16321 N. 83rd Ave., Peoria AZ. For additional information call Dianne Scudder at (623) 979-4279 or cell at (602) 531-9123.
- Phoenix Breast Cancer Learn & Support Group: Meets the 2nd and 4th Thursday of the month from 6:00 - 8:00 pm at HonorHealth Breast Health and Research Center, 19646 N. 27th Ave, Ste. 205. For additional information call (623) 434-2784.

BREAST CANCER SUPPORT GROUPS (CONT'D)

- Phoenix Coalition of Blacks Against Breast Cancer: Meets the 3rd Sunday of the month from 3:00 p.m – 5:00 p.m. Located at the Cancer Support Community AZ, 360 E Palm Ln., Phoenix, AZ 85004. www.cbbc.org
- Scottsdale Breast Cancer Support Group: Meets 2nd Wednesday of the month from 12:00 – 1:30 pm in Suite 301 at the HonorHealth Virginia Piper Cancer Center, 10460 N 92nd St. For additional information or to register for the class call (480) 323-1321.
- Scottsdale Breast Cancer Support Group: Meets the 2nd Saturday of the month from 10:00 – 12:00 pm at the Ironwood Cancer & Research Ctr. at 8880 W Desert Cove, Scottsdale AZ. For additional information call Kelly Huey at (480) 340-4013.
- Sun City Breast Support Groups: “**Bosom Buddies**” meets the 3rd Tuesday of the month from 6:00 - 8:00 pm at Banner Boswell Medical Center, in Memorial Hall West. Located at 13180 N. 103rd Drive, Sun City, AZ. For additional information call (623) 236-6616.

BREAST CANCER SUPPORT ON THE INTERNET

Group	Website	Info
American Cancer Society's web site - Breast Cancer Network (BCN)	www.cancer.org	
Bosom Buddies	www.bosombuddies-az.org	
Breast Buds	www.BreastBuds.org	
SAVI Sisters	www.savisisters.com	For women with early-stage breast cancer considering radiation therapy
Y-Me Breast Cancer Support	www.y-me.org	
Susan G. Komen Foundation	www.komen.org	
Patient Center	www.patientcenters.com/breastcancer	For women initially diagnosed with stage IV breast cancer or for those facing recurrence.
Young Survival Coalition	www.youngsurvival.org	For breast cancer patients 40 and under

BONE MARROW TRANSPLANT INFORMATION ON THE INTERNET

Group	Website
Blood & Marrow Transplant Information Network	www.bmtinfonet.org
National Bone Marrow Transplant Link (BMT Link)	www.nbmtlink.org

BRAIN CANCER GROUPS

- Phoenix Support Group: Gray Matters Brain Tumor group meets the 4th Tuesday of the month at 6:00 - 8:00 pm at St. Joseph's Hospital for support and social (complimentary buffet). 500 West Thomas Rd., Phoenix. Conference room 1 & 2 on back side of cafeteria. Park in 5th Ave. garage. For additional information call Lanette Veres at (623) 205-6446 or graymattersfoundation.org.
- Valleywide American Brain Tumor Association: Offers support group information and publications on brain tumors. For additional information call (800) 886-2282.

CAREGIVERS, FAMILY & FRIENDS GROUPS

- Chandler Caregiver Discussion Group: Meets every Monday from 1:00 – 3:00 pm at Lutheran Risen Savior Church, Room 110, 23914 South Alma School Road, Chandler. For additional information call Neighbors Who Care social worker Bonnie Kosar (480) 895-7133.
- Chandler Caregiver Support Group: Meets the 3rd Saturday of the month from 10:00 – 12:00 pm at Ironwood Cancer & Research Center, 685 W Dobson Rd., Chandler. For more information contact Kelly Huey at (480) 340-4013.
- Chandler Support Group for Patients and Family: Meets the 3rd Wednesday of the month from 2:00 – 3:00 pm, Chandler Regional Medical Center, Morrison Board Room, 1875 W Frye. For additional information call Carlene Wesley (480) 728-3256
- Glendale Patient and Caregiver Cancer Support Group: Meets the 2nd Tuesday of the month from 5:30 – 6:45 pm on the 1st floor of Banner Thunderbird Medical Center, Outpatient Services Building, Quality Mgmt/CPAI office, 5555 W Thunderbird Rd., Glendale AZ 85306. For additional information please contact Patricia DeBruhl, Oncology Counselor (602) 865-5450.
- Goodyear Caregiver Support Group Meets every Thursday of the month 3:00 - 4:30 pm at Christ Evangelical Lutheran Church, 918 S Litchfield Road, Goodyear AZ. To register call Christie Kramer (623) 594-0891
- Mesa Caregiver Cancer Support Group: Meets the 3rd Tuesday of the month from 5:00 – 6:15pm on the 1st Floor of Banner Desert Medical Center, Hope Springs room, 1400 S Dobson Rd. For additional information contact Veronica Villanueva, Oncology Counselor (480) 412-5578.
- Mesa Caregiver Support Group: Meets every Wednesday at 10:00 am at the Mesa Senior Center, 247 N. McDonald, Mesa. For additional information call (480) 962-5612.

CAREGIVERS, FAMILY & FRIENDS GROUPS (CONT'D)

- Phoenix Caregiver Support Group: Meets the 1st Wednesday of the month from 10:00 – noon at the Desert Mission Food Bank, 9229 N 4th Street, Phoenix AZ. For additional information call Ann Paulus at (602) 870-6374
- Phoenix Support Group for Family, Friends and Caregivers: Meet weekly, Day & Evening options at Cancer Support Community Arizona, 360 E. Palm Lane, Phoenix. For additional information and dates please call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org
- Phoenix Support Group for Patients and Family Members: “You Are Not Alone” Meets on the 2nd and 4th Thursday of the month from 5:30 – 7:00 pm at Native Health, 4041 N. Central Ave., Building C. For additional information call (602) 279-5262 Ext. 3114.
- Phoenix Support Groups for Veterans and Family Members: Meets every Wednesday from 1:00 – 2:00 pm at Phoenix VA Health Care System in the Community Living Center room K11. For additional information call (602) 277-5551 ext. 5218 or ext. 6946
- Scottsdale Caregiver and Family Support Group: Meets the 3rd Wednesday of the month from 5:50 – 6:30 pm in room Suite 206 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale. For additional information or to register for the class call (480) 323-1321
- Scottsdale Caregivers Support Group: “Caring for a Loved One” (Sponsored by Duet) meets the 2nd and 4th Tuesday of the month from 10:00 – 11:30 am in Room 8 at Via Linda Senior Center, 10440 E Via Linda Rd., Scottsdale 85258. For additional information contact (480) 312-5810.
- Sun City West Cancer Support Group: Group is open to anyone dealing with a cancer diagnosis. Explore ways to deal with stressors of the diagnosis and find support with others in a caring environment. Meets once per month, for additional information contact Sun Health at (623) 207-1703.
- Valley Wide Support Group for Patients, Family Members, and Healthcare Professionals: “The Group Room” Radio talk show that offers support to cancer patients, family members, caregivers and healthcare professionals. Sundays 1:00 - 3:00 pm Pacific time & 4:00 - 6:00 pm Eastern time, on KFNB 11:00 AM. To participate call (800) 477-7666 or (818) 508-5657.

CHILDHOOD CANCER GROUPS

- Phoenix **Teen Support Group:** Support for teens with cancer and teens who have a family member that has cancer. Cancer Support Community Arizona, 360 E Palm Lane. For additional information on Teen Activities or to register for the support group call (602) 712-1006. For calendar information visit www.cscsz.org.
- Phoenix **Hope Kids:** Provides ongoing events & activities for children with cancer or other life-threatening medical conditions. For additional information call Robert Cantral at (800) 935-2789.
- Phoenix **Starlight:** Helping seriously ill children & their families cope with pain, fear and isolation through entertainment, education & family activities. For information call Rebecca Arvizu (602) 284-0449.
- Phoenix **Leukemia and Lymphoma Society:** Patient financial aid, family support groups, education programs & materials. For additional information call (800) 955-4572.
- Valleywide **Beads of Courage:** Is a supportive care intervention. Through the program, children acquire different colored beads that serve as tangible, visible symbols of the many procedures and treatments they experience during cancer treatment. For additional information call (520) 331-1984

CHILDHOOD CANCER SUPPORT ON THE INTERNET

Group	Website
Banner Health	www.bannerhealthaz.com
Beads of Courage	www.BeadsofCourage.net
Camp Kesem	www.campkesem.org
American Childhood Cancer Organization	www.acco.org
National Childhood Cancer Foundation	www.nccf.org
Starbright/Starlight Foundation	www.starlight.org
Kidscope	www.kidscope.org
Teens Living with cancer	www.teenslivingwithcancer.org
2bme	2bme.org

CHILDREN WHO HAVE A FAMILY MEMBER WITH CANCER

- Chandler **CLIMB**: Six week long support group for children ages 6-12 whose parent or caregiver has cancer, includes art projects, discussions and a concurrent parent group at the Ironwood Cancer & Research Center at 685 S Dobson Rd. Chandler. If interested in the next program please contact Kelly Huey, Ironwood Cancer and Research Center at (480) 340-4013
- Glendale **CLIMB**: A Bi-annual, six week supportive and educational program for children with a family member with cancer. Meetings held on Wednesdays from 5:00 – 7:00 pm. which includes a family-friendly group meal. Banner Thunderbird Medical Center, 5555 W. Thunderbird Rd. For additional information contact Patricia DeBruhl, Oncology Counselor (602) 865-5450.
- Mesa **CLIMB**: A Bi-annual, six week supportive and educational program for children with a family member with cancer. Meetings held on Wednesdays from 5:00 – 7:00 pm. which includes a family-friendly group meal. Banner Desert Medical Center, 1400 S Dobson Rd. For additional information contact Veronica Villanueva, Oncology Counselor (480) 412-5578.
- Phoenix **Kid 2 Kid**: Support for children with cancer and children who have a family member with cancer. Program offered at various locations across the valley. For additional information call (602) 712-1006. For calendar information visit www.twccaz.org.
- Phoenix **Teen Support Group**: Support for teens with cancer and teens who have a family member that has cancer. Cancer Support Community Arizona, 360 E Palm Lane. For additional information on Teen Activities or to register for the support group call (602) 712-1006. For calendar information visit www.cscaz.org.
- Prescott **Camp Kesem**: A free week long summer camp for the children of cancer patients. Ages 6-13. For additional information call Phillip Scharf at (617) 970-8339.
- Tempe **Arizona Camp Sunrise and Sidekicks**: Offers special camp programs and other services for children who have or have had cancer, and their brothers and sisters. For additional information call (480) 382-8564 or visit www.azcampsunrise.org.

INTERNET SUPPORT FOR CHILDREN AND FAMILY MEMBERS WITH CANCER

Group	Website
Cancer Really Sucks	www.cancerreallysucks.org

COLORECTAL CANCER SUPPORT GROUPS

Phoenix Colorectal Learn & Support Group: Meets the 3rd Saturday of the month from 10:00 – 11:30 am at Cancer Support Community Arizona, 360 E. Palm Lane. Phoenix. For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org

GENERAL CANCER GROUPS

Chandler Cancer Support Group: Meets 2nd Wednesday of the month from 6:30 – 8:30 pm. at Ironwood Cancer & Research Ctr., 685 S. Dobson Road, Chandler. For additional information contact Kelly Huey at (480) 340-4013.

Chandler Support Group: Meets the last Tuesday of the month from 5:00-6:30 pm. at Corner Stone Christian Fellowship, 1595 S. Alma School Rd. Chandler, Room A102. For additional information call Tom Stone (480) 726-7060.

Chandler Metastatic Cancer Support Group: Meets the 4th Wednesday of the month from 3:00 - 4:30 pm at Ironwood Cancer & Research Ctr., 685 S Dobson Rd., Chadler. For more information contact Kelly Huey at (480) 340-4013.

Glendale Patient and Caregiver Cancer Support Group: Meets the 2nd Tuesday of month from 5:30-6:45 pm on the first floor of Banner Thunderbird Medical Center, Outpatient Services Building, Quality Management/CPAI Office, 5555 W. Thunderbird Rd., Glendale. For additional information contact Patricia DeBruhl, Oncology Counselor (602) 865-5450.

Mesa Cancer Support Group: Meets the 1st Tuesday of the month from 5:00 - 6:15 pm on the first floor of Banner Desert Medical Center, Hope Springs Room, 1400 S. Dobson Rd., Mesa. For additional information contact Veronica Villanueva, Oncology Counselor (480) 412-5578.

Phoenix Faith Based General Cancer Support Group: Meets 2nd and 4th Tuesday of month from 5:45 p.m. to 8:00 p.m. at Phoenix First Assembly of God Church at Prayer Pavillion. 13613 N. Cave Creek Rd. Contact David Bryant 602-740-8333 for information or www.teamupagainstcancer.org

Phoenix General Cancer Support: “**Circle of Hope**” Bible study based. Meets 2nd and 3rd Wednesday of every month from 6:30 - 8:00 pm at Orangewood Church, 7510 N 27th Ave. Phoenix. For additional information call Teresa Hill (602) 942-1666

Phoenix Grupo de Apoyo: “Spanish Support Group”. Meets 2nd Tuesday of the month at the Cancer Support Community Arizona, 360 E. Palm Ln. Phoenix, AZ. For additional information call (602) 712-1006. For calendar information visit www.cscaz.org.

GENERAL CANCER GROUPS (CONT'D)

- Phoenix Participant Group: Meets on weekly at various times at the Cancer Support Community Arizona, 360 E. Palm Ln. Phoenix, AZ. For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.
- Phoenix Carcinod Learn & Support Group: Meets the 2nd Saturday of the month from 12:30 - 2:30 pm at Cancer Support Community Arizona, 360 E Palm Lane. For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.
- Phoenix Support Group: For patients and families of Veterans. Meets Wednesday's from 1:00-2:00 pm. at VA Medical Center, 650 E. Indian School Rd. in room K-112, 1st Floor. For additional information call Sandy Berman (602) 277-5551 ext 5253.
- Phoenix Surviving and Thriving: Meets the 2nd and 4th Tuesdays of the month from 1:00 - 2:30 pm at Cancer Support Community Arizona, 360 E. Palm Ln., Phoenix. For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.
- Scottsdale Chronic Pain Support: meets the 2nd Wednesday of the month from 6:30 – 8:00 pm in Room 8 at Via Linda Senior Center, 10440 E Via Linda Rd. Scottsdale, AZ 85258. (Sponsored by American Chronic Pain Association). For more information contact Penny Rickhoff at (480) 314-2330.
- Scottsdale Finding H.O.P.E (Helping Others, Providing Encouragement): For young parents in their 20's – 40's who have been diagnosed with cancer. Meets on the 3rd Tuesday of the month from 6:30 – 8:00 pm at The Café at Scottsdale Bible Church, 7601 E Shea Boulevard Scottsdale AZ 85260. Parking is free & childcare is not provided. For more information contact Emilie Lettieri, MSW at 913-710-8409 or emilie.lettieri@gmail.com.
- Sun City West Cancer Support Group: Group is open to anyone dealing with a cancer diagnosis. Explore ways to deal with stressors of the diagnosis and find support with others in a caring environment. Meets once per month at Grandview Terrace, 14515 W Granite Valley Dr. Sun City West AZ 85374. For date & time please call Sun Health at (623) 207-1703.
- Valleywide Support Group: “The Group Room” Radio talk show that offers Support to cancer patients, family members, caregivers, and Healthcare Professionals. Sundays 4:00-6:00 pm on KFNX 1100 AM. To participate call (800) 477-7666 or (818) 508-5657 or visit www.votaloptions.org or email at info@votaloptions.org.

GENERAL CANCER SUPPORT ON THE INTERNET

Group	Website	Information
African American Breast Cancer Alliance	www.aabcainc.org	
Banner Health Arizona	www.bannerhealthaz.com	
Bile Duct Cancer Online Support	www.cholangiocarcinoma.org	
Celebrating Life Foundation	www.celebratinglife.org	
Cancer Care-Online Support	www.cancercare.org	Groups discussions facilitated by trained oncology social workers
Cancer Survivor Network	www.csn.cancer.org	
Hope Center for Cancer Support	www.hopcenter.net/	Support groups and cancer information
Nueva Vida	www.nueva-vida.org	
Oncochat	www.oncochat.org	Chat with other cancer survivors

GENERAL SUPPORT/HEALING ARTS THERAPY

- Chandler Chair Yoga Class: Meets every Wednesday of the month from 10:00 – 11:00 am at Ironwood Cancer & Research Ctr., 685 S. Dobson Rd. Chandler. For additional information or to register for the class call Kelly Huey (480) 340-4013.
- Chandler Choose Right, Live Well: Learn about healthy eating during and after cancer treatment. Meets the 2nd Wednesday of the month from 4:00 – 5:00 pm at Ironwood Cancer & Research Ctr., 685 S. Dobson Rd. Chandler. For additional information or to register for the class call Kelly Huey (480) 340-4013.
- Chandler Tai Chi Class: Meets every 1st & 3 Tuesday of the month from 4:30 – 5:15 pm at Ironwood Cancer & Research Ctr., 685 S Dobson Rd. Chandler. For additional information or to register for the class call Kelly Huey (480) 340-4013.
- Gilbert Chair Yoga Class: Meets on the 1st & 3rd Tuesday of the month from 10:00 – 11:00 am at Ironwood Cancer & Research Ctr., 3686 S Rome St. Gilbert. For additional information or to register for the class call Kelly Huey (480) 340-4013.
- Gilbert Gentle Mat Yoga Class: Meets on Mondays at 11:00 am at Banner MD Anderson Cancer Ctr., 2946 E. Banner Gateway Dr., Gilbert, AZ. For additional information or to register for the class call (602) 230-2273.
- Gilbert Gentle Mindful Movement Yoga Class: Meets on Thursdays at 10:00 am at Banner MD Anderson Cancer Ctr., 2946 E. Banner Gateway Dr., Gilbert, AZ. For additional information or to register for the class call (602) 230-2273.

GENERAL SUPPORT/HEALING ARTS THERAPY (CONT'D)

- Gilbert Inspired! Creative Expression for Wellness: Meets on Fridays at 10:00 am at Banner MD Anderson Cancer Ctr., 2946 E. Banner Gateway Dr., Gilbert, AZ. For additional information or to register for the class call (602) 230-2273
- Gilbert Mind-Body-Connect Class: Meets the 1st & 3rd Wednesday of the month at 10:00 am at Banner MD Anderson Cancer Ctr., 2946 E. Banner Gateway Dr., Gilbert, AZ. For additional information or to register for the class call (602) 230-2273.
- Gilbert Nutrition During Cancer Treatment: Meets the 1st Tuesday of the month at 10:00am at Banner MD Anderson Cancer Ctr., 2946 E Banner Gateway Dr., Gilbert. For additional information or to register for the class call (602) 230-2273
- Gilbert Relax and Restore Yoga Class: Meets on Thursdays at 11:00 am at Banner MD Anderson Cancer Ctr., 2946 E. Banner Gateway Dr., Gilbert, AZ. For additional information or to register for the class call (602) 230-2273.
- Gilbert Tai Chi Class: Meets on the 2nd & 4th Tuesday of the month from 4:30 – 5:15 pm at Ironwood Cancer & Research Ctr., 3686 S Rome St., Gilbert. For additional information or to register for the class call Kelly Huey (480) 340-4013.
- Glendale Chair Yoga Class: Meets the 1st & 3rd Friday of the month from 1:00 – 2:00 pm at Ironwood Cancer & Research Ctr., 5810 W Beverly Ln. Glendale. For additional information or to register for the class, call Kelly Huey (480) 340-4013.
- Glendale In Living Color Art Group: Meets on specific Thursday s from 1:00 – 2:30 pm in the 3A Conference Room at Banner Thunderbird Medical Center, 5555 W. Thunderbird Rd. Glendale. For additional information, contact Patricia DeBruhl, Oncology Counselor (602) 865-5450.
- Glendale Tai Chi Class: Meets the 1st & 3rd Wednesday of the month from 1:00 – 2:00 pm at Ironwood Cancer & Research Ctr., 5810 W Beverly Ln. Glendale. For additional information or to register for the class call Kelly Huey (480) 340-4013.
- Glendale Tai Chi for Relaxation: Meets twice monthly on Thursday from 5:30 – 6:45 pm at Banner Thunderbird Medical Center, 5555 W Thunderbird Rd. Glendale. For additional information, contact Patricia DeBruhl, Oncology Counselor at (602) 865-5450.
- Mesa Art: Meets on specific Thursdays from 3:30 – 5:00 pm on the first floor at Banner Desert Medical Center, Hope Springs Room, 1400 S Dobson Rd. Mesa. For additional information contact Veronica Villanueva, Oncology Counselor (480) 412-5578.
- Mesa Tai Chi for Health: Meets weekly on Wednesdays from 6:00 – 7:15 pm in the Ironwood room in the Rosati Education Center at Banner Desert Medical Center, 1400 S Dobson Rd. Mesa. For additional information contact Veronica Villanueva, Oncology Counselor (480) 412-5578.

GENERAL SUPPORT/HEALING ARTS THERAPY (CONT'D)

- Mesa Yoga for Health: Meets weekly on Mondays from 6:00 – 7:15 pm in the Ironwood room in the Rosati Education Center at Banner Desert Medical Center, 1400 S Dobson Rd. Mesa. For additional information contact Veronica Villanueva, Oncology Counselor (480) 412-5578.
- Paradise Valley Drumming for Health: Meets the last Friday of the month from 6:00 – 7:30 pm at the Paradise Valley United Methodist Church, 4455 E Lincoln Dr., Paradise Valley. For additional information call the Cancer Support Community Arizona (602) 712-1006.
- Peoria Cooking for Life: Learn how to increase phytonutrients and antioxidants in these cooking demonstrations that include recipes to try at home. Meets monthly at the Peoria Community Center, 8335 W Jefferson St., Peoria AZ. For additional information, date & time please call the Cancer Support Community Arizona (602) 712-1006.
- Peoria Tai Chi: Learn gentle movements combined with meditation meant to improve strength, balance and concentration. Meets monthly at the Peoria Community Center, 8335 W Jefferson St., Peoria AZ. For additional information, date & time please call the Cancer Support Community Arizona (602) 712-1006.
- Phoenix Clay Class: Meets on Tuesdays from 6:00 – 7:00 pm at the Cancer Support Community Arizona, 360 E. Palm Ln., Phoenix. For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.
- Phoenix Cooking for Health: Meets the 4th Monday of the month from 6:00 – 7:30 pm at Banner University Medical Center, 1111 E McDowell Rd. Phoenix. For additional information call (602) 712-1006. For calendar information visit www.cscaz.org.
- Phoenix Cooking for Wellness: Meets every other month from 6:00 – 8:00 pm in Suite 205 at HonorHealth Breast Health and Research Center, 19646 N 27th Ave., Phoenix AZ. For additional information call (623) 434-2784.
- Phoenix Gentle Yoga: Meets on Tuesdays from 6:00 – 7:00 pm at the Cancer Support Community Arizona, 360 E. Palm Ln., Phoenix. For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.
- Phoenix Meditation for Healing: Meets the 1st & 3rd Thursday of the month from 6:00 – 7:00 pm in Room 400 at Medical Office Building 1 (HonorHealth Deer Valley Medical Ctr. Campus), 19841 N 27th Ave.,. For additional information call (623) 434-2784.
- Phoenix Peaceful Breathing and Relaxation: Meets the 4th Tuesdays of the month from 11:45 - 12:45 pm at Cancer Support Community Arizona, 360 E. Palm Ln., Phoenix. For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.

GENERAL SUPPORT/HEALING ARTS THERAPY (CONT'D)

- Phoenix Qi Gong – Easy Meditation: Meets on Tuesday from 9:00 – 10:00 am at Banner University Medical Center Phoenix, 1111 East McDowel Rd., Phoenix. For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.
- Phoenix Tai Chi: Meets on Thursday from 12:00 – 1:00 pm at the Cancer Support Community Arizona, 360 E Palm Ln., Phoenix. For additional information call the Cancer Support Community Arizona (602) 712-1006.
- Phoenix Yoga for Recovery: Meets every Wednesday from 6:00 – 8:00 pm in Room 400 at Medical Office Building 1 (HonorHealth Deer Valley Medical Center Campus) at 19841 N 27th Ave., Phoenix AZ. For additional information call (623) 434-2784.
- Scottsdale Art from the Heart: Meets every Monday at 2:00pm in Suite 203 at HonorHealth Virginia G. Piper Cancer Center at 10460 N 92nd St., Scottsdale AZ. To register for class call (623) 580-5800 or visit www.honorhealth.com/wellness/events. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Buff Bonest: Meets every Monday at 12:00pm in Suite 203 at HonorHealth Virginia G. Piper Cancer Center at 10460 N 92nd St., Scottsdale AZ. To register for class call (623) 580-5800 or visit www.honorhealth.com/wellness/events. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Chair Yoga Class: Meets the 2nd & 4th Friday of the month from 1:00 – 2:30 pm at Ironwood Cancer & Research Ctr., 8880 E Desert Cover Ave. Scottsdale. For additional information or to register for the class call Kelly Huey at (480) 340-4013.
- Scottsdale Coloring Me Calm: Meets the 2nd & 4th of the month from 1:00 – 2:00 pm at Ironwood Cancer & Research Ctr., 8880 E Desert Cover Ave. Scottsdale. For additional information or to register for the class call Kelly Huey at (480) 340-4013.
- Scottsdale Cooking Demonstration: Demo and tasting provided by the Escoffier Student Society and Le Cordon Bleu Cooking School. Meets the 4th Wednesday of the month from 5:00 – 6:30 pm at Ironwood Cancer & Research Center, 8880 E Desert Cover Ave. Scottsdale. For additional information or to register for the class call Tricia at (480) 855-2259. (No classes in June & July)
- Scottsdale Drumming From the Heart: Provides a rhythmical and focused space for you to de-stress your mind, body & spirit. Meets the 2nd Monday of the month from 6:00 – 7:00 pm at Via Linda Senior Center, 10440 E. Via Linda, Scottsdale. For additional information call Michelle Osife at (602) 712-1006.

GENERAL SUPPORT/HEALING ARTS THERAPY (CONT'D)

- Scottsdale Gentle Chair Yoga: Meets every Tuesday & Thursday at 3:00pm in Suite 203 at HonorHealth Virginia G. Piper Cancer Ctr., 10460 N 92nd St., Scottsdale AZ. To register for class visit www.honorhealth.com/wellness/events or call (623) 580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Gentle Kundalini Yoga: Meets the 4th Friday of each month at 10:00am in Suite 203 at HonorHealth Virginia G. Piper Cancer Ctr., 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623) 580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Gentle Yoga: Meets every Tuesday at 4:30pm in Suite 203 at HonorHealth Virginia G. Piper Cancer Ctr., 10460 N 92nd St., Scottsdale AZ. To register for class the visit www.honorhealth.com/wellness/events or call (623) 580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Hatha Yoga: Meets every Tuesday & Thursday at 9:00am in Suite 203 at HonorHealth Virginia G. Piper Cancer Ctr., 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623) 580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Hatha Yoga: **Bring you own mat.** Meets every Monday at 5:50 pm at Arizona Center for Cancer Care (AZCCC) Osborn, 7337 E 2nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623) 580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Healing Sound Meditation: Meets 4th Friday of the month at 9:00am in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Jin Shin Jyutsu: Meets twice a month at 11:45 am on Thursdays, check calendar for dates, in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. Check calendar for date. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale PiYO: Meets every Wednesday at 11:00am in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Qi Gong: Meets 4th Friday of the month at 9:00am in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.

GENERAL SUPPORT/HEALING ARTS THERAPY (CONT'D)

- Scottsdale Restorative Yoga: Meets 3rd Friday of the month at 10:00am in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Rhythmic & Relaxation: Meets the 3rd Tuesday of the month from 6:00 – 7:00 pm at Ironwood Cancer & Research Center, 8880 E Desert Cover Ave. Scottsdale. For additional information or to register for the class call Jenny at (602) 588-4367.
- Scottsdale Tai Chi: Meets every Tuesday at 10:45am in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Tai Chi: Meets every Tuesday at 10:45am in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Tai Chi: Meets every Wednesday at 5:00pm at Arizona Center for Cancer Care (AZCCC) at 7337 E 2nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Tai Chi Class: Meets every Thursday of the month from 3:00 – 3:45 pm at Ironwood Cancer & Research Center at 8880 E Desert Cover Ave. Scottsdale. For additional information and to register for the class call Kelly Huey at (480) 340-4013.
- Scottsdale Tai Chi- Qi Gong: Meets every Saturday at 9:00am in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale The Healing Power of Mah Jong: Meets every Wednesday at 12:30pm in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Vinyasa Flow Yoga: Meets every Thursday at 4:30pm in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.

GENERAL SUPPORT/HEALING ARTS THERAPY (CONT'D)

- Scottsdale Yin Yoga: Meets every Thursday at 10:30am in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Scottsdale Yoga Nidra: Meets the 2nd Friday of the month at 10:00am in Suite 203 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St., Scottsdale AZ. To register for the class visit www.honorhealth.com/wellness/events or call (623)580-5800. For additional information call Dale Yavitt at (480) 323-1981.
- Sun City Cooking for Health: Learn how to build in more fruits and vegetables for your best possible health during and after cancer treatment. Meets monthly at Bellevue Heights Church, 9440 W Hutton Dr., Sun City AZ 85351. For date & time please call the Cancer Support Community at (602) 712-1006.
- Sun City I Can Cope Classes: An educational program for adults with cancer and their family members and friends. Addresses issues of living with cancer. Meets the 3rd Thursday of the month from 1:00 – 2:30 pm at Banner Boswell Medical Center, 10401 W Thunderbird Blvd., Sun City AZ 85351. **No sessions in January, July, August & December.** To register for the classes please call Esther Pineda at (623) 832-2275.
- Sun City West Peaceful Breath & Relaxation: Focus on breathing exercises and guided meditation designed to relax & restore the mind. Meets once per month at Grandview Terrace, 14515 W. Granite Valley Dr., Sun City West AZ 85374. For date & time please call Sun Health at (623) 207-1703.
- Surprise Health Meal Preparation for Cancer: Easy and nutritious meals that you can make without much effort. Meets 1st & 3rd Wednesday of the month at Sun Health Center for Health and Wellbeing, 14719 W Grande Ave., Surprise AZ 85374. For date & time please call Sun Health at (623) 207-1703.

GYNECOLOGICAL CANCER GROUPS

- Glendale Gynecological Cancer Support Group: Meets the 3rd Tuesday of the month from 5:30 – 6:45 pm on the 1st floor of Banner Thunderbird Medical Center, Outpatient Services building, Quality Mgmt/CPAI office, 5555 W Thunderbird Rd., Glendale. For additional information please contact Patricia DeBruhl, Oncology Counselor (602) 865-5450.

GYNECOLOGICAL CANCER GROUPS (CONT'D)

- Phoenix Ovarian Learn & Support Group: Provides information on support services and the latest treatment options. Meets the 3rd Saturday of the month from 10:00 - 11:30 pm. Cancer Support Community Arizona, 360 E. Palm Ln. For additional information please call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.
- Mesa Gynecological Cancer Support Group: Meets the 2nd Tuesday of the month from 5:00 – 6:15 pm on the first floor of Banner Desert Medical Center, Hope Springs Room at 1400 S. Dobson Rd. Mesa. For additional information contact Veronica Villanueva, Oncology Counselor (480) 412-5578.
- Scottsdale GYN Cancer Support Group: Meets the 3rd Tuesday of the month from 4:00 – 5:40 pm, Suite 301 at HonorHealth Virginia G. Piper Cancer Center at 10460 N 92nd St. Scottsdale AZ. For additional information or to register for the class call (480) 323-1321.

GYNECOLOGICAL CANCER SUPPORT ON THE INTERNET

Group	Website	Information
Association of Cancer Online Resources	www.acor.org/	
SHARE	www.sharecancersupport.org	Self-help for women with ovarian cancer

LARYNGECTOMY GROUPS

- Phoenix Self-Help Group: “ Desert Voices” for laryngectomies, families and friends. Meets the 2nd Tuesday of month, from 1:30 to 2:30 p.m.at the Mayo Hospital 5777 E. Mayo Blvd. Call Lisa Crujido at (480) 342-2912 for more information.

LEUKEMIA, LYMPHOMA & RELATED CANCER GROUPS

- Phoenix Lymphoma Learn & Support Group: Meets the 2nd Saturday of the month from 10:00 - 11:30 am at the Cancer Support Community Arizona, 360 E. Palm Lane. For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.
- Scottsdale Leukemia & Lymphoma Support Group: Meets the 4th Wednesday of the month from 5:00 – 6:30pm in Suite 301 at HonorHealth Virginia G. Piper Cancer Center, 10460 N 92nd St. Scottsdale AZ. For additional information or to register for the class call (480) 323-1321.
- Scottsdale Lymphoma Support Group: Meets the 2nd Thursday of each month from 6:00 – 8:00 pm at Ironwood Cancer & Research Ctr. at 8880 E Desert Cove Ave. Scottsdale. For more information contact Kelly Huey at (480) 340-4013.
- Valley-wide Peer to Peer Support: “First Connection” matches patient or family member with volunteers from local chapter of Leukemia & Lymphoma Society. For additional information call (800) 955-4572.

LUNG CANCER SUPPORT GROUPS

- Chandler Lung Cancer Support Group: “Better Breathers” Meets 3rd Wednesday of the month at 2:00 pm at Cancer Center of Chandler Regional Center in the Morrison Building, 1875 E Frye Rd. Chandler. No meetings on June, July, Aug. For additional information call Scott Shultz (480) 728-3256
- Glendale Upper Aerodigestive Cancer Support Group: For individuals with Oral, Head, Neck, Esophageal and Lung Cancer. Meets the 1st Tuesday of the month from 5:30 – 6:45 pm on the first floor of Banner Thunderbird Medical Center, Outpatient Services Building, Quality Management/OPAI Office, 5555 W. Thunderbird Rd. Glendale. For additional information please contact Patricia DeBruhl, Oncology Counselor (602) 865-5450
- Phoenix Lung Cancer Learn & Support Group: Meets 2nd Saturday of the month from 12:00-2:00 pm, at Cancer Support Community Arizona, 360 E. Palm Lane, Phoenix, AZ. For more information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.

LYMPHEDEMA SUPPORT

- Gilbert Lymphedema Education and Support Group: Meets the 1st Thursday of the month at 2:00 pm at Banner MD Anderson Cancer Center, 2946 E Banner Gateway Dr., Gilbert, AZ. For more information or to register for the class call (602) 230-2273.
- Scottsdale Living with Lymphedema: Meets the 4th Monday of the month from 6:30 to 8:30 pm in Suite 301 at HonorHealth Virginia G. Piper Cancer Center, 10460 N. 92nd Street, Scottsdale, AZ. For additional information or to register for the class call Christy Kim or Jennifer Klaine at (480) 323-1100 option 5.

MULTIPLE MYELOMA CANCER GROUP

- Glendale Multiple Myeloma Networking Group: Meets the 4th Monday of the month from 1:00 – 2:30 pm at Ironwood Cancer & Research Center, 5810 W Beverly Ln., Glendale. For more information contact Kelly Huey at (480) 340-4013.
- Phoenix Multiple Myeloma Learn & Support Group: Meets the 1st Thursday of the month from 10:00 am - Noon at the Cancer Support Community Arizona, 360 East Palm Lane. For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.twccaz.org.

ORAL, HEAD & NECK CANCER

- Chandler Head & Neck Support Group: Meets the 3rd Monday of the month from 3:00 – 4:30 pm at Ironwood Cancer & Research Center, 685 S Dobson Rd. Chandler. For more information contact Kelly Huey at (480) 340-4013.
- Gilbert Support for People with Oral, Head & Neck cancer: “SPOHNC” Meets the 3rd Wednesday of the month at 4:30 pm at Banner MD Anderson Cancer Center, 2946 E Banner Gateway Dr., Gilbert, AZ. For more information or to register for the class call (602) 230-2273.
- Glendale Head & Neck Support Group: Meets the 2nd Tuesday of the month from 2:00 – 3:30 pm at Ironwood Cancer & Research Center, 5810 W Beverly Ln., Glendale. For more information contact Kelly Huey at (480) 340-4013.

ORAL, HEAD & NECK CANCER (CONT'D)

- Glendale Upper Aerodigestive Cancer Support Group: For people with Oral, Head, Neck, Esophageal and Lung Cancer. Meets the 1st Tuesday of the month from 5:30 – 6:45 pm on the first floor of Banner Thunderbird Medical Center, Outpatient Services Building, Quality Management/OPAI Office, 5555 W. Thunderbird Rd. Glendale. For additional information please contact Patricia DeBruhl, Oncology Counselor (602) 865-5450
- Phoenix Oral, Head and Neck Cancer Support Group: “SPOHNC” Meets the 1st Tuesday of the month from 5:30 - 7:30 pm at Comprehensive Cancer Center, St. Joseph’s Hospital & Medical Center, 500 W Thomas Road # 650
For additional information call Comprehensive Cancer Center at (602)406-6621.
- Phoenix Oral, Head and Neck Cancer Support Groups: Meets the 2nd Thursday of the month from 1 – 2 pm at Phoenix VA Health Care System 650 E. Indian School Road in room 4115. For additional information call (602) 277-5551 ext. 6942 or Mary Chew ext. 6946.
- Scottsdale Oral, Head & Neck Cancer Support Group: “SPOHNC” Meets the 3rd Thursday of the month from 6:30 - 8:30 pm in the 1st Floor Educational Conf. Room at HonorHealth Virginia Piper Cancer Center, 10460 N. 92nd St. For additional information call Chris Henderson at (480) 323-3214.

OSTOMY GROUPS

- Chandler Support Group: Meets the 2nd Tuesday of the month at 6:30pm at Chandler Regional Medical Center, Morrison Building-Board Room, 1875 W. Frye Rd. Chandler 85224. To Register and for meeting information please call Linda Terry at (480) 728-7077.
- Gilbert Ostomy Education and Support Group: Meets the 1st Thursday of the month at 1:00 pm at Banner MD Anderson Cancer Center, 2946 E Banner Gateway Dr., Gilbert, AZ. For more information or to register for the class call (602) 230-2273.
- Mesa Support Group: A support group of ostomates, new, old, and those considering. Meets every 4th Sunday from August through May from 2:00 - 4:00 pm at Centennial Village, 130 W. Brown Rd. For additional information call Sheila Kollenberg (480) 451-3815 or Vella Owens (480) 657-6464.
- Mesa Support Group: Meets the 3rd Sunday of the month at 2:00 pm in the Collins Hall at St. Bridget Catholic Church at 2213 N Lindsay, Mesa 85213. To Register or for additional information please call Gretchen Rodriguez at (480) 734-0427. **No meetings July & August.**

OSTOMY GROUPS (CONT'D)

- Phoenix Support Group: "Phoenix Ostomy Chapter" Monthly and individual visits are held in various locations. Meets the 2nd Tuesday of the month at Chris Ridge Village, 6250 N 19th Ave. Phoenix (623) 505-4664.
- Phoenix Support Group: Meets the 2nd Tuesday of the month at 12:30pm at Elite Home Care Services, 2140 W Greenway Rd., Ste. 100, Phoenix 85023. To Register or for additional information please call Marie Eggers at (602) 246-8221.
No meetings in August.
- Scottsdale Support Group Meets 3rd Thursday of the month from 12:30 – 2:30 p.m. at La Casa de Cristo Lutheran Church at 6300 E. Bell Rd., Bldg. C-109. No meetings in June, July or August. For more information call Cheryl Simmons at (623) 580-4120.
- Sun City Ostomy Support Group: Meets the 1st Thursday of the month from 2:00 – 4:00 pm (From September – May) at Banner Boswell Medical Center in the Support Services Center – Juniper Rm, 13180 N 103rd Way, Sun City, AZ. For additional information call Mindy Campbell at (623) 582-2446.
No meetings in June, July & August.

PANCREATIC CANCER GROUP

- Phoenix Pancreatic Learn & Support Group: Open to family members and caregivers, also has one-on-one groups. Meets the 2nd Saturday of the month from 10:00 - 11:30 am at Cancer Support Community Arizona, 360 E. Palm Lane, Phoenix. For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.
- Scottsdale Pancreatic Cancer Support Group: Meets the 2nd Monday of the month from 4:00 – 5:30 pm in the 1st floor Educational Conf. Room at HonorHealth Virginia G. Piper Cancer Center, 10460 N. 92nd St., Scottsdale AZ. For additional information call (480) 323-1321
- Sun City Pancreatic Networking Group: Meets the 4th Wednesday of the Month from 9:00 – 11:00 am at Grandview Care Center, Bldg. B, 14515 W. Granite Valley Dr., Sun City West, AZ. For more information call Anne Mac Donald at (623) 584-8773.

PROSTATE CANCER GROUPS

- Chandler “Us-Too”: Meets the 2nd Monday of the month from 7:00 – 9:00 pm at Ironwood Cancer & Research Center, 685 S Dobson Rd. Chandler. For more information contact Otto at (480) 229-5837. (No Class in June)
- Gilbert “Us-Too”: Meets the 3rd Thursday of the month at 1:00 pm at Banner MD Anderson Cancer Center, 2946 E Banner Gateway Dr., Gilbert, AZ. For more information or to register for the class call (602) 230-2273.
- Mesa Prostate Cancer Support Group: Meets 4th Monday of the month from 7:00 – 9:00 pm. Banner Desert Medical Center, Rosati Education Ct. Cholla Room, 1400 S Dobson Rd. For additional information call Patricia DeBruhl (480) 412-5578.
- Phoenix Prostate Cancer Learn & Support Group: Meets the 2nd Thursday of the month from 6:00 - 7:30 pm at Cancer Support Community Arizona, 360 East Palm Lane, Phoenix, AZ For additional information call Michelle Osife at (602) 712-1006. For calendar information visit www.cscaz.org.
- Phoenix “Us-Too”: Meets the 1st Monday of the month at 7:00 pm at Mayo Hospital, 5777 E. Mayo Blvd., meeting room MCH 1-212. For additional information call Church Vionovich (480) 451-4416.
- Sun City West Prostate Cancer Support Group: meets the 2nd Thursday of the month at 9:00 am at the Lord of Life Luthern Church , 13724 W Meeker Rd., Sun City West. For additional information contact Ray Kamka at (623) 546-7128.

PROSTATE CANCER SUPPORT ON THE INTERNET

Group	Website
Us-Too	www.ustoo.com
Prostate Cancer Research Institute	www.prostatecancer.org

VISITS -- ONE-ON-ONE

- Valleywide ABCD After Breast Cancer Diagnosis: Free personalized support & information for individuals diagnosed with Breast Cancer. For additional information contact helpline@abcdmentor.org or (800) 977-4121.
- Valleywide Cancer Hope Network: One-on-one telephone support to cancer patients and their families by trained volunteers. For additional information call 1-877-HOPENET.
- Valleywide Lymphoma Support Network: One-on-one support through phone or email, networking group information, and Spanish speaker is also available. To set up visit and/or get additional information on groups call (800) 500-9976.
- Valleywide Ostomy Support: Offers One-on-One support with a trained visitor/volunteer. Please contact Mindy Campbell at (602) 678-4441.
- Valleywide My Hope Bag: Survivor Sisters will accompany patient to medical appointments for support, they will also receive comfort items such as the Hope Bag. For more information contact www.myhopebag.com
- Valleywide Reach to Recovery: For women with breast cancer. One-on-one visit by a trained volunteer who has also had breast cancer. American Cancer Society (800) 227-2345.

GENERAL GRIEF SUPPORT

- Apache Junction Hospice of the Valley: Meets the 2nd and 4th Monday of the month from 9:00 – 10:30 am. Horizon Bay, 2080 S. Ironwood Dr. For additional information call (602) 530-6970 or visit www.hov.org.
- Fountain Hills Hospice of the Valley: Meets the 2nd and 4th Wednesday of the month from 1:00-2:30 pm. at Fountain Hills Senior Activity Center, 13001 N. LaMontana Dr., For additional information call (602) 530-6970 or visit www.hov.org.
- Gilbert Banner Gateway Medical Center 12 week program; meets Monday's from 6:30 - 8:30p.m. (August 1 – October 10) 1900 N. Higley Rd., Gilbert in the Grand Canyon Conf. Room 1. \$15.00 fee for materials. For additional information call Cindy Darby (480) 657-1167.
- Gilbert Hospice of the Valley: Meets the 2nd & 4th Monday of the month from 6:00 - 7:30 pm. At 3489 S Mercy Rd, Suite 101. For additional information call (602) 530-6970 or visit www.hov.org.

GENERAL GRIEF SUPPORT (CONT'D)

- Glendale Banner Thunderbird Medical Center: 12 week program. Meets Sunday's from from 6:30 – 8:30 p.m. Sept. 28th – Dec. 14th Open to new participants through Oct. 19th. 5555 W. Thunderbird Rd., Glendale in Conf. Room 1, Lower Level For additional information call Cindy Darby (480) 657-1167. \$15.00 fee for materials.
- Glendale Community Church of Joy: Meets every Tuesday from 10:00 - 11:30 am and every Thursday from 7:00 - 8:30 pm at 21000 N. 75th Ave., Bldg. 7, Room 703. For more information call Mariene (623) 561-0500 ext. 246.
- Goodyear Hospice of the Valley: Meets the 2nd and 4th Monday of the month from 6:00 - 7:30 pm. at Hampton Inn Suites, 2000 N. Litchfield Rd., Goodyear. For additional information call (602) 530-6970 or visit www.hov.org.
- Mesa Banner Heart Hospital: 12 week program meets Wednesday's from 10:00 - 12:00 pm (June 8th – August 31st) at 6750 E. Baywood Ave., Mesa, AZ in Mariposa Room, near front desk. For additional information call Cindy Darby (480) 657-1167. \$15.00 fee for materials.
- Mesa Banner Desert Medical Center: 12 week program that meets Tuesday's from 6:30 - 8:30 p.m. (June 7 – August 30th) in the Education Center- Cholla Room, 1400 S. Dobson Rd, Mesa. For additional information call Cindy Darby (480) 657-1167. \$15.00 fee for materials.
- Mesa Banner Heart Hospital: Drop-in support meetings open to new members each week (Not the Grief Recovery Method.) Wednesdays 2:00 – 3:30 p.m. at 6750 E Baywood Ave., Mesa, AZ 85206 in the Mariposa Room. For additional information call Cindy Darby (480) 657-1167.
- Mesa Hospice of the Valley: Meets the 1st and 3rd Tuesday of the month from 6:00 - 7:30 p.m East Office, 777 W. Southern Ave. Suite 301. For additional information call (602) 530-6970 or visit www.hov.org.
- Mesa Hospice of the Valley Meets 1st & 3rd Wednesday of the month from 6:00 – 7:30 p.m. at Pecos Community Center, 17010 S. 48th St.. For more information call (602)-530-6970 or visit www.hov.org.
- Mesa Hospice of the Valley: Meets the 2nd and 4th Monday of the month from 6:00 – 7:30 p.m. **Lesbian, Gay, Bi-sexual and Transexual Community**, at 777 W Southern Ave, Suite 301. For more information call (602) 530-6970 or visit www.hov.org.
- Mesa Hospice of the Valley: Meets the 1st and 3rd Monday of the month from 1:00 - 2:30 p.m at 118 S. 70TH St., 1st Floor. For additional information call (602) 530-6970 or visit www.hov.org.

GENERAL GRIEF SUPPORT (CONT'D)

- Mesa Mesa Senior Services: Meets every Friday at 9:30 to 11:00 a.m. at Red Mountain Multigenerational Center, 7550 E. Adobe Rd., Mesa. For additional information call (480) 218-2221.
- Paradise Valley Franciscan Renewal Center: "Grief Support Group" meets every Tuesday from 5:30 - 7:00 p.m. at 5802 E. Lincoln Dr, Paradise Valley AZ. For additional information call (480) 948-7460.
- Peoria Best Funeral Home: 12 week program meets Wednesday's from 6:30 – 8:30 p.m (July 13th – September 14th) at 9380 W. Peoria Ave., Peoria, AZ 85345. Ask at front desk for directions to room. For additional information call Cindy Darby (480) 657-1167. \$15.00 fee for materials.
- Peoria Hospice of the Valley: Meets the 2nd and 4th Wednesday of the month from 2:00 to 3:30 p.m. at 9435 W Peoria Ave., Peoria. For additional information call (602) 530-6970 or visit www.hov.org.
- Peoria Hospice of the Valley: Meets the 1st and 3rd Thursday of the month from 6:00-7:30 p.m. at 9435 W Peoria Ave. Peoria, AZ. **Spanish** speaking group meets at same location on 2nd and 4th Wednesday of month from 6:00 to 7:30 p.m.. For additional information call (602)-530-6970 or visit www.hov.org.
- Phoenix Creative Living Fellowship: 12 week program meets Thursday's from 6:30 - 8:30 pm (September 8th – December 8th) at 6530 N 7th St., Phoenix AZ, ask at the front desk for meeting room. For additional information call Cindy Darby (480) 657-1167. \$15.00 fee for materials.
- Phoenix Hospice of the Valley: Meets the 1st and 3rd Thursday of the month from 6:30 - 8:00 p.m. at 1510 E. Flower St. For additional information call the Bereavement Dept. (602) 530-6900.
- Phoenix Hospice of the Valley: Meets the 2nd and 4th Tuesday the month from 3:00 - 4:30 p.m. at the Stratford Assisted Living, Education Room, 1739 W. Myrtle, Phoenix. For additional information call (602) 530-6970 or visit www.hov.org.
- Phoenix Hospice of the Valley: Meets the 1st and 3rd Tuesday of the month at 6:30 - 8:00 p.m. Paradise Valley Community Center, 17420 N. 40th St. Phoenix. For additional information call (602) 530-6970 or visit www.hov.org.
- Phoenix Living Through Loss: Meets the 1st and 3rd Monday of the month from 4:30 - 6:00 p.m. at the Shalom Center at Temple Chai, 4645 E. Marilyn Rd in the Youth Lounge. Call Marci Beliak at (602) 971-1234 for Summer meetings.
- Phoenix St. Joseph's Hospital and Medical Center: "**Brighter Pathways**" grief support group Meets every other Thursday at 7:00 p.m. at 350 W Thomas Rd. Phoenix, AZ. For additional information call Chaplain Karl McBride (602) 406-3000.

GENERAL GRIEF SUPPORT (CONT'D)

- Phoenix Stepping Stone of Hope: Gives support to **children and adults** in their life who support them. Offers camp retreats to children and parents 4 times a year. Meets the 2nd Monday of the month at 6:30 pm at 4000 N 7th St. Suite108, Phoenix, AZ 85014. For additional information call Diane Adam at (602) 264-7520.
- Scottsdale Banner Behavioral Health Hospital: 12 week program meets Tuesdays from 6:30 - 8:30 p.m. at Board Room 128 , 7575 E Earll Drive Scottsdale, AZ. For additional information call Cindy Darlby (480) 657-1167. \$15.00 fee for materials.
- Scottsdale Grief and Loss Support: meets every Wednesday from 10:00 – 11:30 am in Room 7 at the Via Linda Senior Center, 10440 E Linda Rd. Scottsdale, AZ 85258. For additional information contact Tricia Serlin at (480) 312-8451.
- Scottsdale Hospice of the Valley: Meets the 2nd and 4th Tuesday of the month from 3:00 to 4:30 p.m. in the 1st floor Educational Conf. Room at HonorHealth Virginia G. Piper Cancer Center, 10460 N. 92nd St., Scottsdale AZ. For additional information or to register for the class call (480) 323-1321.
- Scottsdale Hospice of the Valley: “Bereavement Support” Meets the 2nd and 4th Monday of the month from 1:30 - 3:00 p.m at the Granite Reef Senior Center, 1700 N. Granite Reef Rd, Scottsdale. *Group does not meet during the summer months.* For additional information call (602) 530-6970 or visit www.hov.org.
- Scottsdale Messinger Mortuary: 12 week program meets Wednesday’s from 6:30 – 8:30 pm (June 8th – August 31st) at 7601 E Indian School Dr., Scottsdale AZ, ask front desk for conference room. For additional information call Cindy Darby (480) 657-1167. \$15.00 fee for materials.
- Sun City Banner Boswell Medical Center: 12 week program meets Wednesday’s from 2:00 – 4:00 pm (July 13th – September 14th) at 10401 W Thunderbird Blvd., Sun City, AZ in Cypress Room, South Entrance across from information desk. For additional information call Cindy Darby (480) 657-1167. \$15.00 fee for materials.
- Sun City Hospice of Arizona: Meets the 2nd and 4th Thursday of the month from 10:30 - 2:00 pm at Sun Health Community Education Center, 13632 N. 99th Ave., Sun City. For additional information call (602) 589-2137.
- Sun City Hospice of the Valley: Meets the 1st and 3rd Monday of the month from 3:00 - 4:30 pm. CIGNA, 13041 N. Del Webb Blvd., Classroom 2. For additional information call (602) 530-6970 or visit www.hov.org.
- Sun City Sunland Mortuary: Meets every Thursday from 8:30 - 9:30 a.m. at 15826 Del Webb Blvd. Sun City, AZ. For additional information call (623) 933-0161.

GENERAL GRIEF SUPPORT (CONT'D)

- Sun City Trinity Hospice: Meets on the 1st Thursday of the month at 5:30 p.m. Woodmark Sun City 17207 N. Boswell Blvd, Sun City. For additional information call activities director, Frankie (623) 583-7600 or Chaplain Phil Goldbeck.
- Sun City Banner Del E. Webb Medical Center: 12 week program meets Monday's from West 1:00 to 3:00p.m (July 11th – September 12th) at 14502 W. Meeker Blvd., Women's Center entrance (Northeast corner of hospital) - 3rd floor Right at hallway 4th door on the left Outpatient Behavioral Health Dept. For additional information call Cindy Darby (480) 657-1167. \$15.00 fee for materials.
- Sun City Grief & Bereavement: Meets the 2nd & 4th Thursday of the month at 3:00 pm West at 13576 Camino Del Sol #22, Sun City West. Co-facilitated with Hospice of the Valley. For additional informaiton call Benevilla at (623) 584-4999.
- Sun Lakes Hospice of the Valley: Meets the 1st and 3rd Thursday of the month at 1:00 – 2:30 p.m. at Sun Lakes United Methodist Church, 9248 E. Riggs Rd. Sun Lakes. For additional information call (602) 530-6970 or visit www.hov.org.
- West Grief Support: For residents of Sun City, Avondale, Glendale, Surprise and Valley Youngtown who have lost a spouse. Residents may meet for dinner at Tivoli Gardens on Wednesday's at 4:00 p.m., at 14635 Del Webb Blvd. Sun City. For additional information call Josephine (623) 972-2254.

GENERAL GRIEF SUPPORT ON THE INTERNET

Group	Website
AARP Grief and Loss website	www.aarp.org/griefandloss
Hospice of Arizona	www.americanhospice.com/hospiceaz/

GROUPS FOR PARENTS WHO HAVE LOST A CHILD

- Phoenix The Compassionate Friends: Meets the 3rd Thursday of the month. Church of the Beatitudes, 555 W. Glendale Ave. Phoenix. For additional information call Betty Nelson (602) 841-8649.
- Mesa The Compassionate Friends: Meets the 2nd Thursday of the month at College View Baptist Church, 1810 S. Longmore. Mesa. For additional information call Shawn & Denise Dean (480) 785-8114.

GROUPS FOR PARENTS WHO HAVE LOST A CHILD (CONT'D)

West
Valley

The Compassionate Friends: Meets the 1st Thursday of the month at 7:00 pm at St. John the Baptist Church, 4102 W Union Hills
For more information call Diane Kelk at (480) 225-5537.

INTERNET SUPPORT FOR PARENTS WHO HAVE LOST A CHILD

Group	Website
Compassionate Friends	www.compassionatefriends.org
Compassionate Friends (Phoenix chapter)	www.tcfphoenix.org
Candlelighters Childhood Cancer Foundation	www.candlelighters.org
Miss Foundation	www.missfoundation.org

GRIEF PROGRAMS FOR CHILDREN

Chandler

Support Group for Children: “**CLIMB**” Support group for children 6-12 who’s parent has cancer. Ironwood Cancer Center, 6955 Dobson Rd. For additional information call (480) 340-4013.

Phoenix

Grief Support for Children and their Caregivers: Gives support, comfort and love to families, especially children and young adults (ages 5-18) who have experienced the death of someone they love. For additional information call New Song (480) 951-8985.

Phoenix

Stepping Stone of Hope. Gives support to children and adults in their life who support them. Offers camp retreats to children and parents 4 times a year. Meets the 2nd Monday of the month at 6:30 pm at 4000 N 7th St. Suite108, Phoenix, AZ 85014. For additional information call Diane Adam at (602) 264-7520.

TRAVEL INFORMATION LINES & INTERNET WEB SITES

Resource	Phone	Website
Air Care Alliance	(888) 260-9707	www.aircareall.org
American Cancer Society Air Miles Program	(800) 227-2345	www.cancer.org
Angel Airlines for Cancer Patients	(800) 296-1217	www.angelairlinesforcancerpatients.org
Angel Flight America	1-918-749-8992 not toll-free	www.angelflight.com
Corporate Angel Network		www.corpangelnetwork.org
National Patient Travel Center (NPATC)	1-800-606-4817	www.patienttravel.org

TELEPHONE INFORMATION LINES & INTERNET WEB SITES

Resource	Phone	Website
AARP- Grief and Loss	1-888-687-2277	www.aarp.org/relationships
About Care Support Services for the Homebound	480-802-2331	www.aboutcare.org
Alliance for Lung Cancer Advocacy, Support and Education	1-800-298-2436	www.alcase.org
Alliance of State Pain Initiatives		www.tre.wisc.edu
American Brain Tumor Association	1-800-886-2282	www.abta.org
American Cancer Society Information Line	1-800-227-2345	www.cancer.org
American Childhood Cancer Organization	1-855-858-2226	www.acco.org
American College of Radiology		www.acr.org
American Dietetic Association	1-800-366-1655	www.eatright.org
American Institute for Cancer Research (AICR)	1-800-843-8114	www.aicr.org
American Lung Association	1-800-586-4872	www.lungusa.org
American Urological Association (AUA)	1-866-746-4282	www.auanet.org
Arizona Human Services		www.az211.gov
Arizona Self Help		www.arizonaselfhelp.org
Arizona's Quit Tobacco Helpline	1-800-556-6222	
Army of Women	1-866-569-0388	www.armyofwomen.org
Ask Noah About Cancer		www.noah-health.org/en/search/health.html
Bag It (resource materials on cancer)	1-866-323-8770	www.bagit4u.org
The Brain Tumor Society	617-924-9997	www.braintumor.org
Breast Buds	480-657-0500	www.breastbuds.org
After Breast Cancer Diagnosis	1-800-977-4121 or 414-977-1780	www.abcdbreastcancersupport.org
Blood & Marrow Transplant Information Network	1-888-597-7674	www.bmtinfonet.org
Cancer Care	1-800-813-4673	www.cancercare.org
Cancer Facts.com		www.cancerfacts.com
Cancer Hope Network	1-800-552-4366	www.cancerhopenetwork.org
Cancer Research Institute	1-800-992-2623	www.cancerresearch.org

TELEPHONE INFORMATION LINES & INTERNET WEB SITES (CONT'D)

Resource	Phone	Website
Cancer Source		www.cancersourcemd.com
Cancer Symptoms		www.cancersymptoms.org
Caring Bridge	1-651-452-7940	www.caringbridge.com
Caring Connections	1-800-658-8898	www.caringinfo.org
Centers for Disease Control & Prevention	1-800-232-4636	www.cdc.gov
Children's Hospice International	703-684-0330	www.chionline.org
Clinical Trials	1-800-4-cancer	www.cancer.gov/clinicaltrials.gov
Community Information and Referral	602 263-8856	www.cir.org
Complementary/Integrative Medicine	1-800-392-1611 option 3	
ConvaTec Connections	1-800-422-8811	www.convatec.com
CoppeRX Card	1-888-227-8315	www.azgovernor.gov/coppercard
Department of Public Health	602-372-7272	www.marzipoa.gov/publichealth
Family Caregiver Alliance	1-800-445-8106	www.caregiver.org
Family Caregiving		www.familycaregiving101.org/help/financial.cfm
Focus Care	602-955-2221	www.focuscareusa.com
Gilda's Club Cancer Support Community	1-888-793-9355	www.cancersupportcommunity.org
International Cancer Alliance (ICA)	1-301-656-3461	www.icare.org
International Myeloma Foundation	1-800-452-2873	www.myeloma.org
Kidney Cancer Association	1-800-850-9132	www.curekidneycancer.org
Kid Support with parents who have cancer	1-847-869-1323	www.kidsupport.org
The Leukemia & Lymphoma Society	1-800-955-4572	www.lls.org
Living With It	1-800-981-2491	www.cancerinformation.com
Lymphoma Research Foundation	480-305-2025	www.lymphoma.org/Arizona
MD Anderson Cancer Ctr.	1-877-632-6789	www.mdanderson.org
MD Anderson Cancer Center Referral Line	1-800-392-1611, option 3	
Multiple Myeloma Research Foundation	1-203-229-0464	www.themmrff.org
National Alliance of Breast Cancer Organizations (NABCO)	www.nabco.org	
National Association for Continence (NAFC)	1-843-377-0900	www.nafc.org
National Association of Hospital Hospitality Houses	www.nahhh.org	
National Bone Marrow Transplant Link (NBMT Link)	1-800-546-5268	www.nbmtlink.org
National Brain Tumor Society	1-800-934-2873	www.braintumor.org
National Cancer Institute (NCI) - Cancer Information Line	1-800-422-6237	www.cancer.gov
National Children's Cancer Society	1-314-241-1600	www.nationalchildrenscancersociety.org

TELEPHONE INFORMATION LINES & INTERNET WEB SITES (CONT'D)

Resource	Phone	Website
National Coalition for Cancer Survivorship (NCCS)	1-877-622-7937	www.canceradvocacy.org
National Council on Skin Cancer Prevention	www.skincancerprevention.org	
National Family Caregivers Association (NFCA)	1-202-772-5050	www.caregiveraction.org
National Hospice and Palliative Care Organization	1-800-658-8898	www.nhpco.org
National Lymphedema Network	1-800-541-3259	www.lymphnet.org
National Marrow Donor Program	1-800-627-7692	www.bethematch.org
National Organization for Rare Disorders (NORD)	1-800-999-6673 voice mail	www.rarediseases.org
National Ovarian Cancer Coalition	1-888-682-7426	www.ovarian.org
Native American Connections	(602) 254-3247	www.nativeconnections.org
SHARE: Self Help For Women With Breast/Ovarian Cancer	(866) 891-2392	http://sharecancersupport.org
Skin Cancer Foundation	1-800-754-6490	www.skincancer.org
Susan G. Komen Breast Cancer Foundation	1-800-462-9273	www.komen.org
The Joy Bus		www.thejoybus.org/index.html
The Purple Society Childhood Cancer Help	(602) 326-7723	www.werpurple.org
United Ostomy Association, Inc. - Information Line	1-800-826-0826	www.ostomy.org
USTOO International, Inc.	1-800-808-7866	www.ustoo.org
Wig Out Inc.		www.wigoutinc.org
Women's Cancer Network		www.wcn.org
Young Survival Coalition	1-877-972-1011	www.youngsurvival.org

INFORMACION EN ESPAÑOL POR TELEFONO Y INTERNET

Recurso	Telefono	Sitio Web
ACS: Informacion de referencia sobre el cancer	1-800-227-2345	www.cancer.org
Arizona Self Help		www.arizonaselfhelp.org
Breast Cancer Network of Strength	1-800-986-9505	
Cancer Care En Espanol	1-800-813-4673	www.cancercare.org/EnEspanolmain.cfm
Cancer.gov – algunos documentos especificos estan en Español		http://cancer.gov/espanol/
Cancer Information Service	1-800-4-CANCER (422-6237)	http://www.cancer.gov/espanol/cancer/cuidadores
Institutos Nacionales de la Salud		http://salud.nih.gov/