





Colorado Ovarian Cancer RESOURCE GUIDE

3rd Edition

Presented by



CO colorado ovarian
Ca cancer alliance
www.colorado-ovariancancer.org



The information and listings provided in this guide should not be construed as an endorsement or recommendation by the Colorado Ovarian Cancer Alliance. The content is for informational purposes only. Colorado Ovarian Cancer Alliance does not provide medical advice or endorse providers of medical services.

The information presented in this guide is not intended in any way to be a substitute for medical advice or professional counseling. Please always include your health care providers in any decisions you make regarding changes in nutrition, exercise routine, and before you include complementary, alternative or integrative care into your treatment regimen.

Sources are cited for information, and the descriptions of services are from the websites of those businesses or nonprofits included herein.



Finding Support

Benefits of Support Groups

Going through a diagnosis of ovarian cancer is difficult, but it can help to know that you are not the only one going through the experience.

“While not everyone wants or needs support beyond that offered by family and friends, you may find it helpful to turn to others outside your immediate circle. A support group can help you cope better and feel less isolated as you make connections with others facing similar challenges. A support group shouldn't replace your standard medical care, but it can be a valuable resource to help you cope.... Support groups are not the same as group therapy sessions. Group therapy is a formal type of mental health treatment that brings together several people with similar conditions under the guidance of a trained mental health provider.... Members of a support group usually share their personal experiences and offer one another emotional comfort and moral support. They may also offer practical advice and tips to help you cope with your situation. Benefits of participating in support groups may include:

Benefits of Support Groups

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving your coping skills and sense of adjustment
- Talking openly and honestly about your feelings
- Reducing distress, depression or anxiety
- Developing a clearer understanding of what to expect with your situation
- Getting practical advice or information about treatment options
- Comparing notes about resources, such as doctors and alternative options.”

www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/support-groups/art-20044655

Nicki's Circle Ovarian Cancer Information & Support Groups



Nicki's Circle Ovarian Cancer Info & Support Groups
Sponsored by COCA

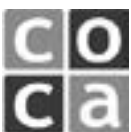
720.519.3122, susan@colo-ovariancancer.org

- Nicki's Circle Ovarian Cancer Information & Support Groups have served hundreds of women monthly in Colorado since 2005.
- The groups are open to anyone who has battled this disease and to their caregivers. At meetings, information is exchanged about ovarian cancer, current medical research, and how women can effectively advocate for obtaining the best health care possible
- This is also a place to share the emotional ups and downs of living with a diagnosis of ovarian cancer.
- Nicki's Circle support groups meet monthly in person and by phone, reaching survivors across Colorado.
- The telephone groups are designed especially for those who cannot make it to a support group in person or who live outside the Denver area.
- All groups are free of charge and are facilitated by a healthcare professional.
- Please contact Susan Hess, MA, LPC before attending a group for the first time: 720-519-3122, susan@colo-ovariancancer.org

See page 34 for group locations. Please be sure and check our website for the most up-to-date information.

www.colo-ovariancancer.org/nickiscircle

Nicki's Circle 1-1 Peer Mentor Support Program



Nicki's Circle 1-to-1 Peer Mentor Support Program
Sponsored by COCA

720.519.3122, susan@colo-ovariancancer.org

- The Nicki's Circle 1-to-1 Support Program matches a woman with a new or recurrent diagnosis of ovarian cancer seeking 1-to-1 support with an ovarian cancer survivor from Nicki's Circle support group.
- Through this program, Colorado women seeking 1-to-1 support can find a safe peer mentor relationship with a volunteer who understands the experience of an ovarian cancer diagnosis.
- Volunteer mentors are recruited for this program through Nicki's Circle Support Groups. The volunteer participation of women who have attended Nicki's Circle is key to this program. They bring a foundation of knowledge and familiarity with both the ovarian cancer experience and COCA programs.
- Contact Susan for more information on being matched with a volunteer peer mentor.

For more information:

www.colo-ovariancancer.org/ncmentors

Ovarian Cancer Info & Support Groups



Please contact Susan Hess, MA, LPC, program coordinator, before attending group for the first time: 720-519-3122, susan@colo-ovariancancer.org.

Nicki's Circle Central

St. John's Cathedral in central Denver
First Monday of the month, 11:30 am - 1:00 pm.
Facilitated by licensed professional counselor
www.color-ovariancancer.org/nc-central

Nicki's Circle South

Sky Ridge Medical Center in Lone Tree
Second Wednesday of the month, 11:30 am - 1:00 pm.
Facilitated by licensed professional counselor
www.color-ovariancancer.org/nc-south

Nicki's Circle Boulder

Tebo Family Medical Pavilion at
Boulder Community Foothills Hospital,
Fourth Monday of the month, 3:00 pm - 4:30 pm.
Facilitated by licensed professional counselor
www.color-ovariancancer.org/nc-boulder

Nicki's Circle Northern Colorado

Univ. of Colo. Health Cancer Center, Ft. Collins
Third Thursday of the month, 12:00 pm - 1:30 pm.
Facilitated by licensed clinical social worker
www.color-ovariancancer.org/nc-noco

Nicki's Circle Southern Colorado - Telephone

with Southern Colorado Gynecologic Oncology
Third Wednesday of the month, 6:30 pm - 8:00 pm
Facilitated by licensed professional counselor
www.color-ovariancancer.org/nc-soco-telephone

Nicki's Circle Tele-Support

Telephone support group
First Wednesday of the month, 6:30 pm-8:00 pm.
Facilitated by licensed professional counselor
www.color-ovariancancer.org/nc-telesupport

Colorado Cancer Support Groups

Colo. Springs Support Group for Women with Gyn Cancers at Penrose Cancer Center,

Last Wednesday of the month at 11:30 a.m. (except November & December)
Complimentary Lunch
Location: Penrose Cancer Center Conference Room A
*Register online or for more information contact:
Facilitator, Sherry Martin, LCSW, Oncology Social Worker/
Counselor at 719.776.5311*
<https://www.penrosecancercenter.org/pccf-for-patients/support-groups/>

Spanish-Speaking Support Group – for Patients, Caregivers & Children

(quarterly, next group meets 3-24-16)
Denver Health, 2nd floor, Child Life Zone
Pavilion C, 777 Bannock St, Denver
Register 720-519-8752, Elizabeth (Español)

General Cancer Support Group

Swedish Hosp - 2nd Floor Conf Room
799 E. Hampden Ave - Englewood
Register 303-788-3993

General Cancer Support Group for patients and families

Lutheran Hospital – Rad Onc waiting area
8300 W. 38th Avenue - Wheat Ridge
Register 303-403-3608

www.lutheranmedicalcenter.org/services-and-departments/comprehensive-cancer-center/resources-support/

Coping with Cancer Support Group for Patients, Family and Caregivers

St. Joseph's Hospital Cancer Centers of Colorado
1st Floor Conference Room
Register 303-318-3449

www.saintjosephdenver.org/services-and-departments/cancer-centers-of-colorado/education-and-resources/support-groups-and-classes/

Cancer Survivorship 101 Support Group (for people who completed active treatment for cancer)

Kaiser Permanente – Franklin Building
2045 Franklin, Denver, Basement - Reimers A
Register 303-764-5047, Dennis

Coping with Cancer Support Group for Patients & Caregivers

Good Samaritan Cancer Center, 2nd Floor
Rm 3, 340 Exempla Cr, Lafayette
Register 303-673-1620, Ben Gaibel

www.goodsamaritancolorado.org/calendar/cancer-support-services/coping-with-cancer/

Telephone Support



COCA provides monthly ovarian cancer information & support groups by telephone to reach women throughout Colorado. These groups are designed especially for those who do not live near a group, or who do not feel up to driving and attending a group in person. Whether you live in Colorado or in a surrounding state, you are welcome to join the call. We use a conference call platform, managed online by the facilitator. Each person has a chance to check in during the call and ask questions, and everyone shares experiences, information hopes and concerns. Please contact COCA for conference line phone number and PIN before attending the first time. See info below.

Nicki's Circle Tele-Support Group - All State

Sponsored by Colorado Ovarian Cancer Alliance
First (1st) Wednesdays of the month, 6:30 to 8:00 pm.
 Contact for phone# and PIN for call
 Facilitated by Susan Hess, MA, LPC 720.519.3122
susan@colo-ovariancancer.org
www.colo-ovariancancer.org/nc-telesupport

Nicki's Circle Tele-Support Group - Southern Colo.

Sponsored by Colorado Ovarian Cancer Alliance
Third (3rd) Wednesdays of the month, 6:30 to 8:00 pm.
 Contact for phone# and PIN for call
 Facilitated by Susan Hess, MA, LPC 720.519.3122.
susan@colo-ovariancancer.org
www.colo-ovariancancer.org/nc-soco-telephone

Share Cancer Helpline - 866.537.4273 / 844.275.7427

Share: Self Help for Women with Breast or Ovarian Cancer

165 West 46th Street, Suite 712
 New York, NY 10036
 866.537.4273 / 844.275.7427

"We can help you face the emotional and practical issues that come with breast or ovarian cancers. These are things like handling treatment side effects, talking to friends and family, dealing with insurance companies, or feeling weaker as chemotherapy progresses. We can help you consider your options and give you advice about talking to your doctor. And we can give you support . . . based on our experience as survivors."

www.sharecancersupport.org

CancerCare® 1.800.813.HOPE (4673)

275 Seventh Ave., New York, NY 10001.
 1.800.813.HOPE (4673). info@cancercare.org

"CancerCare® in New York offers resources for cancer survivors including counseling, financial assistance, online support groups and telephone educational workshops. Oncology social workers are available to help cope with the emotional and practical challenges of cancer. CancerCare® also offers a 12-week telephone group for people who have been diagnosed with cancer and have completed their active treatment (surgery, chemotherapy, radiation, hormonal treatments)."

www.cancercare.org

Cancer Support Community (CSC) - Cancer Support Helpline - 1.888.793.9355

1050 17th Street, NW, Suite 500 Washington, DC 20036.
 202.659.9709 / 1.888.793.9355 Mon.-Fri., 9 am- 8 pm ET
help@cancersupportcommunity.org

"Whether you are newly diagnosed with cancer, a long-time cancer survivor or caring for someone with cancer, CSC's TOLL-FREE Cancer Support Helpline is open weekdays 9 am- 8 pm ET. If you receive a recording, please leave your name and contact number and one of their counselors will call you back as soon as possible."

www.cancersupportcommunity.org

Livestrong Foundation - 1-855-220-7777

Toll-free at 1-855-220-7777
 Mon -Thurs: 8:30 a.m.-5:00 p.m. EST, Fri: 8:30 a.m.-4:00 p.m. EST, Closed Holidays

"FREE SUPPORT: We provide free one-on-one support in English and Spanish—whether you have cancer or are a loved one, friend, health care professional or caregiver of someone diagnosed."

<https://www.livestrong.org/we-can-help>

Online Support



HysterSisters Hysterectomy Support from GYN Diagnosis to Treatment to Surgery Recovery

“Hysterectomy support from HysterSisters - diagnosis to surgery through recovery and beyond. Covering: pre-op, post-op, gynecologic treatment options, surgical procedures, fibroids, endometriosis, menopause, hormonal issues, pelvic floor, GYN cancer, oophorectomy, sexual dysfunction, and a step-by-step guide through the weeks before and after hysterectomy - the surgical removal of the uterus.”

www.hystersisters.com/

Cancer Support Community

888.793.9355

“We provide emotional and educational services for all people affected by cancer. ‘The Living Room’ provides a place where anyone impacted by cancer can find support, education and hope. The Cancer Support Community offers a way to connect with others through real-time professionally-led support groups, the ability to keep family and friends up-to-date on personal web pages, more than 20 discussion boards and a special space for teens impacted by cancer.”

www.cancersupportcommunity.org/online-support

I Can Cope® Online Classes – American Cancer Society

“I Can Cope® is a free online educational program for people facing cancer and their families and friends. The program is comprised of self-paced classes that can be taken any time, day or night. Take as few or as many classes as you like. Many topics are offered such as information about cancer, managing treatments and side effects, healthy eating during and after treatment, communicating with family and friends, finding resources, and more. No registration is required. Just click on any title from the list.”

www.cancer.org/treatment/supportprogramsservices/onlinecommunities/participateinacancereducationclass/icancopeonline/index

Cancer Survivor Network – American Cancer Society

“The CSN discussion boards and chatroom are excellent ways to meet your CSN “neighbors” and develop friendships, exchange practical information, and support one another. The CSN community is full of knowledgeable, kind, and caring people you will want to get to know. You must be a registered member and logged in to enter our chatrooms or to post to the discussion boards.”

<http://csn.cancer.org/>

Wordpress Blog & Yahoo Group for MMT

These sites are about Gynecological Carcinosarcoma which is also known as MMT which stands for Malignant Mixed Mesodermal (or Mullerian) Tumor.

“This [Yahoo] group is dedicated to patients and their families who have been diagnosed with uterine carcinosarcoma (or MMT) or any of its cousins including ovarian MMT and adenocarcinoma or other sarcoma-based gynecologic cancers. MMT and its cousins are rare cancers that have both carcinoma and sarcoma components. My hope is to create a community where we can share information and provide support to one another as we travel this seemingly desolate road.”

<https://groups.yahoo.com/neo/groups/UterineMMMT/info>

“The Heart of this site is the Facts Page... about MMT.”

<https://gynommt.wordpress.com/>

Smart Patients Ovarian Cancer Community

“Learn from other patients, research the latest treatments, share your story, find clinical trials. The Smart Patients Ovarian Cancer community is an online support group where members dealing with ovarian cancer share advice and support with other patients and caregivers.”

www.smartpatients.com/communities/ovarian-cancer

MyLifeLine.org

55 Madison St., Suite 750, Denver, CO, 80206. 720.883.8715

“Founded by a local ovarian cancer survivor, MyLifeLine.org is a 501(c)(3) nonprofit organization that encourages cancer patients and caregivers to create free, customized websites. The mission is to empower patients to build an online support community of family and friends to foster connection, inspiration, and healing. When you create your own website, you create a supportive community and an easy way to keep everyone informed of your progress. Includes a Helping Calendar for organizing assistance from friends and family. Highly recommended for cancer patients & families.”

www.mylifeline.org



Online Support



Nicki's Circle Network



Sponsored by Colorado Ovarian Cancer Alliance (COCA)

2465 Sheridan Blvd., Denver, CO 80214. 303.506.7014.

Nicki's Circle Network is a social media site where you can keep in touch with other survivors and caregivers from Nicki's Circle. This resource is sponsored by Colorado Ovarian Cancer Alliance and is for women in Colorado and the Rocky Mountain region dealing with an ovarian cancer diagnosis. The information on the network is not public; the content is shared by members only.

www.nickiscircle.org

OCNA's Inspire Ovarian Cancer Online Support Community

1101 14th Street NW, Washington, DC 20005 866.399.6262 (OCNA), 800.945.0381 (Inspire)

"The Ovarian Cancer National Alliance (OCNA) Support Community connects patients, families, friends and caregivers for support and inspiration. This community is sponsored by the Ovarian Cancer National Alliance, an Inspire trusted partner. The Ovarian Cancer National Alliance's mission is to advance the interests of women with ovarian cancer. The Inspire website network creates community for anyone who faces health issues, and provides a place where patients, families, friends and caregivers can ask questions and connect with one another."

www.ovariancancer.org/just-diagnosed/ovarian-cancer-community/

www.inspire.com/groups/ovarian-cancer-national-alliance/?section=topic&topic-72=1

CancerCare®

15-Week Online Ovarian Cancer Support Group

275 Seventh Ave., New York, NY 10001. info@cancercare.org, 1.800.813.HOPE (4673).

CancerCare® offers a 15-week online support group for women diagnosed with ovarian cancer who are currently receiving treatment. In this group led by an oncology social worker, patients give support to each other and share resources and information. To join this group, please complete the online registration process. After joining this password-protected group, you can read and post messages 24 hours a day, 7 days a week.

www.cancercare.org/support_groups/51-ovarian_cancer_patient_support_group

Reimagine

Pillars4Life, Inc., 6380 Wilshire, Suite 900, Los Angeles, CA 90048 (844) PILLARS support@reimagine.me

"If you are feeling afraid, confused, overwhelmed or disconnected, you are not alone. Cancer is a traumatic experience and few people know how to cope with such a life-changing event. However, there are skills and strategies you can learn to regain a sense of control amidst the chaos and start feeling like yourself again. Our Core Program is proven in multiple studies with researchers from the Duke Cancer Institute to help people overcome the distress, anxiety, depression, and PTSD that often accompany a cancer diagnosis and to empower them to feel more confident making decisions and taking care of themselves. In other words, they feel better. The Core Program consists of 10 self-paced online modules with videos, activities, and live sessions for \$14.99/month. Try a free live Core Program session to experience it first hand. Whether you are a patient, survivor, friend or family member, The Core Program can help you navigate the challenges of cancer and reengage in life. It's easy, anonymous, and affordable."

<https://reimagine.me/>

Imerman Angels

"Imerman Angels provides personalized connections that enable 1-on-1 support among cancer fighters, survivors and caregivers. Through our unique matching process, Imerman Angels partners anyone seeking cancer support with someone just like you - a "Mentor Angel." A Mentor Angel is a cancer survivor or survivor's caregiver who is the same age, same gender, and most importantly who has beaten the same type of cancer. A Mentor Angel is walking, talking, living proof, and inspiration that cancer can be beaten. Our service is absolutely free and helps anyone touched by any type of cancer, at any cancer stage level, at any age, living anywhere in the world."

www.imermanangels.org

Family and Medical Leave Act (FMLA)

“The FMLA entitles eligible employees of covered employers to take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage under the same terms and conditions as if the employee had not taken leave. Eligible employees are entitled to.... to care for the employee’s spouse, child, or parent who has a serious health condition; a serious health condition that makes the employee unable to perform the essential functions of his or her job...”

www.dol.gov/whd/fmla/

Oncology Social Workers

Most medical and infusion centers have a licensed clinical social worker (LCSW) on staff. These are professionals skilled in the issues that arise in the course of a cancer diagnosis, both for the patient and caregiver. They are a wealth of information and can be of great assistance. Check at your doctor’s office for more info.

www.aosw.org/html/patfam-tips.php

Caregiver Tips

Supporting a patient through cancer treatment can be difficult for a caregiver. Here are a few tips to help guide the way:

1. tell friends and family members that your loved one may need to scale back on holidays and parties during treatment;
2. use a website to manage communications (see mylifeline.org on page 36);
3. take a break and plan time for yourself.

25 Ways to Support an Ovarian Cancer Survivor

by Susan Hess, MA, LPC - Nicki’s Circle Support Group Facilitator

- If in treatment, accompany her to chemo
- Help her with a wig purchase - or buy an extra wig for her
- Walk the dog
- Buy her a gift card from the health food store
- Sign her up for grocery delivery
- Set up a website for her at www.mylifeline.org
- Arrange for a house cleaning service to come in
- Visit for a few hours and give her caregiver a break
- Help her create a binder of all medical information
- Don’t ask, “How are you doing?” every time you see her
- Buy her a music CD or iTunes gift card
- Buy her fashionable scarves & hats
- Select an inspirational book and read it to her out loud
- Bring her ice cream and milkshakes
- Schedule friends to assist with house cleaning tasks
- Deliver a frozen meal that can be easily cooked
- Accompany her to a Nicki’s Circle support group
- Help her make phone calls
- Help her find alternative and complementary therapies
- Look past her diagnosis and see her shining soul
- Arrange for fresh flower deliveries on a weekly basis
- Accompany her on a walk
- Send her a card or e-card every day or week during treatment
- Help her plan a schedule for visitors & assistance
- Listen to her struggles and offer hope and encouragement



ONLINE CAREGIVER SUPPORT

CancerCare® - 12-week Telephone Group for Caregivers

275 Seventh Ave., New York, NY 10001 - 1.800.813.HOPE (4673) info@cancercare.org

“CancerCare® is a national nonprofit organization that provides free, professional support services to anyone affected by cancer... CancerCare® offers a 12-week telephone group for people who have a loved one diagnosed with cancer.”

www.cancercare.org/support_groups

Frankly Speaking About Cancer: Ten Tips for Caregivers booklet

“A cancer caregiver is anyone who provides physical, emotional, financial, spiritual or logistical support to a loved one with cancer.”

www.cancersupportcommunity.org/sites/default/files/uploads/living-with-cancer/topics/resource/fsac_ten_tips_for_caregivers.pdf

Caring for the Caregiver - Cancer Survival Toolbox® Special Topics

“Caring for the Caregiver was developed specifically to provide resources and support for cancer caregivers to help them address the issues they face on an ongoing basis.”

www.canceradvocacy.org/resources/cancer-survival-toolbox/special-topics/caring-for-the-caregiver/

Cancer.net – Caring for a Loved One

Information on topics including: “...How Caregivers Can Take Care of Themselves, Exploring New Caregiver Options, Sharing Responsibilities, Caregiving at the Hospital, Providing Care at Home, Long-Distance Caregiving, Parenting While Caring for a Parent With Cancer, Young Adults Caring for a Parent With Cancer...”

www.cancer.net/coping-with-cancer/caring-loved-one

Support for Caregivers



★ NCI Guidebook for People Helping Someone with Cancer

“This booklet is for you if you’re helping your loved one get through cancer treatment. You are a ‘caregiver.’ You may not think of yourself as a caregiver. You may see what you’re doing as something natural—taking care of someone you love. There are different types of caregivers. Some are family members, while others are friends. Every situation is different. So there are different ways to give care. There isn’t one way that works best.” There are additional resources listed in this useful booklet.

www.cancer.gov/publications/patient-education/when-someone-you-love-is-treated.pdf

Nicki’s Circle Ovarian Cancer Info & Support Groups

Caregivers are welcome to accompany their loved ones to any of the **Nicki’s Circle Support Groups** sponsored by COCA (see pages 33-34). Contact Susan Hess, MA, LPC, for more info: 720-519-3122, susan@colo-ovariancancer.org.
www.color-ovariancancer.org/nickiscircle

Cancer Caregiver Support Group - Kaiser Permanente (open to all)

*Kaiser Permanente Franklin Building, 2045 Franklin, Denver CO, 80205.
Basement level – Heyer Room – Call Dennis to register 303.764.5047
3rd Wednesdays of every month, 6:00-7:30 pm. (no July or August groups)*

“Discussion group focusing on the struggles and anxiety that can come with being a caregiver – those affected family, friends and significant others - of people living with cancer. Being a caregiver can sometimes mean: fear and uncertainty, relationship stress, difficult decisions, financial strain, feeling alone.” Open to the community. Facilitated by Dennis Heffern, LCSW, Oncology Social Worker, 303.764.5047.

dennis.heffern@kp.org

Circle of Support for Caregivers - Exempla Lutheran Hospital

*Lutheran Hospital, Collier Center, 8300 W. 38th Avenue, Wheat Ridge, CO, 80033
303.425.8000*

“A support group for all those caring for a person who is chronically or seriously ill. Meets the first Tuesday of each month from 5:30 – 7 p.m. Please call 303-425-8000 at Collier Hospice Center.”

www.lutheranmedicalcenter.org/services-and-departments/comprehensive-cancer-center/resources-support/ (click on Circle of Support link)

Coping with Cancer Support Group - St. Joseph Hospital

*Saint Joseph Hospital, Cancer Centers of Colorado, 1825 Marion St., Denver, CO 80218,
First Floor Conference Room. To register for the Coping with Cancer Support Group, please call 303-318-3449 - First Wednesday of every month, 3:00 - 4:30 p.m.*

Coping with Cancer Support Group is a free community resource open to patients, survivors, caregivers and families impacted by cancer. Free of charge. _

www.saintjosephdenver.org/services-and-departments/cancer-centers-of-colorado/education-and-resources/support-groups-and-classes/

Caregivers and Loved Ones Support Group - Boulder Community Hospital

Contact facilitator Claire McCorrison to register – 303.415.7964 - CMcCorrison@bch.org

“Talk with other caregivers and loved ones who are supporting family and friends journeying through cancer. Please join us for discussion, information gathering, and support. No fee.”

CMcCorrison@bch.org

Online Article: Ovarian Cancer: Helping Caregivers Communicate and Cope

*By Sandra Ray, Staff Writer
at Caregiver.com*

Ovarian cancer may be difficult for many people to discuss. Experts say one reason is that caregivers have a natural protective tendency, feeling that the more the cancer is discussed the more stress it causes . . .

www.caregiver.com/channels/ocancer/articles/helping_caregivers_communicate.htm

Well Spouse Association

“Supports ‘well’ individuals caring for a spouse or partner with a chronic illness or disability.”

www.wellspouse.org

Lotsa Helping Hands.com

“Lotsa Helping Hands is a free service that brings together caregivers and volunteers through online communities that help organize daily life during times of medical crisis or caregiver exhaustion.”

www.lotsahelpinghands.com

HelpForCancerCaregivers.org

“Help for Cancer Caregivers is a unique collaboration of organizations with a shared goal of improving the health and well-being of the people who care for people with cancer.”

www.helpforcancercaregivers.org

Caregiver Action Network (CAN)

“CAN is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.”

www.caregiveraction.org

Support for Families & Children



Hope for Two - The Pregnant With Cancer Network

PO Box 253, Amherst, NY 14226. 800.743.4471. info@hopefortwo.org

“Hope for Two...The Pregnant with Cancer Network offers free support for women diagnosed with cancer while pregnant. We connect women who are currently pregnant with cancer with other women who have experienced a similar cancer diagnosis.”

www.hopefortwo.org/

KIDS ALIVE – Support for Children of Parents with Cancer at Porter Hospital

2525 South Downing Street, Denver, Colorado 80210

For more info contact one of the group facilitators:

Lorraine Hart, PhD, Co-Director, 303.985.4585, lhart7355@gmail.com

Julie Guy, Co-Director, 303.765.3811, julieguy@centura.org

“A unique and invaluable program offered at no charge to any family where a parent is dealing with a cancer diagnosis. The program is supported completely by private donations, grants and Porter Adventist Hospital. Goals & Objectives: to provide a safe, helpful environment for children of cancer patients to express their feelings; to create a place for a child to be a child... to experience fun, support and continuity of life... apart from catastrophic illness; to facilitate a better relationship between cancer patients and their families, reducing guilt and anxiety in children; to help parents interpret their children’s behavior as adaptive to the trauma in the family and improve communication in the family; to develop awareness of resources for both parents and children.”

www.kidsalivcolorado.org

CLIMB® - The Children’s Treehouse Foundation

“The CLIMB® - Children’s Lives Include Moments of Bravery - program is based on principles of mental health promotion, not psychotherapy. Intended for children ages 6-11, the aim is to build upon the child’s strengths and increase his/her ability to cope with stress associated with the parent’s illness. In the course of one night per week for six weeks, the children have cancer demystified, lose a sense of isolation, learn to communicate their feelings with others, and learn how to cope with feelings such as sadness, anger and confusion... Mission: To ensure that every child whose parent is diagnosed with cancer is given the early tools and emotional support to cope. Our Vision: We envision a world where preventing the inevitable psychosocial impact on children whose parents have cancer is taken as seriously as finding a cure for cancer itself.”

<http://childrenstreehousefdn.org/who-we-are>

Classes available at the following Colorado locations:

Dorcy Cancer Center, St. Mary-Corwin Medical Center, Pueblo – CLIMB program

www.stmarycorwin.org/stc/specialties/cancer-center/support-services/

University of Colorado Cancer Center, Denver – CLIMB program, 720-848-0316

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=129

University of Colorado Health-Memorial Hospital, Colorado Springs – CLIMB program

(The CLIMB® group in Colorado Springs meets on the third Saturday of each month in 2016)

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=26

Camp Kessem

cuboulder@campkesem.org

“Kesem is a nationwide community, driven by passionate college student leaders, that supports children through and beyond their parent’s cancer. We are the only national organization dedicated to this unique population – supporting children with innovative, fun-filled programs that foster a lasting community. Camp Kesem operates free summer camps for children who have been touched by a parent’s cancer. Founded at Stanford University in 2000, Camp Kesem has since expanded to over 70 chapters in 34 states across the country.” See the Camp Kesem program at the University of Colorado, Boulder.

<http://campkesem.org/cuboulder>

Young Survivors



Young Survivors Cancer Support Group – Denver area

Sponsored by Centura Porter Adventist Hospital, 2525 S. Downing St., Denver, CO 80210

“Being diagnosed with cancer in your twenties and thirties is very different than being diagnosed in middle age and later. If you are in this age range, please consider joining us for our monthly meetings and/or monthly social events. Meeting and social event times and locations vary. The group is facilitated by Centura Oncology Support Services staff and focuses on education, perspective and support. Note: There is no fee or registration, and you do not have to be a patient of a Centura facility to attend meetings or belong to this group. Please contact Melissa Gilstrap at the information below to be added to the distribution list for meeting announcements.” Note: COCA co-sponsors this group every three months.

Melissa Gilstrap at 303-269-4348 or melissagilstrap@centura.org

First Descents - Denver area

3001 Brighton Blvd Suite 623, Denver, CO 80216

303.945.2490 info@firstdescents.org

“First Descents provides life-changing outdoor adventures for young adults (age 18-39) impacted by cancer... First Descents offers young adult cancer fighters and survivors a free outdoor adventure experience designed to empower them to climb, paddle and surf beyond their diagnosis, defy their cancer, reclaim their lives and connect with others doing the same.”

www.firstdescents.org

2Young- 4Gyn-Cancer - Online

An ACOR (see page 20) discussion forum for young survivors of gynecological cancers. Visit the ACOR website and enter “2young” in the search box to find the link to the group.

www.acor.org

Young Empowered Survivors - (YES!) - Online & Denver area

youngempoweredurvivors@gmail.com

“Young Empowered Survivors is primarily an online resource. We have an active message board for members to share questions, ideas and helpful resources. We encourage new members to get together with other members of the group. How To Join: Please send an email to us at youngempoweredurvivors@gmail.com List your type of cancer, age at diagnosis and where you live.

[Facebook Group https://www.facebook.com/groups/44226150198/](https://www.facebook.com/groups/44226150198/)

[Yahoo Group: https://groups.yahoo.com/neo/groups/YES_CO/info](https://groups.yahoo.com/neo/groups/YES_CO/info)
www.youngempowered.org/

Stupid Cancer - Online (& Denver-based national conference)

“Our mission is to empower those affected by young adult cancer by: building community, improving quality of life, providing meaningful survivorship. Our vision is no survivor alone. Our charter is to ensure that no one affected by young adult cancer go unaware of the age-appropriate support resources they are entitled to so they can get busy living... Stupid Cancer proudly supports a global network of patients, survivors, caregivers, providers and advocates to ensure that no one affected by young adult cancer go unaware of the age-appropriate resources they are entitled to so they can get busy living.” Programs include:

CancerCon - <http://cancercon.org/> (Denver-based conference)

Instapeer - <http://instapeer.org/>

The OMG! Cancer Summit for Young Adults - <http://omgsummit.org/>

Stupid Cancer Road Trip - <http://stupidcancerroadtrip.org/#home>

Stupid Cancer Store - <http://stupidcancerstore.org/>

<http://stupidcancer.org/>

Fertility Support

Fertile Hope

“Fertile Hope is a national LIVESTRONG® initiative that provides reproductive information, support and hope to cancer patients and survivors whose medical treatments may increase the risk of infertility.”

855.220.7777

www.fertilehope.org

Fertile Action

“Fertile Action is working to ensure that every woman touched by cancer realizes her dream of motherhood. Fertile Action also provides general and financial information regarding fertility preservation and treatment.”

www.fertileaction.org

The University of Colorado (UC) Advanced Reproductive Medicine Centers

Denver Clinic:

3055 Roslyn St., Room 230, Denver, CO 80238
303.724.8089

Colo. Springs Clinic:

4125 Briargate Parkway, #350, Colo. Springs, CO 80920
719.314.3333

“Cancer treatment may affect your ability to have a child naturally. The UC Advanced Reproductive Medicine Center provides comprehensive information and support for those seeking options for preserving fertility or for those seeking assistance post cancer treatment.” Please call 303-724-8089 to speak to a member of the Oncofertility team.”

<https://arm.coloradowomenshealth.com/services/cancer/>

Transportation, Travel & Lodging Support



TRANSPORTATION & TRAVEL

The American Cancer Society 'Road to Recovery' Program

Contact an American Cancer Society Patient Navigator at 1.800.227.2345

"...Provides transportation to and from treatment for people who have cancer but do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars... Patients must have a cancer diagnosis and be travelling for a cancer-related medical appointment. A 4 business day advance notice is required; not including the date transportation is needed."

www.cancer.org/treatment/supportprogramsservices/road-to-recovery

CarShare.org

Offices: 1536 Wynkoop Street, Suite 101, Denver, CO 80202 303.720.1185, info@carshare.org

"Your local non-profit carsharing organization, serving the Denver-Boulder metro area....CarSharing is a type of car rental designed to be convenient for people who want to use cars for relatively short periods of times (as little as 15 minutes, usually a few hours, up to multiple days) and only pay for their usage (your costs depend on how long you have a car and miles driven)...We have cars located throughout neighborhoods and business districts of Boulder, Denver and Longmont – you pick up at and return your car to its specific (designated) parking location."

<http://carshare.org/what-is-car-sharing/>

Angel Flight West

888.426.2643, info@angelflightwest.org

"Angel Flight West is a nonprofit, volunteer-driven organization that arranges free, non-emergency air travel for children and adults with serious medical conditions and other compelling needs... We fly patients to and from scheduled medical treatment. ... Because our flights are free of charge, financial need is verified. We take in

all new requests for possible flights through a doctor's office, a nurse, or a social worker or case manager."

www.angelflightwest.org/

Corporate Angel Network

Corporate Angel Network helps cancer patients access the best possible treatment by arranging free travel to treatment across the country using empty seats on corporate jets.

www.corpangelnetwork.org

National Patient Travel Center

1.800.296.1217,

info@nationalpatienttravelcenter.org

"Provides referrals and 'how to get there' assistance for any patient needing to travel to a distant, specialized medical facility for evaluation, diagnosis or treatment."

www.patienttravel.org

LODGING

American Cancer Society (ACS) Patient Lodging Program

Contact ACS at 1-800-227-2345

"The American Cancer Society, in a cooperative effort with hotels across the country, provides overnight accommodations to cancer patients who must travel for outpatient treatment and need assistance with lodging. The program is open to cancer patients of all ages..."

www.cancer.org/treatment/supportprogramsservices/patient-lodging/index

University of Colorado Cancer Center – Lodging info

A list of lodging facilities are located within 10 miles of University of Colorado Hospital.

www.uchealth.org/metrodenver/Pages/Patients-and-Visitors/Visitor-Information/Travel-and-Lodging.aspx

Here to Help of Vail

970.949.4248

"...The Vail Valley is a destination area

and there are a myriad of local lodging options for cancer treatment patients.

www.visitvailvalley.com

Vail Valley

Jack's Place, "A Cancer Caring House" at Shaw Cancer Center

322 Beard Creek Road | Edwards, CO 81632 970.569.7429

"Patients traveling to Shaw for cancer treatment are invited to stay with their family and/or caregiver at Jack's Place, A Cancer Caring House. Named after Dr. Jack Eck, a longtime and beloved Vail-area doctor, and supported by the Shaw Outreach Team, Jack's Place offers a haven of tranquility and well-being for patients who need day and night lodging during cancer treatment.... With a pay-what-you-can philosophy, guests are invited to take respite at Jack's for the day or overnight, for as long as they need."

<https://www.shawcancercenter.com/patient-resources/lodging-for-cancer-treatment-jack's-place.aspx>

Joe's House

Please call our toll free line at 877-563-7468, info@joeshouse.org

"You focus on beating cancer, we'll find you a place to stay. Joe's House is a non-profit organization providing an online nation-wide list of places to stay to assist cancer patients and their families find lodging near treatment centers.... Joe's House lists various types of lodging throughout the United States that are near to hospitals and treatment centers."

www.joeshouse.org/

National Association of Hospital Hospitality Houses, Inc. (NAHHH)

A nationwide professional association of nearly 200 unique, nonprofit organizations that provide lodging and support services to patients, families and their loved ones who are receiving medical treatment far from their home communities.

www.nahhh.org

Additional Colorado Cancer Support



Colorado Pathfinders

Pitkin, Garfield, Eagle and Mesa counties of Colorado

P.O. Box 11799, Aspen, Colorado 81612, 970.925.1226

“Pathfinders is a Colorado non-profit, psychosocial support program for cancer and chronically ill patients, caregivers, family members and the community. By focusing on the social, emotional and spiritual issues that accompany a diagnosis, this program fosters healing and personal growth at all stages of treatment — from diagnosis into survivorship, end-of-life, and grief and loss... Our services are offered to anyone in need — regardless of ability to pay, socio-economic status, race or creed.... Our Patient Scholarship Fund, created by generous donors and grantors, has made it possible to provide our programs at no or low cost to anyone in need. Some of Pathfinders many services include: One-on-one counseling & skills training; Navigation, advocacy and resource referral; Support groups; Grief & loss counseling; Palliative care and end-of-life planning; The Angel Volunteer program; The Survivor-to-Survivor program; Emergency financial aid.”

www.pathfindersforcancer.org/

Living Journeys

Gunnison county

P.O. Box 2024, Crested Butte, CO 81224. 970.349.2777.

info@livingjourneys.org

“Living Journeys supports Gunnison County residents living with cancer by providing financial assistance, emotional support, and enrichment programs. Call 970-349-2777 to speak to someone. Financial grants help offset lost wages and costs associate with cancer treatment. Support groups and private therapy provide emotional support. Enrichment programs allow individuals and families to experience adventures together, recharge, adapt and enjoy life. Resources connect cancer patients and their caregivers and families to professionals and services that can help ease their burden.”

www.livingjourneys.org

Orchard of Hope

Fremont county

111 N Orchard Ave, Cañon City, CO 81212. 719.275.0089.

fremont@orchardofhope.org

“The Orchard of Hope Foundation provides financial and emotional support to cancer champions in Fremont County Colorado... Our mission is to improve the quality of life for cancer champions and their families by providing financial and emotional support as well as offering assistance to local agencies and organizations that support cancer support and education.”

www.orchardofhope.org

Callaway Young Cancer Center Valley View Hospital

1906 Blake Ave, Glenwood Springs, CO 81601 970.945.6535

“Coffee, Walk and Talk – Improve your physical and mental well-being through walking. This informal group offers patients past or present, family members and friends an opportunity to come together. We will walk outside, enjoy conversation and return to the cancer center chapel for coffee, lattes or tea. Thursdays at 10 am, Calaway Young Cancer Center Chapel, free, varied abilities welcome.”

www.vvh.org/calaway-young-cancer-center/integrated-therapies/support-groups-2/

Shaw Regional Cancer Center Vail Valley Medical Center

Margaret Brammer, LCSW, margaret.brammer@vvmc.com

970.569.7606

“At Shaw Regional Cancer Center, patients are not alone on their journey. Our support services address the issues of cancer treatment and help patients, families, and loved ones understand and better cope with the challenges of the disease. Shaw sponsors a number of cancer support groups to help patients: Summit Cancer Support Group- this support group features speakers on health-related topics and serves as a support system for patients and family members; Cancer Support Group at Jack’s Place-all patients, fam-

ily and friends are welcome to attend; Conversations with Caregivers- connect with other caregivers in a safe and supportive environment; Shaw Regional Cancer Center Education Support Group- cancer patients, survivors, caregivers and loved ones are encouraged to attend- Patient workshops and various conferences, retreats and events throughout the year. Home Care & Hospice of the Valley grief group. Oncology social workers are Master’s level, licensed clinical social workers who specialize in helping people whose lives have been impacted by cancer. This is a free service for all Shaw patients and survivors. To speak to our social worker, Margaret Brammer, call (970) 569-7606 or email margaret.brammer@vvmc.com.”

www.shawcancercenter.com/patient-resources/survivorship/support.aspx

Univ. of Colorado Health Northern Colorado

Serving clinics in Fort Collins, Greeley and Loveland

2121 E. Harmony Road, Fort Collins, Colorado 80528 970.237.7700

“Oncology nurse navigators are here to work with patients, family members and physicians to overcome any confusion or barriers to individualized, quality, cancer care. Patient navigators provide a personalized plan for understanding treatment options and finding access to resources during cancer. This free program matches cancer patients with one of our five, specially-trained nurse navigators, all experts in cancer treatment and our local and national cancer care systems. Because cancer care is so complex, navigators are dedicated to you, lessening the burden of cancer for you and your loved ones. You can call a patient navigator at any point in your cancer journey – whether you’re newly diagnosed or already in treatment. cancer.”

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=208