





# Colorado Ovarian Cancer RESOURCE GUIDE

3rd Edition

*Presented by*

**CO** colorado ovarian  
**Ca** cancer alliance  
[www.colorado-ovariancancer.org](http://www.colorado-ovariancancer.org)





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**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.**

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## Finding Your Own Path

There is no predetermined path to take when it comes to using complementary therapies with medical treatment for ovarian cancer. Each person has a different set of challenges and may seek different avenues. There are many integrative cancer care clinics, practitioners and therapists in Colorado - too numerous to list in this directory. You can use the resources below as a guideline. And check with your nearest cancer center to see what they offer - see page 37.

### COMPLEMENTARY & INTEGRATIVE VS. ALTERNATIVE

Complementary or integrative medicine & therapies, are used **with** standard medical treatment for cancer.

Alternative medicine & therapies are used **instead of** standard medical treatment for cancer.

For information on Complementary & Alternative Medicine (CAM) see:

National Center for Complementary and Alternative Medicine (NCCAM)

<https://nccih.nih.gov/health/integrative-health>

National Cancer Institute (NCI)  
[www.cancer.gov](http://www.cancer.gov)

### The Emerald Heart Cancer Foundation

“The Emerald Heart Cancer Foundation is a Colorado-based, young and unique national non-profit that believes in integrative cancer care, and provides support and resources to women with cancer in treatments that enhance, extend and/or save lives, but are not covered by insurance.”

[www.emeraldheart.org](http://www.emeraldheart.org)

# Complementary Therapies

## Integrative Care



### The Center for Integrative Medicine (TCFIM) at Univ. of Colorado Hospital

3055 Roslyn Street Suite 250 Aurora, CO, 80238 720.553.2750

“The Center for Integrative Medicine (TCFIM) at University of Colorado Hospital in metro Denver offers physician-managed care that emphasizes the wellness and healing of the entire person. The professional practitioners at TCFIM will partner with each other, your other health care providers at UHealth (physicians, nurse practitioners, physical therapists, and other members of your health care team), and any outside providers to help you get the most out of both Complementary and Alternative Medicine (CAM) and conventional care.” Services include: Oncology Massage and Acupuncture, Chiropractic Care, Chronic Pain, Herb and Supplement Consultations, Massage Therapy, Mind-Body Therapy, Nutritional Counseling, Spiritual Counseling.

[www.uch.edu/integrativemed](http://www.uch.edu/integrativemed)

[www.uhealth.org/metrodenver/Documents/file-pdf/INT-About-TCFIM-for-physicians.pdf](http://www.uhealth.org/metrodenver/Documents/file-pdf/INT-About-TCFIM-for-physicians.pdf)

### University of Colorado Health (UCH) – additional locations

UHealth provides cancer care in Estes Park, Greeley, Loveland, the eastern plains and southern Wyoming, as well as in metro Denver and Colorado Springs. Check your zip code on this web page to find additional UCH integrative services in your area.

[www.uhealth.org/Pages/Services/Integrative-Medicine.aspx](http://www.uhealth.org/Pages/Services/Integrative-Medicine.aspx)

[www.uhealth.org/Pages/Services/ServicesDetail.aspx?ServiceId=12](http://www.uhealth.org/Pages/Services/ServicesDetail.aspx?ServiceId=12)

### Bridges Integrative Health Services at Lutheran Medical Center

8098 West 38th Avenue, Wheat Ridge, CO 80033. 303.425.2262

“Our massage, chiropractic and acupuncture services can be helpful for a variety of health conditions. Whether you are feeling excess stress, muscle or joint pain, or any number of other ailments, the holistic therapies offered at Bridges can help to treat or manage your condition. These therapies are highly versatile and focus on healing the whole person, not just the illness.” Classes also include Stress Relief and Aromatherapy.

[www.lutheranmedicalcenter.org/services-and-departments/bridges-health-and-wellness/](http://www.lutheranmedicalcenter.org/services-and-departments/bridges-health-and-wellness/)

### Progressive Health Center

**Partnerships with: Swedish Medical Center, Rose Medical Center, Presbyterian/St. Luke's Medical Center, Rocky Mountain Cancer Centers**

Main office: 1601 E. 19th Ave. Suite 3025, Denver, CO 80218

Contact to make an appointment:

[progressivehealthcenterinfo@gmail.com](mailto:progressivehealthcenterinfo@gmail.com) 303.788.9399

“Our complementary and alternative therapies are designed to heal and strengthen the mind, body, spirit and emotions of individuals who are living with neurological disorders, chronic illnesses or other day-to-day challenges. Personalized treatment plans are developed for each individual, based on their particular health needs, challenges and goals, as well as the recommendations of referring physicians. All services and treatments are provided by experienced, qualified practitioners, who work together to monitor each individual's progress and to refine treatment plans as needed to ensure the best possible outcome and results. With our clients' consent, information and progress reports are shared with referring physicians. Therapies offered include: Acupuncture, Craniosacral Therapy, Reflexology, Therapeutic Massage, Yoga, Tai Yi, Nutrition, Meditation, Personal Training, Emotional Counseling, and Pain Management.”

[www.progressivehealthcenter.org](http://www.progressivehealthcenter.org)

**Center for Integrative Care at Boulder Community Hospital - Foothills Campus**

*Tebo Family Medical Pavilion - 4715 Arapahoe Ave, Boulder, CO 80303*

*For an appointment call the Patient Services Coordinator at: 303.415.7292*

“The Center for Integrative Care, located in the Tebo Family Medical Building on the Foothills Medical Campus, provide... care for the person with cancer during and after active cancer treatment... Additionally, our complementary care treatments... are available for the benefit of family members and other caregivers of those with cancer. Massage, reflexology and healing touch are also offered in the chemo infusion area. Our staff consists of experienced, oncology-trained, certified and licensed practitioners, trained in safe, evidence-based complementary care practices but also having thorough knowledge of conventional cancer treatment. We can bill your insurance company if you have any of these treatments as a covered benefit. “

[www.bch.org/cancer-care-services/integrative-care.aspx](http://www.bch.org/cancer-care-services/integrative-care.aspx)

**Integrative Therapies Program at Penrose Hospital - Colorado Springs**

*2222 N. Nevada Avenue, Colorado Springs, CO 80907*

*Contact: Sherry Martin, Oncology Social Worker/Counselor 719.776.5311 sharonmartin@centura.org*

“For patients undergoing treatment at Penrose Cancer Center, our Integrative Therapies program takes into account the whole person, body, mind, and spirit, with the goal of improving the cancer treatment experience... our Integrative Therapies program is designed to provide exposure to a wide range of techniques and tools that can reduce stress and allow the patient or caregiver to experience modalities that will be helpful not only during the cancer experience but in the days to come... Integrative Therapies classes are held every Tuesday from 4:30 p.m. - 5:20 p.m. in the Pavilion at Penrose Cancer Center and are free of charge... Patients going through treatment, those who have completed treatment, as well as caregivers, are invited to attend.“

[www.penrosecancercenter.org/pcc/health-andwellness/health-library/integrative-therapies](http://www.penrosecancercenter.org/pcc/health-andwellness/health-library/integrative-therapies)

**The Wellness Place at UC Health – Ft. Collins**

*2121 E. Harmony Road, Suite 150 Fort Collins, Colorado 80528 970.237.7700*

“Our well-rounded cancer program does more than treat the disease inside your body. We understand that cancer affects every area of your life. The Wellness Place provides options that can help during all stages of cancer, from prevention to active treatment to palliative care to survivorship. Care is provided by certified oncology experts... The services offered at The Wellness Place are available to anyone receiving cancer care with UCHealth.”

[www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=476](http://www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=476)

**Wellness Services at Shaw Regional Cancer Center – Edwards, CO (near Vail)**

*322 Beard Creek Rd, Edwards, CO 81632 970.569.7645 or 970.569.7429*

“As part of Shaw’s commitment to treating the body, as well as the mind and spirit, our integrative services are designed to help patients cope with the cancer experience and improve their overall sense of well-being.”

[www.shawcancercenter.com/patient-resources/survivorship/wellness-services.aspx](http://www.shawcancercenter.com/patient-resources/survivorship/wellness-services.aspx)

**Integrative Therapies & Classes at St. Mary’s Medical Center – Grand Junction**

*2635 North 7th Street Grand Junction, Colorado 81501 970-298-CARE (2273) 1-800-458-3888*

“Being well is about more than keeping our bodies healthy or undergoing clinical treatment for our illnesses. Because we believe we must care for the entire person, St. Mary’s Regional Cancer Center offers a variety of support and educational programs for people living with cancer and those who love them. Supportive programs have been shown to help reduce fatigue, worry, and sleeplessness, so you can return to wellness sooner.” LIVESTRONG® Survivorship Center of Excellence.

[www.stmarygj.org/services-and-departments/cancer-care/star-program-and-survivorship-center/](http://www.stmarygj.org/services-and-departments/cancer-care/star-program-and-survivorship-center/)

**SEE ADDITIONAL COMPLEMENTARY & INTEGRATIVE CARE OPTIONS IN COLORADO - pages 67-73.**

**NATIONAL****The Chopra Center – Integrative Oncology**

*To schedule an appointment or learn more, call: 760-494-1686.*

“If you have been diagnosed with cancer, an Integrative Oncology consultation can help you approach your condition and treatment from an integrative, holistic point of view. An integrative consultation is intended for patients who are currently under the care of an allopathic cancer treatment team and want the added support of a medical doctor who is an expert in Integrative Oncology. A 60-minute Integrative Oncology Consultation is \$395.”

[www.chopra.com/our-services/medical-consultations/integrative-oncology](http://www.chopra.com/our-services/medical-consultations/integrative-oncology)

# Nutrition



## Colleen Gill, MS, RD, CSO - Nutritional Foundations

4770 East Iliff Ave., Suite 104, Denver, CO 80222

303.810.8612 [colleen@nutrition-foundations.com](mailto:colleen@nutrition-foundations.com)

“Colleen Gill is a registered dietitian nutritionist, speaker and author with 25 years experience working at the University of Colorado Hospital... Since 2002, she has combined work at the NCI accredited University of Colorado Cancer Center with her private practice... Colleen attends conferences across the country each year to stay current with the latest nutritional research and therapies for cancer.”

[www.nutrition-foundations.com](http://www.nutrition-foundations.com)

### At Univ. of Colorado: The Center for Integrative Medicine

#### Colleen's Nutrition Classes: A Part Of Your Treatment You Can Control

Anschutz Outpatient Pavilion, 1635 Aurora Court, 5th Floor, Aurora, CO 80045

720-848-0464 [colleen.gill@uchealth.org](mailto:colleen.gill@uchealth.org)

[www.uchealth.org/event/a-part-of-your-treatment-you-can-control](http://www.uchealth.org/event/a-part-of-your-treatment-you-can-control)

## Cheryl Rojic, INHC, AADP - Intentional Health

303.921.2103 [cheryl@intentionalhealthcoach.com](mailto:cheryl@intentionalhealthcoach.com)

“Cheryl is board certified by the American Association of Drugless Practitioners (AADP) as a holistic health and nutrition coach. After years of being a personal chef for clients with chronic health issues, and having beaten cancer twice herself, she knows the importance of the connection between nutrition, healing and health... Her specialty is assisting and guiding cancer patients in all stages toward their health and life intentions.” As an “Integrative Nutrition Health Coach” (INHC), Cheryl works in private practice through “Intentional Health” and offers cooking & nutrition classes at “Red Rocks Cancer Center” in the Radiation Oncology Kitchen.

[www.intentionalhealthcoach.com](http://www.intentionalhealthcoach.com)

### At Red Rocks Cancer Center - Cheryl's Nutrition Classes: Healthful Habits

Red Rocks Cancer Center, 400 Indiana St., Suite 220, Golden, CO 80401 303.921.2103

<http://redrockscancercenter.org/supplemental-services/>

## NATIONAL

### Jeanne Wallace, PhD, CNC - Nutritional Solutions

1697 East 3450 North, North Logan, Utah 84341 435.563.0053

“Jeanne M. Wallace, PhD, CNC (certified nutritional consultant) is widely regarded as one of the nation's most prominent experts in nutritional oncology. She is the founder and director of Nutritional Solutions which provides consulting to cancer patients throughout the U.S. and abroad about evidence-based dietary, nutritional and botanical support to complement conventional cancer care.”

[www.nutritional-solutions.net/](http://www.nutritional-solutions.net/)

### American Institute for Cancer Research - Foods That Fight Cancer

“Research showing evidence of how food can fight cancer directly and indirectly.”

[www.aicr.org/foods-that-fight-cancer](http://www.aicr.org/foods-that-fight-cancer)

### The Tea Spot

866.TEA.SPOT, 303.444.8324.

Based in Boulder, Colorado, The Tea Spot was “...founded in 2004 by Maria Uspenski, an ovarian cancer survivor drawn to the health benefits of leaf tea during her recovery. Her message is simple and powerful: tea in its freshest form renders...unmatched health benefits.”

<https://theteaspot.com>

### Door to Door Organics

1215 Rock Creek Cir., Lafayette CO 80026.

877.711.3636.

[colorado@doortodoororganics.com](mailto:colorado@doortodoororganics.com)

“For close to 20 years, Door to Door Organics has been passionate about making it easier... to eat healthy by delivering organic, fresh fruits & vegetables & natural, local groceries to your door.”

[colorado.doortodoororganics.com](http://colorado.doortodoororganics.com)

## MANAGING NEUROPATHY

“Peripheral neuropathy, a side effect of certain chemotherapy drugs, causes numbness, pain and tingling in the hands and feet. The exact mechanism of this chemotherapy-induced neuropathy is unknown. Supplementation may help alleviate symptoms of neuropathy.

**VITAMIN B6** - is known to help diabetic neuropathy and may help manage chemotherapy-induced neuropathy symptoms when taken in a safe dose. Taking 50 to 100 mg of B6 daily is safe and may be effective. If you are taking a multivitamin and/or B Complex, check the amount of B6 so that you do not go above 100 mg total per day.

**GLUTAMINE** - has been suggested to help chemotherapy-induced neuropathy, especially from Taxol. Taking 30g/day, as 15 grams twice daily, of Pure L-Glutamine Powder is considered safe for cancer patients. Try to find a powder without other “fillers” in the ingredient list.

**ALPHA-LIPOIC ACID (ALA)** - seems to reduce symptoms of peripheral neuropathy in diabetic patients, and may help with symptoms of chemotherapy-induced neuropathy. Taking 300 mg twice daily or 600 mg daily is considered a safe dose. Symptom improvement is seen within 3-5 weeks. ALA is an antioxidant, and when used in combination with radiation treatment, may reduce effectiveness of the cancer therapy. ALA can be used for up to 4 weeks safely. For long-term use, speak with your physician and dietitian.

**ACCUPUNCTURE** - is an alternative therapy to oral supplementation. Emerging evidence supports acupuncture as effective in reducing chronic pain associated with cancer.

When considering supplementation, it is important to meet with a Registered Dietitian for an individualized dietary supplement plan.”

From: “Ask the Nutritionist” at [www.dana-farber.org](http://www.dana-farber.org)

## Naturopathy



### Oncology Association of Naturopathic Physicians, Inc. (OncANP)

"Naturopathic Doctors (ND's) are trained at accredited naturopathic medical schools in modern scientific nature cure. Please refer to the AANP (American Association of Naturopathic Physicians) at [www.naturopathic.org](http://www.naturopathic.org) for more information on the education and training of naturopathic doctors.

Many people with cancer choose complementary and alternative medicine in their fight against cancer and in seeking to improve quality of life while undergoing treatment for cancer. They utilize therapies including meditation, prayer, acupuncture, herbal, botanical, nutritional diets, homeopathic, and other holistic practices seeking benefit. Naturopathic doctors specializing in oncology serve as capable guides for patients interested in exploring alternative medicine.

Naturopathic oncology is the application of the art and science of naturopathic medicine to the field of cancer care and treatment. Naturopathic oncologists work both in hospital oncology settings and in private practices, bringing their wisdom, perspective and experience to aid oncology treatment teams that seek the best positive outcomes for their patients. Naturopathic doctors (ND) support people with cancer to use natural therapies safely and seek to maximally support overall health, fight disease processes, and prevent or reduce side effects of standard cancer treatment regimens for patients who utilize them. ND's promote and teach health related behaviors and may recommend specific supplements or nutritional programs in an individualized treatment approach.

Naturopathic doctors who specialize in naturopathic oncology understand both the standard treatments employed by medical oncologists and how best to work in a collaborative model of cancer co-treatment. They often help patients maintain their oncology treatment regimens and provide vital support for reducing side effects of those treatments. Naturopathic doctors are well aware of the multitude of 'alternative therapies' promoted to cure cancer and work to educate patients on evidence based treatment modalities."

<https://oncanp.org/what-is-naturopathic-oncology>

### Find ND's in Colorado who belong to OncANP:

<https://oncanp.org/find-nd/#co>

### Namaste Health Center

1800 E 3rd Ave #112, Durango, CO 81301, 970.247.2043

"Providing patients and their families with a fully integrated medical approach for achieving true health through specialized preventative care options, and innovative oncology treatment strategies." Kirsten West, N.D. practices integrative/naturopathic oncology on site and by phone. Andrea Rossi specializes in nutrition for oncology clients.

[www.namastehealthcenter.com/home#namaste](http://www.namastehealthcenter.com/home#namaste)

### Optimal Terrain Consulting

10 Town Plaza, Ste #455 Durango, CO 81301 970.403.5409

[support@optimalterrainconsulting.com](mailto:support@optimalterrainconsulting.com)

"We are your resource for all things related to integrative oncology in treatment, prevention, and support for the cancer journey and beyond."

[www.optimalterrainconsulting.com](http://www.optimalterrainconsulting.com)

## Exercise



### CancerFit Program for Cancer Survivors – Colorado Parks & Recreation

Programs are available at recreation centers in: Centennial, Durango, Fruita, Lakewood, Littleton, Parker & Wheat Ridge.

303.231.0943 or [ashleyp@cpra-web.org](mailto:ashleyp@cpra-web.org)

"The Cancer Fitness Institute has been providing exercise programs to cancer survivors for over twelve years, helping over 1,600 cancer survivors regain strength and confidence through exercise. Our focus is on providing a program that is "health" rather than "hospital" oriented, to give our participants the opportunity to exercise in their own community and to incorporate exercise as a lifelong habit. The three month CancerFit exercise program is open to adults of all ages and fitness levels. Participants are both men and women who have survived every type of cancer. Exercise physiologists with a cancer specialty oversee all aspects of the exercise regimen, which aids in recovery and general fitness during and after treatment. The fitness program includes flexibility, balance, cardiovascular and strength training. The program is currently offered through 13 recreation facilities across Colorado..."

[www.cpra-web.org/?CancerFit](http://www.cpra-web.org/?CancerFit)

For more information on CancerFit sites, see:

[www.cpra-web.org/page/CancerFitSites](http://www.cpra-web.org/page/CancerFitSites)

Some scholarships are available:

[www.cpra-web.org/page/CancerFitScholarship](http://www.cpra-web.org/page/CancerFitScholarship)

### Exercise to Improve Cancer Survivorship – at Univ. of Colorado Anschutz Health & Wellness Center

12348 E Montview Blvd. Aurora, CO 80045 Fitness Center:

303-724-WELL (9355), Wellness Clinic: 303-724-9030

[info@anschutzwellness.com](mailto:info@anschutzwellness.com)

"Learn the best exercise methods to improve survivorship by taking advantage of a joint initiative between the Anschutz Health and Wellness Center, the University of Colorado Cancer Center and the University of Colorado Hospital. This program is designed to help you decrease fatigue, improve strength and balance, and establish lifelong positive behavior changes. Our Cancer Exercise Program includes: Comprehensive pre- and post- assessment which includes a Wellness Report, providing insight into six dimensions of wellness; A cancer exercise specialist to guide you through a personalized exercise prescription; Access to our Fitness Center: Monday-Friday, 8am-4pm, full access Saturday & Sunday. Enrollment is limited, so sign up today!"

<http://anschutzwellness.com/community-programs/>

**The Cancer Exercise Program - at Rose Medical Center**

Rose Medical Center, 4567 E. 9th Ave. Denver, CO 80220  
303.320.2121

“The Cancer Exercise Program at Rose is designed to meet the individual needs of the patient who has just been diagnosed with, is being treated for, or is in remission from, any form of cancer... Each patient has their own unique set of needs and goals, and our gradually progressive exercise plan is created to meet and achieve them. The goal of the program is to improve quality of life by reducing cancer-related fatigue and improving the ability to cope with treatment related symptoms....The program, and each session, is led by a qualified Exercise Physiologist, certified as a Cancer Exercise Specialist, and is held in the Physical Therapy gym (all equipment is cleaned regularly)... These sessions are held Monday, Wednesday, and Friday between 3:30 - 6:30 pm, and Tuesday & Thursday between 9:15 - 11:30 am. The sessions last one hour in duration, and are done in a group setting. Our program is self-pay, as most insurances do not currently cover the service. Cost for participation is only \$60.00 per month, and \$60.00 for the initial assessment. Aside from this, physician referral is all that is required to join.”

<http://rosemed.com/service/cancer-care-exercise>

**Avanti Therapy - Boulder Cancer Survivorship Program**

5350 Manhattan Circle, Suite 100, Boulder, CO 80303  
303.543.1201

“Treatment for cancer and recovery from the effects of treatment present many challenges. We focus on specialized strategies to promote optimal health, longevity and fitness during and after cancer treatment. We are dedicated to promoting physical fitness and healthy lifestyle choices as essential parts of cancer management and recovery. We work closely with survivors and their healthcare team to promote optimal recovery, rehabilitation, and longevity for all persons affected by cancer. Our program empowers cancer survivors to make a positive impact on their overall health and prognosis. We provide a safe haven for cancer recovery.”

[www.avantitherapy.com/services/boulder-cancer-survivorship-program/](http://www.avantitherapy.com/services/boulder-cancer-survivorship-program/)

**Rocky Mountain Cancer Rehab Institute – at Univ. of Northern Colorado**

Call to schedule an appointment at (970) 351-1876.

“The Rocky Mountain Cancer Rehabilitation Institute (RMCRI) is the only comprehensive cancer rehabilitation facility of its kind. The Institute provides individualized prescriptive exercise in the recovery of cancer treatment-related symptoms...Each program is individualized to fit our clients’ needs and goals. Following an initial assessment at RMCRI, clients will be assigned to a specific Phase of Rehabilitation based on their treatment status and their placement on the cancer continuum. A referral is required from either your oncologist or primary care physician. “

[www.unco.edu/rmcri/potential\\_clients.html](http://www.unco.edu/rmcri/potential_clients.html)

**The “Survivor Fit” Cancer Exercise Program – at Penrose Cancer Center**

Penrose Cancer Center, 2222 N. Nevada Avenue Colorado Springs, CO 80907

Register by calling 719.776.7983

“Survivor Fit” is designed to develop and support quality exercise programs for survivors in a healthy and positive community environment. This program provides cancer survivors with an individualized exercise program to assist them in their recovery. Survivor Fit is open to men and women who have had any type of cancer, are currently in treatment or post-treatment, regardless of their fitness level. The cost is \$25 for 3 months... You can register by calling 719-776-7983 or by filling out our online form. Once your form has been submitted we will follow up to schedule your first session and payment.”

[www.penrosecancercenter.org/pcc/health-and-wellness/survivor-fit/](http://www.penrosecancercenter.org/pcc/health-and-wellness/survivor-fit/)

**Feisty Fit Females**

Connie Carson, 720.635.3823 [concarson@aol.com](mailto:concarson@aol.com)

1341 West Caley Avenue, Littleton, CO 80120.

“Feisty Fit Females, a free exercise group for women cancer survivors, meets the final Thursday of most months from 6:30 to 8:30 pm. We’re dedicated to helping women with cancer be more physically fit and well. Each session is not always an actual work-out; rather, speakers present diversified topics that pertain to wellness and health. ”

[www.feistyfitfemales.org](http://www.feistyfitfemales.org)

**Acupuncture**



**Colorado School of Traditional Chinese Medicine**

1441 York Street [Colfax & York] Suites C&D, Denver, CO, 80206 303.329.6355 x10 - to schedule an appointment.

“The Advanced Student Clinic at CSTCM provides affordable acupuncture and is fully supervised by expert faculty from leading U.S. and mainland China universities. The session fee is \$30 in cash or check only. “

<http://www.cstcm.edu/advanced-student-clinic>

“Practitioners in our Grad Care clinic are graduates of CSTCM and are licensed practitioners through NCCAOM. They join us each week to treat patients who cannot be seen in our busy student clinic. \$40 fee, cash or checks only - all treatments are 1 hour sessions.“

[www.cstcm.edu/grad-care-clinic-0](http://www.cstcm.edu/grad-care-clinic-0)

**Denver Community Acupuncture**

2530 West 29th Ave. Denver, CO, 80211

720.855.3160 [info@denveracu.com](mailto:info@denveracu.com)

“Denver Community Acupuncture is a fully licensed and board certified holistic health center conveniently located off I-25 and Speer Blvd in the Highlands neighborhood of Denver. Our mission is to provide affordable acupuncture, Chinese herbal medicine and complementary healing services to everyone in our community. We work together with our patients and other practitioners in and out of our office

to formulate individualized wellness plans that utilize our knowledge of healthy living for a healthy community.”

[www.denvercommunityacupuncture.com](http://www.denvercommunityacupuncture.com)

### Yao Clinic

1305 S. Washington St., Denver, CO 80210

303-777-7891 [patient@yaoclinic.com](mailto:patient@yaoclinic.com)

“YAO clinic has been in business since 1997 and continues to bring to its patients new and creative ways of practicing traditional Chinese Medicine backed with western internal medical analyses allowing for truth in diagnosis and purity in treatment... Our doctors are well studied in reading western medical blood chemistry and fuse the information of blood chemistry analysis with their Chinese Medical background. Due to our breadth of study and experience, our practitioners are quickly able to not only know and see what is imbalanced, but to also understand and hear what will realistically work with each person.”

[www.yaoclinic.com/](http://www.yaoclinic.com/)

## Massage Therapy

★ **Have a massage with an oncology-trained massage therapist only during and after chemo treatment. See info below.**

### Society for Oncology Massage

[info@s4om.org](mailto:info@s4om.org)

“Oncology massage is the adaptation of massage techniques to safely nurture the body of someone affected by cancer or its treatments..... Massage can make your cancer journey easier...but not just any massage: an oncology massage. Many of the body’s responses to cancer and cancer treatment require changes to massage therapy. A properly trained therapist should be able to tell you why and how...If you are currently receiving treatment or have ever received treatment for cancer in your life the safest way for you to get massage is to find a massage therapist who has had appropriate training in the specifics of cancer and cancer treatment and how to use a knowledge of those specifics to provide safely adapted massage therapy for people at all stages of the cancer journey.... An oncology massage is a client-specific, customized massage session designed to meet the unique and changing needs of someone in treatment for cancer or with a history of cancer treatment. A safe massage plan generally revolves around the side effects (both short- and long-term) of chemotherapy, radiation and surgery.... S4OM is a non-profit organization that offers a searchable index of oncology massage therapists who have the necessary specialized training and who subscribe to the S4OM Standards of Practice. Currently, the Society for Oncology Massage is the only entity that requires proof of training and competency for listing in its locator service.”

[s4om.org/clients-and-patients/clients-patients-faq](http://s4om.org/clients-and-patients/clients-patients-faq)

### Medicine Hands of Colorado

Cheryl A. Johnson, CMT & Cindi S. Vogt, LMT

3460 S Sherman St, Suite 201, Englewood, Colorado 80113  
303.781.4444

“The medical massage therapy team at Medicine Hands currently provides services in numerous hospital and rehabilitation sites and for private physician groups throughout the Denver metro area. The Medicine Hands Referral Network is a program designed to connect patients and their caregivers to highly skilled and credentialed medical massage therapists throughout Colorado. If you or your loved one are facing the many challenges of treatment, massage can be your ally.”

[www.medicinehandsofco.com](http://www.medicinehandsofco.com)

## Yoga



### Iyengar Yoga Center of Denver - Yoga for Cancer Survivors Class

770 S. Broadway, Denver, CO 80209. 720.570.9642

“Free restorative class for people in treatment, survivors, and family members. Wednesdays from 1:00 - 2:15 pm. No yoga experience necessary. The class uses restorative sequences to help alleviate symptoms that can come with medical therapies, such as fatigue, headache, nausea and stress in general.”

<http://iyengaryogacenter.com/index.php?section=class-descriptions>

### Laura Kupperman – Yoga for Survivors®

“If you are currently going through cancer treatment or know someone who is still trying to get their life (and body!) back after treatment has ended, you’ve come to the right place... The Yoga for Survivors® program ... mission is to share the healing path of yoga with cancer survivors worldwide by providing safe, accessible classes to survivors of any type of cancer, at any stage of recovery.” See website for list of teachers in various Colorado locations.

<https://laurakupperman.com/yoga-for-survivors-teacher-list/>

### YogaDurango

Michele 970.946.8961, Sheryl 970.769.6875

[info@yogadurango.com](mailto:info@yogadurango.com)

“Yoga therapy adapts the practice of Yoga to the needs of people with specific or persistent health problems not usually addressed in a regular group class. Yoga therapy can assist with many problems, including: addressing long-standing muscle tension and chronic pain; recovering from injury; dealing with depression and anxiety; transforming grief; recovering from cancer and cancer treatments; managing stress, including PTSD.”

<http://yogadurango.com/yoga-therapy.html>



## Meditation



### The Center for Courageous Living – Mindfulness Based Stress Reduction (MBSR)

Janet Solyntjes, MA, CYT, Boulder, CO

“During times of transition, personal loss, intense emotional or physical pain, or any of the numerous circumstances that send our life out of balance, it can be helpful to have support on the journey towards greater calm and a deeper sense of well-being... MBSR (Mindfulness Based Stress Reduction) began in 1979 as the Stress Reduction Program at the University of Massachusetts Medical School by Jon Kabat-Zinn, Ph.D. The program was featured in the Bill Moyer’s PBS documentary *Healing and the Mind* and is the subject of Jon Kabat-Zinn’s best selling book, *Full Catastrophe Living: Using the Wisdom of the Body and Mind to Face Stress*. MBSR has been shown to: reduce depression and anxiety; increase focus and mental clarity; enhance and improve personal health; improve communication with others; calm the wildness of the “monkey mind”; foster courage in difficult situations; bring unconditional joy to daily life. The MBSR foundation course includes 8 weekly sessions and a one-day silent retreat. Various mindfulness tools are learned and practiced in a group context with an emphasis on personal journey. The Center offers a variety of programs and retreats during the year.” *Janet completed a professional training in MBSR with Jon Kabat-Zinn and Saki Santorelli in 2002 and an MBSR Teacher Development Intensive at the Center for Mindfulness at the University of Massachusetts Medical School in 2005. Check website for schedule and locations.*

<http://thecenterforcourageousliving.com/workshops.html>

### MB-Well™ Mentoring - Janet Solyntjes, MA, CYT

Boulder Office - 1634 Walnut, Suite 221, or via Skype  
303.415.2766 [janet@thecenterforcourageousliving.com](mailto:janet@thecenterforcourageousliving.com)

“Individual wellness mentoring, using the tools of MBSR is the inspiration and outgrowth of years of work with the MBSR Foundation Course. Working with a mentor can help you tap the well of inner resource that allows for a genuine, artful and fearless approach to life. The mentoring journey can be limited to a single session or can be ongoing.” The MB-Well mentoring program is offered in person or by Skype. *Janet completed a professional training in MBSR with Jon Kabat-Zinn and Saki Santorelli in 2002 and an MBSR Teacher Development Intensive at the Center for Mindfulness at the University of Massachusetts Medical School in 2005.*

Cost: An introductory 30-minute session by phone or Skype is currently available for \$35. Three 1-hour sessions for \$250 (or \$100 hour)

<http://thecenterforcourageousliving.com/workshops.html>

### Palouse Mindfulness - Online Mindfulness-Based Stress Reduction (MBSR)

Dave Potter - 1009 Tolo Trail, Moscow, Idaho 83843

[palousemindfulness@gmail.com](mailto:palousemindfulness@gmail.com)

“This online MBSR training course is 100% free, created by Dave Potter, a fully certified MBSR instructor, and is modeled on the program founded by Jon Kabat-Zinn at the University of Massachusetts Medical School. Here you will find a complete eight-week MBSR course, designed for people who are not able to take a live MBSR course for financial or logistical reasons. All of the materials used in the live course, including guided meditations, articles, and videos are freely available here. A live, in-person Mindfulness-Based Stress Reduction (MBSR) class is still the best way to learn mindfulness, because it is more likely that you will complete the course, due to the live interaction and group support. But doing an in-person course is not always possible, for financial and logistical reasons. This online course uses precisely the same course curriculum and resources that are used in my local in-person course, and if you follow the suggestions and practices for each of the eight weeks of the course, the learning can be just as deep and profound.”

“Dave Potter is a certified Mindfulness-Based Stress Reduction instructor and received his training through University of Massachusetts Medical School where Jon Kabat-Zinn founded the Center for Mindfulness.”

<http://palousemindfulness.com/index.html>

### Calm.com

“Relax with Calm, a simple mindfulness meditation app that brings clarity and peace of mind into your life. With 7 *Days of Calm*, learn the basics of mindfulness meditation.”

[www.calm.com/](http://www.calm.com/)

## Energy Therapies



### Lifespark Cancer Resources

303.425.5670.

“LifeSpark Cancer Resources is a non-profit volunteer service organization focused on the use of energy therapies to provide support and care for individuals with cancer at approved medical and educational facilities. LifeSpark is dedicated to serving individuals and the oncology medical community through education, training, advocacy and delivery of hands-on sessions. “ Sessions are offered in Arvada, Aurora, Boulder, Centennial, Colorado Springs, Conifer, Denver, Highlands Ranch, Lakewood, Littleton, Longmont, and Parker.

[www.lifesparknow.org/patients-find-a-lifespark-location/](http://www.lifesparknow.org/patients-find-a-lifespark-location/)

### Spring in Winter QiGong

Margaretta Gilboy

303.781.5460. [margilboy@gmail.com](mailto:margilboy@gmail.com)

“QiGong Therapy is a highly therapeutic type of bodywork which uses acupressure and emitted qi energy in a systematic

approach to balance the body's energy. It is successfully performed by a trained practitioner or master who can detect energy blockages and resolve them... Margaretta Gilboy, master practitioner, has had great success in treating a wide variety of health conditions and disorders with QiGong."

[www.springinwinterqigong.com](http://www.springinwinterqigong.com)

## Mind-Body Therapies



### HealthJourneys.com

800.800.8661 [info@healthjourneys.com](mailto:info@healthjourneys.com)

"Over the past 40 years, the effectiveness of guided imagery has been increasingly established by research findings that demonstrate its positive impact on health, creativity and performance. We now know that in many instances even 10 minutes of imagery can reduce blood pressure, lower cholesterol and glucose levels in the blood, and heighten short-term immune cell activity. It can reduce blood loss during surgery and morphine use after it. It lessens headaches and pain.... and reduces anxiety; and it has been shown, again and again, to reduce the aversive effects of chemotherapy and radiation therapy, especially nausea, depression, soreness and fatigue.... Psychotherapist, author and guided imagery pioneer Belleruth Naparstek is the creator of the Health Journeys guided imagery audio series... nearly 2000 hospitals and recovery centers distribute her guided imagery recordings, in many instances free of charge to recipients."

[www.healthjourneys.com/Store/Cancer/33](http://www.healthjourneys.com/Store/Cancer/33)

### HeartMath® Institute

800.711.6221 [info@heartmath.org](mailto:info@heartmath.org)

(This program is offered in "Cancer Treatment Centers of America" locations across the U.S.)

"HeartMath® provides tools that connect us with the heart of "who we truly are" for living healthier, fulfilling lives and building a brighter future. Since 1991, the HeartMath Institute has researched and developed reliable, scientifically based tools to help people bridge the connection between their hearts and minds, and deepen their connection with the hearts of others. Use our in-depth Stress & Well-Being Survey to monitor your mental, emotional and physical well-being."

[www.heartmath.org/resources/](http://www.heartmath.org/resources/)

### Simonton Cancer Center

PO Box 6607, Malibu, CA 90264 (800) 459-3424 [simontoncancercenter@msn.com](mailto:simontoncancercenter@msn.com)

"For over 40 years, the Simonton Cancer Center has been a leader in the scientifically proven mind-body approach for treating cancer patients. The Center's integrated program was the first of its kind in the world, and was pioneered by the physician most often considered "father of mind-body medicine for cancer patients," Dr. O. Carl Simonton, MD. The Simonton method focuses on interactions between the mind and the body—how beliefs, attitudes, lifestyle choices,

spiritual and psychological perspectives can dramatically affect our health, the course of our disease, and our overall well-being. At the heart of the Center's mission is the Getting Well Again Program, a five-day retreat based on Dr. Simonton's successful model for emotional intervention, patient education, and support."

<https://simontoncenter.com/>

## Intimacy



### M.D. Anderson - Sexuality and Cancer

Speak with a M.D. Anderson Health Information Specialist at 1.877.632.6789

"Cancer treatment can cause a variety of sexual changes. Even though the causes may be different – surgery, chemotherapy, hormone treatment or radiation – the resulting changes are often similar. Some patients experience changes in all areas (desire, arousal, orgasm, resolution), but others experience none. The most common sexual change for cancer patients is an overall loss of desire.... For women, vaginal dryness and pain with sexual activity are frequent. Most men and women are still able to have an orgasm even if cancer treatment interferes with erections or vaginal lubrication, or involves removing some parts of the pelvic organs. It is common for patients to need more time or stimulation to reach orgasm. While medications are available to treat many of these symptoms, some of these same drugs can decrease sexual desire or make it harder to reach orgasm. It is usually safe to have sex during cancer treatment unless your doctor tells you not to. Talk with your doctor before participating in sexual activities. Coping with Sexual Changes: When sexual changes do occur, they typically do not improve right away. Finding the most helpful remedy may take time and patience because sexual changes can be caused by both psychological and physical factors. Treatment-related sexual changes may be long-term or permanent. Talk with your health care team before treatment to learn about what to sexual changes to expect from your cancer or cancer treatment. By knowing what may happen, you may be better prepared and more knowledgeable about possible changes. If problems occur, discuss them with your team and find out how to get help. If you are having sex during chemotherapy, you may wish to use barrier protection, such as condoms or dental dams (for oral sex), since chemotherapy chemicals can be found in semen or vaginal fluid. Patients in their childbearing years should be aware that a pregnancy during or just after chemotherapy can be complicated by birth defects. Radiation therapy from an external machine does not make you radioactive or endanger your partner in any way. If you are undergoing brachytherapy, which implants radioactive seeds in your body, you may have to stop sexual activity briefly until the strongest radiation has left the body. Sex can be a problem if you have bleeding in the genital area following a recent surgery or if your immune system is very weakened." You can speak with a Health Information Specialist at 1.877.632.6789. See next page

[www.mdanderson.org/patients-family/diagnosis-treatment/emotional-physical-effects/sexuality-cancer.html](http://www.mdanderson.org/patients-family/diagnosis-treatment/emotional-physical-effects/sexuality-cancer.html)

**Boulder Sex Therapy**

Tara Galeano, MA, LPC, Certified Sex Therapist  
 954 North Street, Suite 306, Boulder, Colorado 80304  
 tara@bouldersextherapy.com 303.544.1400  
 "The benefits of counseling at Boulder Sex Therapy include more intimacy, clearer communication, greater self-awareness, and better relationship. It takes couple's counseling to a more intimate level by discussing the oft overlooked, but very important, issue of sex in a relationship. You may also experience clearer and more effective emotional expression and a better understanding of the intra-psychic causes of sexual dysfunction including both the relational and medical aspects. In your work with me, you will benefit by: expanding your awareness of your body's innate wisdom; reclaiming your sexuality; enhancing your understanding of how past sexual experiences impacted your sexual identity." Tara Galeano is "...a licensed professional counselor, certified in marriage and family therapy, board certified in sexology, an AASECT certified sex therapist, and a Level I TRE Practitioner. I specialize in working with adult individuals, couples, and groups focusing on sex therapy and relational counseling."

[www.bouldersextherapy.com/](http://www.bouldersextherapy.com/)

*Counseling*



★ Check with the Licensed Clinical Social Worker (LCSW) at your hospital about scheduling a private counseling session. Most major hospitals have LCSW's on staff.

**Laura Melton, PhD**

Clinical Health Psychologist  
 University of Colorado Cancer Center – 720.848.0300  
 "Dr. Melton works at the University of Colorado Cancer Center as a Clinical Health Psychologist in Medical Oncology. Her specialties include: "Living with Cancer... Anxiety, Bereavement, Depression, Panic Disorder, Seasonal Affective Disorder, Stress and Stress Management." She is also an Assistant Professor in the Medicine-Medical Oncology Dept. at the University of Colorado. Call for info about making an appointment for a session with her or another Clinical Health Psychologist at the UC Cancer Center."

[www.cudoctors.com/Find\\_A\\_Doctor/Profile/22857](http://www.cudoctors.com/Find_A_Doctor/Profile/22857)

**Heather O'Neil, LCSW**

Licensed Clinical Social Worker, & Certified Yoga Instructor  
 1890 Gaylord Street, Denver, CO 80206  
 720.363.5793 heather@oneil.net  
 "Uptown Counseling specializes in helping individuals and

couples gain self-awareness to create healing and growth. My therapy style is informed by many years of social work practice in the non-profit arena, and through my experience as a certified yoga instructor with an emphasis on the mind/body connection. I am a graduate of the University of Denver Masters of Social Work program, and have over 17 years of professional experience. My practice is also informed by CBT (cognitive behavioral therapy), sensorimotor psychotherapy, and EMDR (eye movement desensitization reprocessing)." Note: Heather has worked with Colorado Ovarian Cancer Alliance and is familiar with issues involved with an ovarian cancer diagnosis. See her website at:

[www.uptowncounselingandcoaching.com/](http://www.uptowncounselingandcoaching.com/)

**People House**

People House (Main)  
 3035 West 25th Avenue, Denver, CO 80211, 303.480.5130  
 People House East  
 13693 E. Iliff Ave., Ste 112, Aurora, CO 80014, 303.480.5130  
 "People House has a successful 40-year history of responding to the community's need for personal and spiritual growth and emotional healing. We serve people who are in crisis, life transition and/or who are motivated to develop themselves physically, psychologically, and spiritually. We offer affordable counseling on a sliding scale. Therapy should be something accessible to everyone regardless of income level. That is why we strive to offer low cost high quality counseling." People House provides the Affordable Counseling Intern Program, and a selection of many Private Practitioners.

[www.peoplehouse.org](http://www.peoplehouse.org)

**Professional Psychology Center at University of Denver (DU)**

Located within the Graduate School of Professional Psychology  
 2450 S. Vine Street, Denver, CO 80208 303.871.3626  
 M-Th: 8:30 AM - 8:30 PM F: 8:30 AM - 3:00 PM  
 "The Professional Psychology Clinic (PPC) is the training center for the Graduate School of Professional Psychology at the University of Denver. The PPC has provided low cost, high quality psychological services to Denver's community for over 30 years... Staffed by doctoral students under the supervision of licensed mental health professionals, we offer a broad range of confidential mental health care... The university setting enhances our ability to provide services that are innovative, cutting edge, GLBT affirming, and culturally sensitive. Services are provided by doctoral level students who are supervised by licensed professionals. At the PPC, we carefully tailor our services to meet each client's individual needs. Fees for services are on a sliding scale, and are based on your income and financial circumstances."

[www.du.edu/gsp/spp/services/ppc.html](http://www.du.edu/gsp/spp/services/ppc.html)

**Maria Droste Counseling Center**

1355 South Colorado Blvd., Suite C-100, Denver, Colorado 80222-3305 Phone: 303-756-9052 - Free 2 hour parking is

available behind the building.

“Chronic & Long Term Illness Program - It can be quite disconcerting to learn that you or your loved one has been diagnosed with a chronic illness. Maria Droste Counseling Center has been formed out of the understanding that people need access to counseling regardless of their ability to pay. We are committed to serving others with enthusiasm, empathy and humility as we assist in creating a place of peace, love and harmony within others, ourselves and our community. We embrace and honor diversity in all its forms.”

[www.mariadroste.org/what-we-do/trauma-and-illness/chroniclong-term-illness/](http://www.mariadroste.org/what-we-do/trauma-and-illness/chroniclong-term-illness/)

### Southwest Counseling Associates

303-730-1717, [sca@southwestcounseling.org](mailto:sca@southwestcounseling.org)

Littleton Office: 141 West Davies Avenue, Littleton, CO 80120.

Westminster Office: 8120 N Sheridan Blvd, Westminster, CO 80031, Suite B217

Aurora Office: Aurora near Chambers and Iliff

“Southwest Counseling Associates offers a full spectrum of psychotherapeutic services for individuals, couples and families throughout their life span... All our therapists are trained and licensed at the master’s or doctorate level.... We emphasize time-efficient strategies that empower our clients to set positive goals and tap their unique strengths to meet them. Founded on the essential concepts and principles of evangelical Christianity, SCA remains faithful to those convictions. Though we take care not to impose our beliefs on others, all our staff members share a statement of faith. Based in the suburbs of Littleton, Colorado, SCA maintains a north office in Westminster, and a southeast office in Aurora. We handle all appointments and business transactions through our Littleton office.”

[www.southwestcounseling.org](http://www.southwestcounseling.org)

### Jewish Family Services – Counseling

3201 S. Tamarac Drive, Denver, CO 80231, 303.597.5000

[jfs@jewishfamilyservice.org](mailto:jfs@jewishfamilyservice.org)

“Jewish Family Service Mental Health Specialists is your resource for quality therapy. We assist people at all stages of life—from age 5 to 105—with caring, compassionate, and confidential counseling. Our four therapists have a combined 120 years of clinical experience, making Jewish Family Service Mental Health Specialists one of the most qualified counseling centers in Denver. These are masters-degreed professionals who are licensed in a variety of specialties. Jewish Family Service Mental Health Specialists serve all people, regardless of their ability to pay full price for services. We offer a discounted sliding-fee schedule for those with limited financial resources.”

[www.jewishfamilyservice.org/services/Mental-Health-Specialists](http://www.jewishfamilyservice.org/services/Mental-Health-Specialists)

### Regina Caeli Clinical Ministry

8 W. Dry Creek Circle, Ste. 206, Littleton, CO 80120

720.377.1359

“At different moments in your life, you may find the need for additional guidance and support. Our staff is eager to help you by offering high quality mental health services that are faithful to the teachings of the Catholic Church. The family is a community of life and love, but you may find that differences in personality and/or communication styles, wounds from the past and present, or other difficulties place a strain on your family relationships. Our staff is eager to help your family work through these difficulties to find peace and healing.”

[www.rccsdenver.org/ReginaCaeli/index.php/clinical-ministry.htm](http://www.rccsdenver.org/ReginaCaeli/index.php/clinical-ministry.htm)

## Managing Fear, Anxiety, Depression & Grief



### Managing Fear, Anxiety, depression, grief

from *The National Cancer Institute* - [www.cancer.gov](http://www.cancer.gov)

“Some patients living with cancer have a low level of distress and others have higher levels of distress. The level of distress ranges from being able to adjust to living with cancer to having a serious mental health problem, such as major depression. However, most patients with cancer do not have signs or symptoms of any specific mental health problem. This summary describes the less severe levels of distress in patients living with cancer, including:

- **Normal adjustment**—A condition in which a person makes changes in his or her life to manage a stressful event such as a cancer diagnosis. In normal adjustment, a person learns to cope well with emotional distress and solve problems related to cancer.
- **Psychological and social distress**—A condition in which a person has some trouble making changes in his or her life to manage a stressful event such as a cancer diagnosis. Help from a professional to learn new coping skills may be needed.
- **Adjustment disorder**—A condition in which a person has a lot of trouble making changes in his or her life to manage a stressful event such as a cancer diagnosis. Symptoms such as depression, anxiety, or other emotional, social, or behavioral problems occur and worsen the person’s quality of life. Medicine and help from a professional to make these changes may be needed.
- **Anxiety disorder**—A condition in which a person has a lot of anxiety from a stressful event such as a cancer diagnosis. The anxiety affects his or her ability to manage emotions, social relationships, and work life. Medicine and help from a professional to manage the anxiety may be needed....

Patients who show a high level of distress usually find it helpful to talk about their concerns with a social worker, mental health professional, palliative care specialist, or pastoral counselor.”

[www.cancer.gov/about-cancer/coping/feelings/anxiety-distress-pdq#section/all](http://www.cancer.gov/about-cancer/coping/feelings/anxiety-distress-pdq#section/all)

## Arts for Healing



### Journal Therapy

“Writing in a journal is an effective way to handle... emotions that living with cancer has triggered. Often people facing a serious illness find it difficult to express their feelings to others. Some aren’t used to revealing their emotions. Others feel a need to be strong for the sake of the people around them... Journal writing empowers us to express our difficult feelings in a safe and private way. It allows you to come to terms with cancer at your own pace and in your own way. Your journal is always there to receive your thoughts and feelings.”

**From:** [www.friendsofsuzanne.com/id46.html](http://www.friendsofsuzanne.com/id46.html)

**Also:** <http://journaltherapy.com/>

### Storytelling

“There are so many reasons and many ways to tell your story about your life with cancer, if you choose to. For our parts, we have found it to be an important part of our healing...”

[www.ovariancancer.org/wp-content/uploads/Storytelling-Handout.Dern .pdf](http://www.ovariancancer.org/wp-content/uploads/Storytelling-Handout.Dern.pdf)

**Also:** [www.ebbflowstory.com/](http://www.ebbflowstory.com/)

### Art4Healing®

“Art4Healing® Online courses bring the Art4Healing® workshops to you and into the privacy of your home. Online Courses are taught by Laurie Zagon, Founder and Executive Director of Art & Creativity for Healing Inc. Easy pricing

and convenient online courses means you can experience the Art4Healing® abstract art exercises at your own pace, whenever you like.”

[www.art4healing.org/online-classes/](http://www.art4healing.org/online-classes/)

### Music Therapy

“Music therapy is defined by the American Music Therapy Association as ‘...the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional...’

<http://maitrimusictherapy.com/music-therapy/>

### N.E.D. - A Rock Band With A Mission.

“A unique band of six gynecologic oncology surgeons from across the country... N.E.D. or ‘No Evidence of Disease’, are the words every cancer patient wants to hear... Their songs are designed to empower women, give them hope and to break the silence surrounding gynecologic cancers.”

[www.nedtheband.com](http://www.nedtheband.com)

### Lily Oncology on Canvas

“In 2004, Lilly Oncology, the National Coalition for Cancer Survivorship (NCCS), and members of the global cancer community came together to launch Oncology on Canvas®, an art competition that gives people living with cancer—and those who care for them—a way to tell their stories through creativity and bring comfort and support to others by sharing their cancer journeys.”

[www.lillyoncologyoncanvas.com](http://www.lillyoncologyoncanvas.com)

## Retreats & Outdoor Experiences for Cancer Survivors



### Courageous Women, Fearless Living: A Retreat for Women Touched by Cancer

Shambhala Mountain Center, Red Feather Lakes, CO, 80545.

970.581.4208 [info@cwfl.org](mailto:info@cwfl.org)

“Cancer is one of life’s greatest challenges... By integrating body, mind and spirit, we will discover ways to meet the totality of our experience directly and courageously. Please join us in this transformative journey. This annual five-day retreat brings together ancient wisdom practices and modern day knowledge to create a healing environment that supports and empowers women touched by cancer.”

[www.cwfl.org](http://www.cwfl.org)

### Live by Living

Dan Miller, 4975 Stuart St., Denver CO, 80212 303.808.2339

[dsm@livebyliving.org](mailto:dsm@livebyliving.org)

“Live By Living provides transformative outdoor experiences for cancer survivors and their caregivers.”

[www.livebyliving.org](http://www.livebyliving.org)

### Epic Experience

8795 Ralston Rd. Suite 108, Arvada, CO 80002 1.855.650.9907

[info@epicexperience.org](mailto:info@epicexperience.org)

“This program offers free week-long outdoor stays in Sweetwater, CO, to adult cancer survivors and fighters. Epic Experience was created with one mission – to offer hope to individuals who have been affected by cancer. Through these experiences, cancer survivors can discover that cancer no longer defines them, but is simply part of their life journey.”

[www.epicexperience.org](http://www.epicexperience.org)

### Domus Pacis Family Respite

“Domus Pacis Family Respite encourages cancer patients, their

families and friends to escape to the beauty of the Colorado mountains and experience the peace that comes from creating joyful memories for the people they most cherish.” Participants must be nominated by a healthcare provider. Contact Susan at COCA for more info: 720-519-3122, [susan@colo-ovariancancer.org](mailto:susan@colo-ovariancancer.org)

[www.domuspacis.org](http://www.domuspacis.org)

### Camp Mak-A-Dream

Missoula, Montana 406.549.5987

[info@campdream.org](mailto:info@campdream.org)

“Camp Mak-A-Dream offers annual Spring and Fall Ovarian Cancer Survivor Retreats and a yearly Women’s Cancer Retreat, with a mission to provide medically supervised, *cost-free* Montana experiences in an intimate community setting for those affected by cancer.”

[www.campdream.org](http://www.campdream.org)