



Chemotherapy | Chinese Medicine | Fitness | Integrative Psychotherapy | Massage | Nutrition

RESOURCE GUIDE FOR BREAST CANCER PATIENTS

Welcome to Smith Integrative Oncology. Our Center combines traditional and complementary medicine to provide personal, holistic care and support for people living with cancer. Smith Integrative Oncology offers acupuncture & Chinese herbal medicine, therapeutic massage, fitness consulting and personalized nutrition counseling. You can receive any of these services either during your chemotherapy infusion or at a separate appointment.

Through our professional experience, as well as through our patients, we have learned of many other programs and services available in the Bay Area and have included them in this guide. We welcome your recommendations and comments, as our wish is to make this as comprehensive a resource as possible. Finally, our sincere thanks to Julie Moll for her help in compiling this valuable guide.

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GENERAL INFORMATION & RESOURCES

Breast Health Center

California Pacific Medical Center (CPMC), San Francisco

3698 California Street, San Francisco, CA 94115

(415) 600-6474

www.cpmc.org/women

Provides health education and support services to women with breast cancer, including individual counseling, support groups, yoga and meditation classes, and a 12-week Breast Cancer Recovery Program – ****HIGHLY RECOMMENDED****

Breast Cancer Connections

390 Cambridge Av., Palo Alto, CA 94306

(650) 326-6686

www.bcconnections.org

A nonprofit organization that offers free programs for those touched by breast cancer and the people who care about them.

Cancer Supportive Care Program

Stanford Center for Integrative Medicine, Palo Alto

1101 Welch Road, Building A, Suite 6, Palo Alto, CA 94304

www.stanfordhospital.com

Provides information, support groups and workshops.

Circle Resource Center

Marin General Hospital, Greenbrae

1350 S. Eliseo Drive, Greenbrae, CA 94904

(415) 925-7920

www.maringeneral.org/services

Provides information, support groups and workshops, and free services such as guided imagery and therapeutic massage.

Community Breast Health Project, Palo Alto

390 Cambridge Avenue, Palo Alto, CA 94306

Helpline: (650) 326-6686

E-mail: info@cbhp.org

www.cbhp.org

Provides information and support and practical information to people touched by breast cancer, including: Emotional and psychological support; information and counseling concerning legal, insurance, employment and financial issues; information concerning side effects of treatment; information concerning living with metastatic breast cancer; and information and support for friends and family.

Ida & Joseph Friend Cancer Resource Center

UCSF Comprehensive Cancer Center, San Francisco

1600 Divisadero Street, room B101, San Francisco, CA 94115

(415) 885-3693

www.ucsf.edu/ocim

Provides free educational programs and workshops in nutrition, exercise, fatigue management and writing and art therapy.

LifeLines Breast Cancer Program, San Francisco (provided by Shanti)

730 Polk Street, San Francisco, CA 94109
(415) 674-4780

www.shanti.org/lifelines/index.html

Provides practical and emotional support services for women with breast cancer, including grocery shopping, meal preparation, light housekeeping, and appointment scheduling. Provides art and craft therapy, including a knitting group.

Patient Resource Center

Alta Bates Hospital's Comprehensive Cancer Center, Berkeley

2001 Dwight Way, Berkeley, CA 94704
(510) 204-1250

www.abccc.com

Provides information, support groups and workshops.

The Wellness Community, Walnut Creek

3276 McNutt Avenue, Walnut Creek, CA 94596
(925) 933-0107

www.thewellnesscommunity.org and www.twc-bayarea.org

A national organization, which provides free support and education programs for people with cancer and their friends and families. These include professionally led support groups, nutrition and exercise programs, and mind/body classes.

Women's Cancer Resource Center, Oakland

5741 Telegraph Avenue, Oakland, CA 94609
(510) 420-7900 (510) 601-4044 (Spanish)

www.wcrc.org

A local organization providing information (including a multilingual lending library), referrals, peer support groups and in-home support services for women with cancer. Most services are free.

ACTIVITIES

Walking Chi Kung for Cancer Patients

1038 Powell St. (btwn Clay & Washington), San Francisco, CA 94108

<http://kowongchikunginstitute.com/whatsnew.html>

This class is FREE for individuals living with cancer. You will learn Walking Chi Kung and several treasured exercises practiced over 1,000 years and designed to strengthen the internal organs, improve respiratory and immune functions and clear the mind. By walking in the fresh morning air you will enjoy the healing benefits of rich oxygen levels. This class will complement your existing health care program and provide you with more natural energy to enhance and accelerate your recovery. For over 30 years, Master Ko has taught Walking Chi Kung programs and provided natural Chi energy treatments for cancer patients.

Dragon Boating

<http://PaddleforLife.org>

Dragon Boating is a team paddling sport involving 20 paddlers (10 along each side), a steersperson and a drummer, racing in a long boat against several others. Dragon boating emphasizes working together with teammates to persevere and synchronize every paddle stroke to fight for the finish

line. The sport originated in China, and dates back over 2000 years. Over 2000 breast cancer survivors from around the world gathered in Australia last September 2007 for a dragon boat regatta. Go here for the full story: http://www.dragonsabreast.com.au/Australia_2007/index.htm

Healing Adventures

5323 Rosalind Avenue, Richmond, CA 94805
(510) 237-8291

www.healingadventures.org

Gentle outdoor adventures for individuals with cancer and their families.

Yoga Bear

<http://yogabear.com>

This group links cancer survivors with yoga studios in their neighborhoods for free, unlimited classes.

CLINICAL TRIALS

Breast Cancer Trials

www.breastcancertrials.org

A service that matches breast cancer patients to clinical trials in the San Francisco Bay Area. It includes information about clinical trials funded by the National Cancer Institute, public research foundations and the pharmaceutical/biotechnology industry.

www.clinicaltrials.gov

National search site for clinical trials.

COMPLEMENTARY MEDICINE

Smith Integrative Oncology

<http://smithintegrative.com>

55 Francisco St. Suite 700, San Francisco, CA 94133
(415) 682-0843

We offer: Chinese Medicine, Fitness, Massage, Nutritional Counseling and Integrative Psychotherapy and Guided Imagery in a welcoming and comfortable environment.

The Charlotte Maxwell Complementary Clinic, Oakland & San Francisco

(510) 655-3261

www.charlottemaxwell.org

Oakland Location (open Fr/Sa/Su):
610 16th St., Suite 426
Oakland, CA 94612

San Francisco Location (open Sa/Su)
2601 Mission St., Ste 201
San Francisco, CA 94110

A local organization founded by **Beverly Burns** (acupuncturist) with offices in Oakland and San Francisco, offering direct services to low-income women with cancer. This primary care clinic provides: free acupuncture; Chinese and Western herbs; massage therapy; homeopathy; therapeutic imagery, and a range of services including support, advocacy and referrals to address the specific needs of low-income women with cancer.

Institute for Health and Healing (IHH) at CPMC, San Francisco

2300 California Street, Suite 100 (entrance on Webster Street), San Francisco, CA 94115
(415) 600-HEAL (415-600-4325)

<http://www.cpmc.org/services/ihh/>

IHH offers an extensive library with medical information as well as information concerning conventional and complementary medicine and coping with illness. IHH offers programs in meditation and guided imagery. The IHH retail store offers fitness and relaxation products, skin care products, aromatherapy, books, music, videos and other products promoting health and recovery.

Osher Center for Integrative Medicine

University of California at San Francisco (UCSF), San Francisco

1701 Divisadero Street, San Francisco, CA 94115 (415) 353-7700

www.ucsf.edu/ocim

Provides educational programs and support services to women with breast cancer, including lectures, workshops and classes in nutrition, stress reduction, yoga, guided imagery and meditation. We recommend **Beverly Burns** for acupuncture.

The Pine Street Chinese Benevolent Association, home of the “Pine Street Clinic” and the “Pine Street Foundation,” San Anselmo

124 Pine Street, San Anselmo, CA 94960-2674

(415) 455-5878 (Foundation); (415) 485-0484 (Clinic)

www.psmc.org (Foundation); www.pinest.org (Clinic)

The mission of the Pine Street Foundation is to help cancer patients reach informed treatment decisions through education and research. The Foundation analyzes medical literature from around the world, conducts research and clinical trials, and provides educational programs. The Clinic offers treatment with acupuncture, Chinese herbs, and nutritional supplements.

ETHNICALLY BASED RESOURCES

Bay Area Jewish Healing Center

3330 Geary Boulevard, 3rd floor West, San Francisco, CA 94118

<http://www.jewishhealingcenter.org/>

Local organization providing spiritual support for Jewish individuals living with serious illness and their families. Services include spiritual support groups and healing prayer services.

Celebrate Life International

www.celebratelife.org

A support site for African-American women with breast cancer.

Chinese Community Cancer Information Center (CCCIC)

835 Jackson Street, room 413, San Francisco, CA 94133

(415) 677-2458

www.cchrhealth.org

Local organization providing information and services in Cantonese and Mandarin.

Circulo de Vida

2601 Mission Street, suite #702, San Francisco, CA 94110

(415) 648-9423

www.circulodevida.org

A local organization providing information and support for Latinas with cancer.

National Asian Women's Health Organization (NAWHO)

One Embarcadero Center, Suite 500, San Francisco, CA 94111
(415) 773-2838

info@nawho.org

A national organization dedicated to promoting awareness and support for health issues affecting Asian women and families.

The Sisters Network

www.sistersnetworkinc.org

A website dedicated to issues concerning African American women with breast cancer.

EVENTS BENEFITING BREAST CANCER RESEARCH

Breast Cancer Fund Website

www.breastcancerfund.org

Visit the Breast Cancer Fund site to learn about participating and/or supporting events that support breast cancer. Examples include: Climb Against the Odds, Bike Against the Odds, etc.

Support Strokes

Part of California Canoe & Kayak

409 Water Street, Jack London Square, Oakland, CA 94607

(510) 893-7833

www.supportstrokes.org

California Canoe & Kayak organizes an annual sea kayak and canoe paddle around Alameda Island to raise money for breast cancer advocacy, research and treatment.

FERTILITY

Fertile Hope

www.FertileHope.org

(888) 994-HOPE

Fertile Hope, PO Box 624, New York, NY 10014

A non-profit organization dedicated to helping cancer patients with issues relating to fertility. Fertile Hope provides information and support for those recently diagnosed with cancer as well as those in treatment and post-treatment.

FINANCIAL ASSISTANCE

Breast and Cervical Cancer Treatment Program (BCCTP)

www.dhcs.ca.gov/services/medi-cal/pages/BCCTP.aspx

Provides needed cancer treatment to eligible low-income California residents diagnosed with breast or cervical cancer.

Breast Cancer Emergency Fund

(415) 558-6999

<http://bcef.org>

Serves San Francisco, San Mateo and Santa Clara Counties. BCEF provides grants of up to \$600 annually to low-income women with breast cancer to help pay for necessities such as rent, utilities, medical equipment, medication, childcare and transportation.

Updated: 6/4/15

California Breast Cancer Treatment Fund

800-824-0088

Cancer Care

www.cancercare.org

A source for information about financial resources available. Type “financial assistance” into the search box on the home page and you will be directed to the resource guide.

CanSurvivors Support Foundation

2787 East Oakland Park Boulevard, Fort Lauderdale, FL 33306

Patient Advocate Foundation

(800) 532-5274

www.patientadvocate.org

This nonprofit organization provides assistance regarding managed care, insurance, financial issues, job discrimination, and debt crisis. They publish free, state-by-state financial resource guides.

PhRMA

(800)-762-4636

www.phrma.org

They publish a free directory of prescription drug patient assistance programs offered by pharmaceutical manufacturers.

The U'ilani Fund

The Marina Lee U'ilani Bermudez Alternative Breast Cancer Treatment Fund is a non-profit organization committed to providing support for alternative and complementary treatments for women with breast cancer in Santa Cruz, the San Francisco Bay Area and Hawaii.

<http://uilanifund.org>

HATS, WIGS, MAKEUP & HAIR SALONS

ADS Hats

758 Valencia Street, San Francisco, CA 94110

(415) 255-2787

www.adshats.com

Provides hats for all occasions, and offers a 20% discount for chemotherapy patients.

A Lady's Touch

Women's Health Resource Center, CPMC, 3698 California Street, San Francisco, CA 94118

(415) 454-6058

Provides consultations and wigs, hats and scarves for women with temporary or permanent hair loss. Locations in San Francisco (at CPMC), Oakland and Marin.

Almost Hair Unlimited

34732 Gladstone Place, Fremont, CA 94555

(510)-713-9447

Testimonial from a patient: “An unusual location, but absolutely fantastic staff – very warm and knowledgeable and competent. Cut wig to my style, good match of color, etc.”

American Cancer Society

(800) ACS-2345 and (415) 394-7100

www.cancer.org

Provides **FREE** wigs, turbans and workshops for women with cancer. The American Cancer Society's "Look Good, Feel Better" (www.lookgoodfeelbetter.org) program, offered at various locations including the CPMC Breast Health Center and the UCSF Cancer Resource Center, provides free **cosmetics** and lessons on how to enhance thinning eyebrows and eyelashes, wig and hair styling, and scarf or turban tips to women with cancer.

Baron Unlimited

www.baronunlimited.com Lots and lots of wigs!

Festoon Salon

1401 Martin Luther King Jr. Way, Berkeley, CA 94709

(888) 35-SALON

www.festoonsalon.com

Their "**Welcome Back**" program offers one free haircut for women who are growing their hair back after chemotherapy.

Hansen Fontana

536 Bryant Street, San Francisco, CA

(415) 495-8888

www.hansenfontana.com

High-end wigs. Highly recommended by one of our patients.

John Nieto – Hair/Wig Stylist

(415) 567-6743

From a patient: "John is a hair stylist very experienced in cutting and styling wigs. He works out of his home; please call him for directions."

Mary The (pronounced "tay") - **Aesthetician**

188 south Park, #1 (at Mission St.), San Francisco, CA 94107

(415-777-4188)

www.marythe.com

From a patient: "Mary is an aesthetician very experienced in skin care and permanent make-up (i.e., tattooing of eyebrows and eyeliner).

Paula Young Online Wig Catalogue

www.paulayoung.com

Highly recommended by one of our patients.

Rosalee's New Look

782 Columbus Ave. (at Greenwich St.), San Francisco, CA 94133

(415) 397-6246

This store specializes only in wigs.

Wig Factory

3020 Mission Street, San Francisco, CA

(415) 282-4939

Highly recommended by one of our patients.

UCSF “Friend to Friend” Gift shop at Mt. Zion Campus

1600 Divisadero St., San Francisco, CA 94115 (415) 353-7776

Hours: M-Th 9:30am – 4:30pm, Fri 9:30am-3pm

A one-stop boutique for cancer patients: shop with the assistance of trained professionals for prostheses, wigs, books on tape, flowers, jewelry and sun-protective clothing including hats.

Y-ME National Breast Cancer Organization

www.y-me.org

Provides **FREE** wigs and prostheses to women who have cancer and limited resources.

HOSPICE CARE & NURSING

Hospice by the Bay

180 Redwood St., Suite 350, San Francisco CA 94102

(415) 626-5900

www.hospicebythebay.org/index.php

Provides hospice care, individual and family counseling and grief support groups.

Visiting Nurses and Hospice

3360 Geary Boulevard, San Francisco, CA 94118

(415) 750-4404

Zen Hospice Project

273 Page St., San Francisco, CA 94102

(415) 913-7682

www.zenhospice.org

A residential hospice with five comfortably furnished private suites with high ceilings and natural light.

INSURANCE & BENEFITS RESOURCES

Georgetown Law School’s Information on California Health Insurance Law

<http://healthinsuranceinfo.net/getinsured/california/>

Daniel Fortuno, Benefits Counselor

www.benefitseducationcenter.com

Daniel charges a fee for his services

INTERNET RESOURCES (Information, Advocacy, and Support)

American Cancer Society

www.cancer.org

Information: 1-800-ACS-2345

A clearinghouse for information and support, including a Cancer Survivors peer support network.

Breast Cancer Action

www.bcaction.org

Updated: 6/4/15

A clearinghouse for information concerning breast cancer, including medical information and information about financial and legal resources for women with breast cancer.

Breast Cancer Fund

www.breastcancerfund.org

Visit the Breast Cancer Fund site to learn about participating and/or supporting events that support breast cancer. Examples include: Climb Against the Odds, Bike Against the Odds, etc.

Breastcancer.org

www.breastcancer.org - Great resource for medical information on breast cancer. Also includes online chat groups/support groups, financial assistance tips, and more.

Breastlink

www.breastlink.com

This site posts updates on the latest research on breast cancer treatment.

Cancer Care

www.cancercare.org

Offers free professional support services, including financial assistance and online support groups.

New Connections Online Newsletter

www.newconnections-cancer.org

New Connections is an online newsletter sponsored by the American Cancer Society. There are 3 different newsletters that can be automatically emailed to you once you subscribe: one for people in active treatment, one for survivors, and one for caregivers. Past issues are also available at their site.

Susan B. Komen Foundation

www.komen.org

Breast Cancer Helpline: 1-800-462-9273

Young Survivor's Coalition (for those in active treatment as well as post-treatment)

****HIGHLY RECOMMENDED****

www.youngsurvival.org

The YSC aims to support the needs of young women with breast cancer. By joining their website (which is free), you will gain access to their chat rooms and bulletin boards which connect 13,000 women nationally, and you will receive weekly email updates about events in your area and about the strides the organization is making to promote more research on young women with cancer.

MEALS & CLEANING

Cleaning for a Reason

www.cleaningforareason.org

Offers a free monthly cleaning for up to four months, with a "proof of treatment" statement from your doctor.

Lifelines

(415) 674-4780

www.shanti.org/lifelines/index.html

Provides practical and emotional support services for women with breast cancer, including grocery shopping, meal preparation, light housekeeping, and appointment scheduling.

Meals of Marin

(415) 457-4666

www.volunteersolutions.org/marin/org/1334381.html

Updated: 6/4/15

Provides nourishment, comfort, hope, and dignity for homebound people with AIDS, breast cancer, and other life-threatening illnesses.

Project Open Hand

415-447-2300 and 510-596-8200

www.openhand.org

Delivers meals to your home if you have cancer and don't have the energy to shop and cook.

NUTRITION & COOKING CLASSES

Natalie Ledesma, MS, RD, CSO

Knowledgeable and warm Clinical Oncology Dietician at Smith Integrative Oncology

<http://smithintegrative.com/integrative-therapies/nutrition>

The Cancer Project – **HIGHLY RECOMMENDED******

www.cancerproject.org/resources/cooking_class.php

Provides free, 8-week, healthy cooking courses around the country at various times throughout the year. "A wonderful class!"

The Ensure Health Connection Newsletter

<http://ensure.com/balance/index.aspx>

1-800-986-8501

A newsletter concerning nutrition and health for cancer patients.

PARENTING

CPMC Institute for Health & Healing Cancer and Parenting Program

(415) 600-3106 Contact: Frances Driscoll

12-week discussion group focuses on parenting children 18 and younger for individuals with serious illness.

"Mighty Moms" Support Group – (see above under BAYS support group)

Mothers Living Stories Project

2011 Cedar Street, Berkeley, CA 94709

www.motherslivingstories.com

Local organization providing support to mothers with serious illness. Trained volunteers assist mothers audio-record their life story as a personal legacy for their children. Also publishes a Bay Area resource guide on parenting through cancer.

UCSF Life Tapes Project

(415) 835-2167

Assists cancer patients in recording their life stories and genealogy.

PERSONAL TRAINING & GROUP EXERCISE CLASSES

Sunflower Wellness

www.sunflowerwellness.org

Empowers people living with cancer to find strength and support through exercise. Currently offering classes in San Francisco, Marin and Palo Alto.

RECOMMENDED BOOKS, MAGAZINES & FILMS

see also **Dr. Garrett Smith's recommended reading list here:**

<http://smithintegrative.com/resourcetag/garrett-oncology-resources>

The Breast Cancer Survival Manual, by John Link, M.D.

A good book with which to start out.

Dr. Susan Love's Breast Book, by Dr. Susan Love

The comprehensive, informative, and constantly updated classic on breast health and breast cancer.

The Red Devil: To Hell with Cancer – and Back, by Katherine Russell Rich

A blunt, funny memoir about a woman who was diagnosed at age 32 and has survived for many years with metastatic breast cancer.

CURE: Cancer Updates, Research, & Education

www.curetoday.com - Free quarterly magazine; easy-to-read scientific updates.

MAMM: Women, Cancer, and Community

www.mamm.com - Magazine that offers info for women diagnosed with breast or reproductive cancer.

In The Family: A Documentary

A powerful and gripping documentary about a 27 year-old woman who struggles with the impossible decision of whether to remove her healthy breasts and ovaries, based on her BRCA status. This film is as life affirming as it is heartbreaking.

RESOURCES FOR FRIENDS & FAMILY

Care Pages

www.carepages.com

Provides a way to communicate your loved one's progress to all of your friends and family. You set up your own (**free!**) website, which allows you to post updates and photos, and allows friends and family across the country to post messages of support. A great way to keep everyone in the loop without getting exhausted trying to do it.

Circus of Cancer Website

www.circusofcancer.org

A wonderful site that gives specific tips on how you can help someone with breast cancer – written by a breast cancer survivor based on what she found helpful during her journey.

RETREATS

Commonweal Cancer Help Program – **HIGHLY RECOMMENDED******

PO Box 316, Bolinas, CA 94924
(415) 868-0970

www.commonweal.org/programs/cancer-help.html

Offers a wonderful, weeklong retreat for individuals seeking physical, emotional and spiritual healing from cancer. Offered twice/year, so plan ahead. Financial aid applications are available.

SAFE COSMETICS

Breast Cancer Action

www.thinkbeforeyoupink.org/Pages/CosmeticCompanies.html

Information on cosmetic companies that use parabens and phthalates in their products

www.thinkbeforeyoupink.org/Pages/ParabenFree.html

Information on cosmetic companies that make paraben-free products

The Campaign for Safe Cosmetics

www.safecosmetics.org

A coalition working to protect your health by calling for the elimination of chemicals used in the cosmetics industry, linked to cancer, birth defects and other health problems.

Skin Deep

www.cosmeticsdatabase.com

The environmental Working Group's safe cosmetics database

SMOKING CESSATION

Quit Smoking Community

<http://quitsmokingcommunity.org>

An online community and learning hub for smokers in search of inspiration and information

SUPPORT, CHILDREN & FAMILIES

Camp Kesem

Located at Valley of the Moon Camp in Glen Ellen
(650) 723-1603

Email: irisrave@stanford.edu

A supportive camp for children ages 6-12 who have a parent in treatment for cancer, is in remission from cancer, or has died of cancer. Organized by Stanford University students.

Center for Healing and Wellness

2235 Grant Road, suite 6, Los Altos, CA 94024
(650) 625-1987

www.healingandwellness.org

Provides free support groups for children when a family member has a serious illness, including activity-based support groups for children ages 4-12, peer leadership groups for teens ages 13-17, and skill-based support groups for adult family members and friends.

Dr. Play

Chinatown Public Health Center, 1490 Mason Street, San Francisco, CA 94133

(415) 364-7905

Provides support groups for children who have a family member with cancer.

KidsCope

Kemo Shark Comic Book

(404) 892-1437

www.kidscope.org

Great free comic book and other materials designed to help children cope when a parent has cancer.

Kids Count, Too

235 Montgomery Street, #320, San Francisco, CA 94104

(800) 227-2345

www.twc-bayarea.org/kidscount2.htm

The American Cancer Society's free, six-session support groups for children ages 3 and older.

Kids Konnected

(800)-899-2866

www.kidskonnected.org

Provides a newsletter, support group, and a 24-hour hotline that puts kids (whose parents have cancer) in touch with other kids who have faced the same challenge. They also lead an excellent summer camp for kids.

SUPPORT GROUPS (all are free of charge, to the best of our knowledge)

Alta Bates Comprehensive Cancer Center, Berkeley

(510) 204-1250

Bay Area Young Women's Support and Activist Group (BAYS), San Francisco

****HIGHLY RECOMMENDED****

BAYS is a support and action group for young women living with breast cancer. They have a sub-group called **Mighty Moms**, for young mothers with breast cancer, and a sub-group called **Mets in the City** for women with metastatic breast cancer. For more information and to join, please contact BAYS at bayareayoungsurvivors@yahoo.com.

Bay Area Cancer Connections, Palo Alto

2335 El Camino Real, Palo Alto, CA 94306

(650) 326-6686 (Helpline)

<http://bcconnections.org>

Supporting people touched by breast and ovarian cancer by providing comprehensive, personalized services in an atmosphere of warmth and compassion

The Center for Attitudinal Healing, Sausalito

www.attitudinalhealing.org

The center offers support groups for adults with life-threatening illness and children of seriously ill parents.

Complementary & Alternative Treatments Support Group

(510) 420-7900

CPMC Breast Health Center, San Francisco

(415) 600-0500

Seton Medical Center, Daly City

(650) 991-6502

Spirituality Support Group for Women with Cancer, San Francisco

Non-denominational, offered by CPMC's Institute for Health and Healing

(415) 923-3500 Contact: Laurie Garrett

Support Group for Newly Diagnosed Patients, San Francisco

(415) 750-5775

Meets every Tuesday, 5-7pm, at St. Mary's Medical Center

Contact: Diane Scott

Support Group for Survivors and those with Metastases, San Francisco

(415) 750-5775

Meets every Wednesday, 5-7pm, at St. Mary's Medical Center

Contact: Diane Scott

Support Group for Young Adults with Cancer, UCSF Cancer Resource Center

(415) 885-3693

Contact: Keren Stronach

UCSF Cancer Resource Center, San Francisco

(415) 885-3693 – Many groups offered.

The Wellness Community, Walnut Creek

(925) 933-0107

Women's Cancer Resource Center, Oakland

510-420-7900 510-601-4044 (Spanish)

SUPPORT GROUPS, ETHNICALLY BASED (all are free of charge, to the best of our knowledge)

African American Cancer Group

(415) 765-7677

Contact: Jane Gainer

Chinese Women's Cancer Support Group

(415) 346-7905

Contact: Irene Cheung

Circulo de Vida, Support Group for Latino cancer patients

(415) 648-9423

Contact: Carmen Ortiz

Donaldina Cameron House

Support groups in Mandarin and Cantonese

(415) 781-0401

Contact: Virginia Mei

Spirituality Support for Jewish Women with Cancer

(415) 750-4197

Contacts: Rabbis Aliza Berk, Natan Fenner and Eric Weiss

TRANSPORTATION AND LODGING FOR TREATMENT

American Cancer Society

(800) ACS-2345 and (415) 394-7100

www.cancer.org

Provides free transportation to and from cancer-related treatments, up to \$400/year maximum.

Mercy Medical Airlift

(888) 675-1405

Mercy Medical Airlift books all of the flights for the American Cancer Society Air Miles Program. This program grants a patient with cancer and their caregiver (if needed and resources permit) one (1) round trip flight each calendar year to travel to approved medical facilities for cancer treatment. Mercy Medical Airlift will need a minimum of 10 business days after the date they receive a completed application in order to process a flight request. Due to their heavy call volume, you most likely will get their voicemail when you call. Please leave just one message for them containing only your full name, telephone number (including your area code), and that you are calling regarding a flight request using the American Cancer Society Air Miles Program. Their regular business hours are Monday through Friday, 9am to 5pm Eastern Time. Generally they are able to return a call within 24 to 48 business hours. After you leave a message for Mercy Medical Airlift, please call the National Cancer Information Center at 800-227-2345 to obtain an ACS identification number. The ACS ID number authorizes Mercy Medical Airlift to book the flight for you.

Miracle Flights

(800) 359-1711

www.miracleflights.org

The website identifies the program as Miracle Flights for Kids, but they do fly adults as well as children. Miracle Flights needs to receive all required paperwork 10 working days prior to the date of the requested flight.

Corporate Angel Network

(866) 328-1313

Corporate Angel Network flies only patients with a diagnosis of cancer or a cancer related illness. They fly patients using businesses who have volunteered to take patients along when there is room on their chartered flights or flights on their own aircraft when they fly for business purposes. The flight is not specifically arranged for the patient's travel needs, rather they coordinate the patient's needs with scheduled business flights. Corporate Angel Network will accept a flight request 3 weeks prior to the date of a flight.

Joe's House

www.joeshouse.org

An excellent source for discounted lodging for patients and their families during treatment. The website allows a search for lodging facilities offering a discount to patients by the city or healthcare facility in the state to which the patient is traveling. If the medical facility or city is not searchable on the state page, click on the "PARTNERS" tab at the top of the page for a listing of lodging facilities across the US who participate in the Joe's House program.



RESOURCE GUIDE SURVEY

We welcome your comments and suggestions, so that the Resource Guide will be as comprehensive and useful as possible.

Are we missing something? Please let us know if there are organizations, programs or resources that you would recommend to other patients that you think should be included in this guide.

Do you disagree? If you've had a negative experience with any of the recommendations listed in this Guide, please let us know so that we can consider removing it from the Guide.

Thank you for your input! Please email your comments and/or suggestions to:
lisa@smithintegrative.com