Although thread has the illusion of being fragile, it’s actually quite strong. In its most common use, thread holds two or more pieces of fabric together. More symbolically, it is the element that binds cancer patients, family members, health agencies, medical professionals and researchers in the effort to eradicate cancer.
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• Website and/or materials offered in Spanish | TF: Toll Free | All times listed are Central Time Zone
211 Oklahoma
Offers information and referral across the spectrum of human need, including but not limited to rental assistance, food pantries, affordable housing, health resources, child care, after-school programs, caregiver support, financial programs, literacy, and job programs.

OKC HEARTLINE (TF) 24/7
211 or 877.362.1606

TULSA HELPLINE
211 or 877.836.2111
http://www.211oklahoma.org

Air Charity Network
National charitable aviation network provides access for people who are seeking free air transportation to specialized health care facilities or distant destinations due to family, community, or national crisis.
877.621.7177 (TF)
Email: info@angelflightsc.org
http://aircharitynetwork.org

American Cancer Society (ACS)
Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.
800.227.2345 (TF) 24/7
Para Español oprima nueve

LOCAL RESOURCE LISTINGS:
405.843.9888 - Oklahoma City
918.477.5400 - Tulsa
http://www.cancer.org

American Childhood Cancer Organization (ACCO)
Advocacy foundation providing information and support to children and adolescents with cancer and their families.
855.858.2226 (TF)
Email: staff@acco.org
http://www.acco.org

American Institute for Cancer Research (AICR)
Provides cancer patients, survivors, researchers and health professional’s educational materials and information on: estate planners, nutrition, and the research grant program
800.843.8114 (TF)
Email: aicrweb@aicr.org
http://www.aicr.org

American Psychosocial Oncology Society (APOS)
Free, confidential, phone counseling service for those affected by cancer. Provides professional counselors, emotional support and resource referrals.
866.276.7443 (TF)
Email: info@apos-society.org
http://www.apos-society.org

American Society of Clinical Oncology (ASCO)
Provides resources on cancer related symptoms, survivorship, clinical trials, diagnosis, treatment, and coping with cancer. Comprehensive guides on 120 cancer types are also available.
8:30 am-5:00 pm - Monday-Friday
888.273.3508 (TF)
Email: contactus@cancer.net
http://www.cancer.net

Angel Flight
Primarily serves patients needing transportation to or from the heartland region.
1515 East 71st Street, Ste. 312
Tulsa, OK 74128
918.749.8992
Email: angel@angelflight.com
http://angelflight.com
Assistance in Health Care
Offers financial assistance to cancer patients receiving treatment in the Tulsa area. Money is provided for emergency non-medical expenses such as rent, utilities, car payments, etc.
PO Box 700392
Tulsa, OK 74170-0392
918.286.5699
http://www.assistanceinhealthcare.org

Association of Cancer Online Resources (ACOR)
Collection of online communities providing timely, accurate information in a supportive environment.
173 Duane Street, Ste. 3A
NY 10013-3334
212.226.5525
Email: feedback@acor.org
http://www.acor.org

Be The Match
Foundation offering people the opportunity to donate bone marrow or umbilical cord blood to patients with leukemia or other life-threatening diseases.
888.999.6743
Email: patientinfo@nmdp.org
http://www.marrow.org

Calm Waters
Free grief support groups and resources to children and their families. To join a group, complete online registration form and mail/fax to the below address.
4334 NW Expressway, Ste. 101
Oklahoma City, OK 73116
405.841.4800
Email: info@calmwaters.org
http://www.calmwaters.org

“\textit{We have two options, medically and emotionally: give up or fight like hell.}”
\begin{flushright}– Lance Armstrong\end{flushright}

Cancer & Careers
Online resources for working women with cancer: educational seminar materials, tips for employers and coworkers, and suggestions on professional appearance during treatment.
646.929.8032
Email: cancerandcareers@cew.org
http://www.cancerandcareers.org

Cancer Caregivers/Mercy Health Center
Support and resource group for caregivers. Meets at the same time as the “PUSH” support group for survivors.
6:30-8:00 pm - Second Monday each month
(Call to enroll)
MERCY HEALTH CENTER
McAuley Bldg, Ste. 100
4205 McAuley Blvd.
Oklahoma City, OK 73120
405.752.3388
http://www.mercyok.net

CancerCare
Free support from professional oncology social workers to those affected by cancer: counseling and support groups, education and financial assistance.
800.813.4673 (TF)
Email: info@cancercare.org
http://www.cancercare.org

CancerCare Copayment Assistance Foundation
Provides financial assistance to those who cannot afford their insurance co-payment.
866.552.6729 (TF)
Email: information@cancercarecopay.org
http://www.cancercarecopay.org

Cancer Hope Network
Free, confidential, one-on-one support to patients and their families. Patients are matched with trained volunteers who have had a similar experience.
877.467.3638 (TF)
Email: info@cancerhopenetwork.org
http://www.cancerhopenetwork.org
Cancer Treatment Centers of America (Tulsa)
Provides weekly classes on a variety of cancer topics. Classes are free and available to patients, caregivers, and the general public.
10109 East 79th Street
Tulsa, OK 74133
918.286.5000 - GaryAnn Tomkalski
http://www.cancercenter.com/southwestern

Cancer Centers of Southwest Oklahoma
Through a group effort, three hospitals in SW Oklahoma provide individualized care and support groups.
http://www.cancercentersswok.com

ALTUS
6:00 pm - Third Tuesday each month

JACKSON COUNTY MEMORIAL HOSPITAL
1200 East Broadway
Altus, OK 73521
580.397.6000

DUNCAN
6:30 pm - Last Monday each month

TAYLOR-LENORMAN MCCASLAND CENTER
2110 Duncan Regional Loop
Duncan, OK 73533
580.251.6600

LAWTON
6:00 pm - Second Monday each month.

LEAH M. FITCH CANCER CENTER
104 NW 31st Street
Lawton, OK 73505
580.536.2121

Caring Connection
Resources regarding end-of-life care: hospice, palliative care, advance directives, care-giving, pain, grief, and workplace issues.
800.658.8898 (TF)
877.658.8896 (TF) Multi-lingual
Email: caringinfo@nhpco.org
http://www.caringinfo.org

CaringBridge
Create a free, private, personalized patient website to keep family and friends connected during a serious health event.
651.452.7940
Email: customercare@caringbridge.org
http://www.caringbridge.org

Centers for Disease Control and Prevention (CDC)
Cancer Prevention and Control Division works with national cancer organizations, state health agencies, and other key groups to develop, implement and promote effective strategies for preventing and controlling cancer.
http://www.cdc.gov/cancer

Childhood Cancer Guides
Nonprofit organization providing emotional support, information and resources to those with childhood cancer and survivors.
Bellingham, WA
www.childhoodcancerguides.org

The Children’s Treehouse Foundation
Nonprofit organization providing hospital based, cancer-focused, psychosocial intervention training and programming to improve the emotional health of children whose parent has cancer.
303. 322.1202
Email: achildstreethouse@aol.com
http://childrenstreehousefdn.org

“You never know how strong you are until being strong is the only choice you have.”
– Cayla Mills
**Cleaning for a Reason**
Free professional housecleaning services for women undergoing cancer treatment. See website for locations and application.

211 S. Stemmons, Ste. G
Lewisville, TX 75067
877. 337.3348
Email: info@cleaningforareason.org
http://www.cleaningforareason.org

**Community Food Bank of Eastern Oklahoma (Tulsa)**
Distributes food to 450 partner programs located in 24 counties of eastern Oklahoma.

**TULSA OFFICE:**
1304 N. Kenosha Ave.
Tulsa, OK 74106
918. 585.2800

**MCALESTER BRANCH:**
8:00am-4:30pm Monday-Friday
2119 N. Main Street
McAlester, OK 74501
Please call in advance before visiting the Food Bank to make sure the appropriate person is there to help you.
918. 429.7755
http://okfoodbank.org

**Corporate Angel Network, Inc.**
Arranges free air transportation for patients traveling to treatment, using empty seats on corporate jets.

**WESTCHESTER COUNTY AIRPORT**
One Loop Rd
White Plains, NY 10604-1215
914. 328.1313
Email: info@corpangelnetwork.org
http://corpangelnetwork.org

**Expressive Arts**
Class for cancer patients and their families and friends. Learn how to use writing to relieve stress associated with cancer. No previous writing experience needed.

10:00 am - 12 noon - Every Tuesday

**CANCER RESOURCE CENTER/COLETTA BUILDING**
4401 McAluley Blvd., Ste.1400
Oklahoma City, OK 73120
405.752.3388
http://www.mercy.net

**Fertile Hope**
Nonprofit organization providing information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility. For cancer support call LIVESTRONG at 855. 220.777.

2201 E. Sixth Street
Austin, TX 78702
877.236.8820
http://www.livestrong.org/we-can-help/fertility-services

**Free Counseling & Support**
Support to those affected by cancer in these areas: grief, anxiety, sexual and reproductive health, effects on family, stress, relaxation techniques, and survivorship.

**INTEGRIS CANCER INSTITUTE OF OKLAHOMA**
5911 West Memorial Rd
Oklahoma City, OK 73142
405. 773.6617
877.811.4246 (TF)
http://www.integrisok.com/tds

**MERCY CANCER RESOURCE CENTER**
4401 W McAuley Blvd, Ste 1400 - OKC 73120 752-3388

**EmergingMed**
Free clinical trial matching, referral and navigation service to patients and physicians.

8:30am-6:00pm - Monday-Friday
877. 601.8601
https://www.emergingmed.com/pub_home_page.asp

**Cancer Support Community**
Support to those with cancer and their families and friends.

888.793.9355 - Cancer support help line
http://www.cancersupportcommunity.org
**Griefshare**
Support group for those who have lost a loved one to cancer.
*Meets Monday nights at 6:30pm on second floor room 202*

**FIRST BAPTIST CHURCH OF MOORE**
301 NE 27th St., Rm.W202
Moore, OK 73160
405.793.2600
Email: info@firstmoore.com
http://firstmoore.com

**Guide to Finding Health Insurance Coverage**
Online resource providing information on rights regarding medical coverage by state.
*Monday-Friday - 8:45 am-5:00 pm*

**ROBERT WOOD JOHNSON FOUNDATION**
Rt. 1 and College Road East
P.O. Box 2316
Princeton, NJ 08543-2316
877. 843.7953
Email: Info@covertheuninsured.org

**HealthWell Foundation**
Nonprofit organization that assist patients living with chronic and life altering illnesses in paying their share of prescription drug co-payments, deductibles, and health insurance including hospitals, nursing homes, and other health care premiums.
*9:00 am-5:00 pm - Monday-Friday*

**Hill-Burton Free & Reduced-Cost Obligated Health Care Program**
Learn how to access Hill-Burton facilities including hospitals, nursing homes, and other health care facilities. To qualify for services, applicant’s income must fall within the annually published poverty guidelines of the U.S. Department of Health and Human Services.
800.638.0742
800.492.0359 - Additional number for Maryland residents
http://www.hrsa.gov/gethealthcare/affordable/hillburton

**Hope For Two**
Nonprofit organization providing information, support and hope to pregnant women diagnosed with cancer. Language translation link available on website.

**Hope For Two...THE PREGNANT WITH CANCER NETWORK**
Amherst, NY 14288
800.743.4471
Email: info@hopefortwo.org
http://hopefortwo.org

**I’m Too Young For This!**
Online support community for young adult survivors in their late teens, 20s and 30s.
877.735.4673 (TF)
Email: contact@stupidcancer.org
http://stupidcancer.org

**Imerman Angels**
501 ©(3) non-profit organization with one-on-one support, connecting cancer fighters, survivors and caregivers.
877.274.5529
Email: info@imermanangels.org
http://www.imermanangels.org

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*Cancer didn’t bring me to my knees, it brought me to my feet.*
— Michael Douglas
Insure Oklahoma
Provides qualified Oklahomans with access to affordable health care.
8:00 am-5:00 pm - Monday-Friday
888.365.3742 (TF)
Email: insureok@okhca.org
http://www.insureoklahoma.org

LIVESTRONG - The Lance Armstrong Foundation
Helping you live stronger, healthier and happier.
866.673.7205 (TF)
866.927.7205 (TF) Español
http://www.livestrong.org

Look Good, Feel Better/American Cancer Society
Free, non-medical program helping women offset changes to appearance from cancer treatment. Also offers programs for men and teens, self-help mailer kits, and a 24-hour hotline.
800.395.5665 (TF) 24/7
Para Español oprima uno
405. 843.9888 - Oklahoma City
918.743.6767 - Tulsa
http://www.lookgoodfeelbetter.org

Kids Konnected
501(c)(3) non-profit corporation designed to provide a supportive environment to children so to share their feelings with other kids going thru the same thing.
949.582.5443
Email: info@kidskonnected.org
http://www.kidskonnected.org

Lotsa Helping Hands
Create a free, private, web-based community to organize family, friends, neighbors, etc. Coordinate activities, manage volunteers with the group calendar, communicate and share information using announcements, message boards, and photos.
118 North Peoria Street, 3rd floor
Chicago, IL 60607
http://www.lotsahelpinghands.com

Kidscope
501(c)(3) non-profit organization that helps children and families understand the effects of cancer and chemotherapy, provides suggestions for coping, and develops innovative programs and materials for diverse families.
http://kidscope.org

Labyrinth Gathering/Mercy Health Center
Weekly exercise/support class for cancer patients and their families and friends. Low-impact walking has emotional benefits.
2:00-3:00 pm - Wednesdays (call to enroll)

COLETTA BUILDING
4401 West McAuley Blvd.
Oklahoma City, OK 73120
405.752.3388
http://www.mercyok.net

LIVESTRONG - The Lance Armstrong Foundation
Helping you live stronger, healthier and happier.
866.673.7205 (TF)
866.927.7205 (TF) Español
http://www.livestrong.org

Look Good, Feel Better/American Cancer Society
Free, non-medical program helping women offset changes to appearance from cancer treatment. Also offers programs for men and teens, self-help mailer kits, and a 24-hour hotline.
800.395.5665 (TF) 24/7
Para Español oprima uno
405. 843.9888 - Oklahoma City
918.743.6767 - Tulsa
http://www.lookgoodfeelbetter.org

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118 North Peoria Street, 3rd floor
Chicago, IL 60607
http://www.lotsahelpinghands.com

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http://kidscope.org

Labyrinth Gathering/Mercy Health Center
Weekly exercise/support class for cancer patients and their families and friends. Low-impact walking has emotional benefits.
2:00-3:00 pm - Wednesdays (call to enroll)

COLETTA BUILDING
4401 West McAuley Blvd.
Oklahoma City, OK 73120
405.752.3388
http://www.mercyok.net
Pearlpoint Cancer Support
Offers one-on-one guidance to adults impacted by any cancer from the moment of diagnosis. Services are free.
2817 West End Ave. #126-263
Nashville, TN 37203-1453
877.467.1936 (TF)
Email: guidance@pearlpoint.org
http://www.pearlpoint.org

Expressive Arts/Mercy Health Center
Weekly class for cancer patients and their families and friends. Learn how to use music to combat stress associated with cancer. No previous musical experience needed.
Tuesdays - 2:00 pm-3:00 pm (call to enroll)
COLETTA BUILDING
4401 West McAuley Blvd.
Oklahoma City, OK 73120
405.752.3388
http://www.mercyok.net

Muskogee Caregiver Support
Support group for caregivers.
1:00 pm - Last Wednesday each month.
FIRST BAPTIST CHURCH OF MUSKOGEE
111 South 7th St.
Muskogee, OK 74401
918.682.3496
http://www.muskogee.va.gov/services/caregiver/index.asp

National Alliance for Caregiving
Nonprofit coalition of national organizations focused on improving the lives of caregivers.
301.718-8444 PH
Email:info@caregiving.org
http://www.caregiving.org

National Cancer Institute (NCI)
Website provides extensive information on cancer prevention, diagnosis, treatment, statistics, research, and clinical trials, financial resources and news, and links to other NCI websites.
800.422.6237 (TF)
http://www.cancer.gov

National Center for Complementary and Integrative Health
Group of diverse health care systems, practices, and products not generally considered part of conventional medicine. Conducts and supports research; trains Complementary & Alternative Medicine researchers; provides evidence-based information.
888.644.6226 (TF)
Email: info@nccam.nih.gov
http://www.nccih.nih.gov

The National Children’s Cancer Society
Financial, emotional, educational and medical resources for every stage of illness and recovery. Direct financial assistance for medical and non-medical expenses related to treatment for children with cancer.
800.532.6459 (TF)
Email:programs@thenccs.org
http://www.thenccs.org

National Coalition for Cancer Survivorship (NCCS)
Survivor-led organization, advocating for quality cancer care.
877.622.7937
Email: info@canceradvocacy.org
http://www.canceradvocacy.org

National Comprehensive Cancer Network (NCCN)
NCCN.com is the consumer website of the NCCN, a nonprofit alliance of the world’s leading cancer centers. The site educates patients on how to have more informed conversations with health care providers.
215.690.0300
http://www.nccn.org

Caregiver Action Network
Educates supports, empowers and advocates for more than 65 million Americans who care for loved ones with a chronic illness, disability or the frailties of old age.
202.454.3970
Email: info@caregiveraction.org
http://www.caregiveraction.org
National Patient Travel Center
Provides information about charitable, long-distance medical air transportation as well as referrals to appropriate sources of help available in the national charitable medical air transportation network.
800.296.1217 (TF)
Email: info@nationalpatienttravelcenter.org
http://www.patienttravel.org

Native American Cancer Research
Website provides resources for survivors, caregivers and educators. The survivor tab sends you to an interactive “Quality of Life Tree,” where storytelling is used to share survivor stories and explain health information.
800.537.8295 (TF)
Email: info@natamcancer.org
http://www.natamcancer.org

Native CIRCLE Resource Center
Online resource center providing cancer-related materials to health care professionals and those who are involved in the education, care and treatment of American Indians and Alaska Natives.
877.372.1617 (TF)
Email: nativecircle@mayo.edu
http://www.nativeamericanprograms.org

Needy Meds
501(c)(3) non-profit information resource devoted to helping people in need to find assistance programs to help them afford their medications and costs related to health care.
987.865.4115
Email: info@needymeds.org
http://www.needymeds.org

Net of Care
Website providing information and resources to caregivers.
212.844.1713
Email: findhelp@netofcare.org
http://www.netofcare.org

New Days Cancer Support Group
Provides a place for those affected by cancer to learn, laugh, cry, and a firm that each new day is a blessing.
6:30 pm First Monday each month.
FIRST UNITED METHODIST CHURCH
Church Parlor FH-5
600 East Okmulgee St.
Muskogee, OK 74401
918.682.3368
Email: info@fumcmuskogee.org
http://www.fumcmuskogee.org

Mercy Health Center
COLETTA BUILDING
4401 West McAuley Blvd.
Oklahoma City, OK 73120
McAuley Bldg., Ste. 100
405.752.3388
http://www.mercyok.net

SURVIVORSHIP – CENTERPOINT SERIES
MERCY CANCER RESOURCE CENTER AT COLETTA
4401 West McAuley Blvd.
Oklahoma City, OK 73120
405.752.3388
Ongoing educational series for patients who have completed treatment. Call to enroll.

WELLNESS WEDNESDAY – MERCY DEMONSTRATION KITCHEN AT COLETTA
4401 West McAuley Blvd.
Oklahoma City, OK 73120
405.752.3388
Ongoing Wednesdays through the year except for holidays, 11:30-noon.
Healthy cooking demonstrations, healthy movement demonstrations, and healthy lifestyle demonstrations designed for patients who are in treatment and who have completed treatment. Call for weekly content, 405.752.3388.

“Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’”
— Mary Anne Radmacher
**Norman Cancer Support Group**  
Provides a confidential, safe atmosphere where patients, survivors, families and friends can discuss the challenges cancer creates. Resources available to learn about the disease and cope with the changes it creates. Call for date and time.  

**NORMAN REGIONAL HOSPITAL EDUCATION CENTER**  
901 North Porter Ave.  
Norman, OK 73071  
405.307.1705 - Cecyle Haley  
http://www.normanregional.com/en/contact.html

**OASIS Statewide Referral Center**  
Statewide resource center providing information, referral and assistance for Oklahomans with disabilities and special health care needs.  
877.441.0434 (TF)  
Email: sooner-success@ouhsc.edu  
http://www.oasis.ouhsc.edu

**Oklahoma Cancer Control Network**  
A statewide coalition working towards the common goal to “cut out cancer.” Website provides meeting information, current state cancer plan, resources, partners, and ongoing activities.  
405.271.4072

**Oklahoma Palliative Care Resource Center**  
Comprehensive resource for palliative care, from legal forms to information on hospice and end-of-life care.

**UNIVERSITY OF OKLAHOMA**  
College of Medicine, Department of Family, Preventive Medicine  
900 NE 10th Street  
Oklahoma City, OK 73190  
405.271.1491 x49194 - Annette Prince  
Email: ok-palliative@ouhsc.edu  
https://www.oumedicine.com/familymedicine/opcrc

**Oklahoma Primary Care Association (OKPCA)**  
Dedicated to improving access to affordable community-based healthcare. See website for community health centers.  
405.424.2282  
www.okpca.org

**Oklahoma Tobacco Helpline**  
A free program which helps people create an easy-to-follow quitting plan.  
405.784.8669  
800.QUITNOW (TF)  
http://www.okhelpline.com

**Oklahomans for Independent Living (OIL)**  
Support and resources for those affected by cancer. Resources include: legal concerns, social services, attendant services, equipment loans, support groups, and counseling.  
601 East Carl Albert Pkwy  
 McAlester, OK 74501  
918.426.6220  
800.568.6821 (TF)  
Email: info@oilok.org  
http://www.oilok.org

**Patient Advocate Foundation (PAF)**  
Assists patients with specific issues they are facing with their insurer, employer, and/or creditor regarding insurance, job retention and/or debt crisis matters relative to their diagnosis or life threatening or debilitating diseases.  
800.532.5274 (TF)  
866.512.3861 (TF) - Co-Pay Relief  
http://www.patientadvocate.org

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”  
— Albert Einstein
**Partnership for Prescription Assistance**
Helps qualifying patients without prescription drug coverage get medicines for free or at a reduced cost. A directory of prescription assistance programs is also available.

8:00 am-4:00 pm - Monday-Friday

888.477.2669 (TF)
http://www.pparx.org

**People Connected by Cancer**
Dedicated to assuring Oklahoma cancer survivors, caregivers, families and friends are aware of available resources.

405.271.2108 - Dan Brackett
Email: info@okpcbc.org
http://www.okpcbc.org

**Livestrong – Young Adults**
Online community of peer support for young adults (15-40) with cancer. Provides a place to share insights, explore fears and laugh with others.

2201 East Sixth Street
Austin, TX 78702
855.220.7777
http://www.livestrong.org/we-can-help/young-adults

**Regional Food Bank of Oklahoma (OKC)**
Distributes food through 825 charitable feeding programs and elementary schools. Located in 53 counties of central and western Oklahoma. Use website to enter your zip code and find a distribution center in your area.

8:00 am-5:00 pm - Monday-Friday

405.972.1111
Email: info@regionalfoodbank.org
http://www.regionalfoodbank.org

**Ronald McDonald House**
Provides a place to stay at little or no cost for families who travel far from home to get treatment for their children. Facilities include home-cooked meals, private bedrooms, and playrooms.

**OKLAHOMA CITY**
1301 NE 14th St.
405. 424.6873
http://rmhc-okc.org

**TULSA**
6102 South Hudson Ave.
918.496.2727
http://rmhc-tulsa.org

**RX Assist Patient Assistance Center**
Provides free medications or low cost to eligible patients. Offers a comprehensive database of assistance programs, practical tools, news, and articles to health care professionals and patients

Email: info@rxassist.org
http://www.rxassist.org

**SHOUT**
Provide peer support to young women who are cancer survivors through fellowship and outreach programs, and to increase awareness of cancer and other young women’s health issues through community education.

Molly Fritch
405.740.7705
Email: info@shout-okc.org
http://www.shout-okc.org

**Starlight Children’s Foundation**
Provides support to families with seriously ill children by helping them cope with pain, fear and isolation through entertainment, education and family activities.

310.479.1212
Email: info@starlight.org
http://www.starlight.org
Stitching for Sanity
Open to anyone interested in knitting and/or crocheting lap robes and afghans to be given to those currently in treatment for cancer. Donated yarn and instruction available.
12:30 pm - (call for dates)
LOCIATED IN INTEGRIS CANCER INSTITUTE OF OKLAHOMA
5911 West Memorial Rd.
Oklahoma City, OK 73114
405.773.6617
877.811.4246 (TF)
http://www.integrisok.com/cancer-institute-oklahoma

Strength for Caring
Comprehensive website providing family caregivers a broad range of expert information, an on-line community, daily inspiration, and support.
866.466.3458 (TF)
http://www.strengthforcaring.com

Strong & Healthy Oklahoma
Statewide effort to improve the health of all Oklahomans by sharing quick and simple ways to make healthy choices where we live, work and learn. Search statewide database for resources on physical activity, nutrition and tobacco.
https://www.ok.gov/strongandhealthy

The Tristesse Grief Center
Nonprofit organization providing professional, independent and affordable services to include counseling, training, education and support groups.
4646 South Harvard Ave, Ste. 200
Tulsa, OK 74135
918.587.1200
http://www.thegriefcenter.org

United Way
Worldwide network advancing the common good and creating opportunities for better life for all by focusing on education, income and health.
Dial 2-1-1 for an office near you.
http://www.liveunited.org

Yoga/Integris
Yoga for those affected by cancer. Wear comfortable exercise clothing and bring your own yoga mat. Always get your doctor’s approval before beginning any type of exercise program. Call for date/time/location.

INTEGRIS CANCER INSTITUTE OF OKLAHOMA
5911 West Memorial Rd
Oklahoma City, OK 73142
405.773.6617
877.811.4246 (TF)
http://www.integrisok.com
**CANCER BY TYPE**

**BLOOD**

**Be The Match**
Fundraising foundation offering people the unique opportunity to donate bone marrow or umbilical cord blood to patients with leukemia or other life-threatening diseases. Thousands depend on The Match Registry.
http://www.bethematch.org

**ExploreBMT.org**
One-stop resource for patients, families and caregivers impacted by a marrow or cord blood transplant (BMT).
888.999.6743 (TF)
Email: explorebmt@nmdp.org
http://www.explorebmt.org

**International Myeloma Foundation**
Supports education, treatment and research for multiple myeloma. Also provides a hotline, seminars, and educational materials for patients and their families.
800.452.2873 (TF)
http://www.myeloma.org

**Lymphoma Research Foundation**
Programs and services include a helpline, local chapters, clinical trials information, patient education, public policy initiatives, publications, radio broadcasts, support network and webcasts.
800.500.9976 (TF)
Email: helpline@lymphoma.org
http://www.lymphoma.org

**Momentum**
Support and resource group for survivors of leukemia, lymphoma and myeloma.
6:00 pm-7:30 pm
Second Tuesday each month - (call to enroll)
MERCY HEALTH CENTER - COLETTA BUILDING
4401 West McAuley Blvd.
Oklahoma City, OK 73120
405.752.3388
http://www.mercyok.net

**Multiple Myeloma Research Foundation**
Educational information for patients regarding treatment options, clinical trials, and research programs
203.229.0464
Email: info@themmrf.org
http://www.themmrf.org

**The Leukemia & Lymphoma Society (LLS)**
Provides patients with financial aid for specified treatment expenses, transportation, support groups and clinical trials.
OKLAHOMA CHAPTER
500 North Broadway, Ste. 250
Oklahoma City, OK 73102
405.943.8888
800.955.4572 (TF)
https://www.lls.org

**BRAIN & CENTRAL NERVOUS SYSTEM**

**American Brain Tumor Association (ABTA)**
Comprehensive information and compassionate support for patients, families and caregivers.
800.886.2282 (TF)
773.577.8750
Email: info@abta.org
http://www.abta.org

**Children’s Brain Tumor Foundation (CBTF)**
Improving the treatment, quality of life and long-term outlook for children with brain and spinal cord tumors. Programs available: Kids Cruise, Brain Tumor Week at Camp Sunshine and the Family 2 Family Network.
866.228.4673 (TF)
http://www.cbtf.org

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.”
— Eleanor Roosevelt
National Brain Tumor Society
Comprehensive website offering information about brain tumors, treatment, survivor stories, support groups, and publications.

HEADQUARTERS
55 Chapel Street, Ste. 200
Newton, MA 02458
Phone: 617.924.9997
Fax: 617.924.9998
800.934.2873 (TF)
Email: info@braintumor.org
http://braintumor.org

Oklahoma Brain Tumor Foundation (OKBTF)
Provides education, advocacy and support for Oklahomans with brain tumors and their families.

Monday-Thursday - 9:00am-5:00pm
Friday - 9:00am-1:00pm

OKLAHOMA BRAIN TUMOR FOUNDATION
730 West Wilshire Blvd., Ste. 114
Oklahoma City, OK 73116
405.843.4673
Email: okbtf@okbtf.org
http://okbtf.org

OKBTF - Strong Mind, Strong Body, Strong Spirit
Support group for patients and caregivers. Live web streaming of meetings is available. Adult Support Group.

720 West Wilshire Blvd., Ste. 101 #A
Oklahoma City, OK 73116
405.843.4673
http://okbtf.org

Breast Cancer Assistance Program
Nonprofit organization providing temporary financial assistance for rent/mortgage and utilities to qualified breast cancer patients in NE Oklahoma.

BREAST CANCER ASSISTANCE PROGRAM
PO Box 470065
Tulsa, OK 74147
918.637.8627
Email: bcapfund@bcapfund.org
http://bcapfund.org

BreastCancer.org
Provides reliable, complete, and current breast cancer information, including: symptoms and diagnosis materials, treatment and side effects, day-to-day matters, lowering risk, community knowledge (blogs, chat rooms, etc.) and a breast cancer coach.

120 E. Lancaster Ave. Ste. 201
Ardmore, PA 19003
610.642.6550
http://www.breastcancer.org

Breast Health Network/Central
Support group for cancer patients, survivors and their families and friends. Lunch provided. RSVP required.

First Thursday each month at 12 noon.

OU BREAST INSTITUTE - OU PHYSICIANS BLDG
825 NE 10th Street, Ste. 3500
Oklahoma City, OK 73104
405.271.4514 x48592
866.241.9546 (TF)

Metastatic Support Survivors (SOS)
2nd Thursday - 12 noon-1:00 pm

STEPHENSON CANCER CENTER
800 NE 10th St., Suite 5058
Oklahoma City, OK 73104

“At any given moment you have the power to say this is NOT how the story is going to end.”
– Author Unknown
Support group for survivors and their supporters.

6:00 pm - Second Thursday each month

**BREAST HEALTH NETWORK**
2601 Kelley Pointe Pkwy, Ste. 101
Edmond, OK 73013
405.844.2601

**Dr. Susan Love Research Foundation**
Works to eradicate breast cancer and improve the quality of women’s health through innovative research, education, and advocacy.

310.828.0060
Email: info@SusanLoveResearch@org

**Facing Our Risk of Cancer Empowered (FORCE)**
Improving the lives of individuals and families affected by hereditary breast and ovarian cancer. Website provides: chat room, peer support, information on latest research, resources, clinical trials, and advocacy.

866.288.7475 (TF)
Email: info@facingourrisk.org
http://www.facingourrisk.org

**Imaginis**
Comprehensive website providing in-depth women’s health information.

25 East Court St., Ste. 301
Greenville, SC 29601
86 4.209.1139
Email: learnmore@imaginis.com
http://www.imaginis.com

**Living Beyond Breast Cancer**
National organization providing support and education to those with cancer and their families and friends as well as health care providers.

855.807.6386
610.645.4567 (TF)
484.708.1550
Email: mail@ibbc.org
http://www.lbbc.org

**National Breast Cancer Foundation, Inc.**
Provide help and inspire hope to those affected by breast cancer through early detection, education, and support services
http://www.nationalbreastcancer.org

**Norman Breast Cancer Support Group**
Provides education and emotional support to patients.

7:00 pm - First Tuesday each month
September 2016 thru June 2017

**NORMAN REGIONAL HOSPITAL EDUCATION CENTER**
901 North Porter Ave.
Norman, OK 73071
405.307.2620
http://www.normanregional.com

**Oklahoma Cares**
Oklahoma’s Breast & Cervical Cancer Treatment Program provides Medicaid benefits to eligible women for breast/cervical cancer (including pre-cancerous conditions and early stage cancer). Call or visit website to see if you are eligible.

405.271.4072
866.550.5585 (TF)
http://www.okcares.health.ok.gov

**Project 31**
Contact: Sarah McLean
Email: sarah@project 31.com

**Reach to Recovery**
Through face-to-face visits or by phone, trained volunteers help women and men through their breast cancer experience.

**AMERICAN CANCER SOCIETY**
800.227.2345 (TF)
http://www.cancer.org

**SHARE Cancer Support**
The leading ovarian and breast cancer organization offering support for women with breast cancer, metastatic breast cancer and ovarian cancer.

844.275.7427 (TF) - English & Español
http://www.sharecancersupport.org
Susan G. Komen for the Cure
The world's largest grassroots network of breast cancer survivors and activists, working together to save lives, empower people, ensure quality care for all and energize science to find cures. Contact your local affiliate for grantees near you.
877.465.6636 (TF)
http://ww5.komen.org

SUSAN G. KOMEN CENTRAL & WESTERN OKLAHOMA AFFILIATE
101 Park Avenue, Ste. 225
Oklahoma City, OK 73102
405.526.2873
Email: cure@komencwok.org
http://www.komencentralwesternok.org

TULSA AFFILIATE
1560 East 21st Street, Ste. 202
Tulsa, OK 74114
918.392.2745
http://www.komentulsa.org

Oklahoma Take Charge! Program
Information and access to screening services for those who qualify. Services include pap test, pelvic exam, HPV test, clinical breast exam, and a free mammogram (if eligible).
888.669.5934 (TF)
http://www.ok.gov

Oklahoma Project Woman
Oklahomans of any age with no insurance and limited free financial resources may be eligible for breast health education, free mammogram, diagnostic procedures and surgical services.
918.834.7200 - Tulsa
405.605.1228 - Oklahoma City
Email: mayab@oklahomaprojectwoman.org
http://www.oklahomaprojectwoman.com

Young Survival Coalition (YSC)
Dedicated to the critical issues unique to young women who are diagnosed with breast cancer. YSC offers resources, connections, and outreach so women feel supported, empowered, and hopeful.
877.972.1011 (TF)
http://www.youngsurvival.org/connect-with-ysc

COLORECTAL DIGESTIVE/KIDNEY/BLADDER

American Society of Colon & Rectal Surgeons
Association of colon and rectal surgeons and professionals dedicated to assuring high quality patient care. Website includes: educational materials about colorectal conditions, registries and advocacy opportunities.
847.290.9184
Email: ascrs@fascrs.org
http://www.fascrs.org/patients

Colon Cancer Alliance (CCA)
Championing prevention, funding cutting-edge research, and providing the highest quality patient support services.
877.422.2030 (TF)
http://www.ccalliance.org

Colorectal Cancer Coalition (C3)
Nonprofit advocacy organization Championing education, awareness and early screening of colon cancer.
952.378.1237
http://www.coloncancercoalition.org

My cancer scare changed my life. I’m grateful for every new, healthy day I have. It has helped me prioritize my life.
— Olivia Newton-John
CANCER BY TYPE

Ostomy 2-1-1
Ostomy 2-1-1 is a 501 © (3) organization dedicated to provide support/supplies to those undergoing ostomy or bowel/bladder surgeries.

The clinic is open on Mondays from 2:00 pm-7:00 pm

1201 NW 10th Street - OKC
405-243-8001
Email: ostomy211@gmail.com
www.ostomy211.com

OstomyOK.org
Website for Ostomy Association chapters in Oklahoma Inclusive of an Alliance of Oklahoma Ostomy support groups
http://www.ostomyok.org

Ostomy Support Group of Lawton - Ft. Sill, OK
1:00 pm, Second Sunday of March, June, September and December.

COMANCHE COUNTY MEMORIAL HOSPITAL
3401 West Gore Blvd.
Lawton, OK 73505
580.248.3535 - Mel Springborn (Group President)
http://www.ostomy.org/asg_pages_asg_009.html

Ostomy Support Group of Oklahoma City
7:00 pm - Second Saturday of the odd months (Call for meeting location)

405.341.5330 - Laverna Reid
http://www.ostomyok.org/OKC

Ostomy Support Group of North Central Oklahoma
7:00 pm - Third Monday each month.

LOCATIONS:
Ponca City, Stillwater and Enid. Call for location.
580.401.3124 - Bob Baumel
http://www.ostomyok.org/oanco

Ostomy Support Group of Tulsa
7:00 pm - Fourth Thursday each month

UNIVERSITY VILLAGE THEATER
8555 South Lewis Ave.
Tulsa, OK 74137
918.446.8542 - Kay Pugh
http://www.ostomyok.org/tulsa

The Susan Cohan Kasdas Colon Cancer Foundation
Resources and education about screening, aid in clinical trials and family psychological support.
410.244.1778
Email: info@coloncancerfoundation.org
http://www.coloncancerfoundation.org

Ulman Cancer Fund for Young Adults
Leading voice in the young adult cancer movement, working at a grassroots level to support, educate, connect and empower young adult cancer survivors.
888.393.3863 (TF)
Email: info@ulmanfund.org
http://www.ulmanfund.org

United Ostomy Associations of America
Provides support, information and advocacy to ostomates and their caregivers.
800.826.0826 (TF)
Email: info@uoaa.org
http://www.ostomy.org

GYNECOLOGICAL

Foundation for Women’s Cancer
Informs and enables women to be their own health advocates by providing information about the disease treatment options, and access to new therapies.
312.578.1439
Email: info@foundationforwomenscancer.org
http://www.foundationforwomenscancer.org
Imaginis
Comprehensive health network website. Independent award-winning comprehensive resource for information on women’s health and wellness.
864.209.1139
Email: learnmore@imaginis.com
http://www.imaginis.com

National Cervical Cancer Coalition
Grassroots nonprofit organization dedicated to serving women with, or at risk for, cervical cancer and HPV disease.
800.685.5531 (TF)
Email: info@nccc-online.org
http://www.nccc-online.org

National Ovarian Cancer Coalition
Raises awareness and promotes ovarian cancer education. Offers publications, support groups, and a database of gynecologic oncologists searchable by state.
800.685.5531
Email: nccc@ashasexualhealth.org
http://www.nccc-online.org

Oklahoma Cares
Oklahoma’s Breast & Cervical Cancer Treatment Program provides Medicaid benefits to eligible women for breast/cervical cancer (including pre-cancerous conditions and early stage cancer). Call or visit website to see if you are eligible.
405.271.4072
866.550.5585 (TF)
http://okcares.health.ok.gov

Ovarian Cancer National Alliance
Works to increase public and professional understanding of ovarian cancer and advocates for research. Distributes materials and sponsors an annual advocacy conference for survivors and families.
866.399.6262 (TF)
Email: ocna@ovariancancer.org
http://www.ovariancancer.org

Ovarian Cancer Research Fund
Supports patients and their families and friends in understanding ovarian cancer and its treatment. Also provides outreach programs to raise public awareness.
800.873.9569 (TF)
Email: info@ocrf.org
http://www.ocrf.org

SHARE
Organization led by breast and ovarian cancer survivors, providing emotional support and practical advice to women facing breast, metastatic breast or ovarian cancer by phone.
866.891.2392 (TF) English & Español
http://www.sharecancersupport.org

Take Charge!
Information and access to screening services for those who qualify. Services include Pap test, pelvic exam, HPV test, clinical breast exam, and a free mammogram (if applicable).
888.669.5934 (TF)
http://takecharge.health.ok.gov

HEAD & NECK
International Association of Laryngectomy (IAL)
Nonprofit organization composed of member clubs and regional organizations known as “Lost Chord” or “New Voice” clubs. Purpose is to assist these clubs in their efforts towards total rehabilitation of the laryngectomy, including research links, forums, stories and poetry.
866.425.3678 (TF)
http://theial.com

IAL-Sooner Nu-Voice Laryngectomy Club
Support, information and education for laryngectomy, and head/neck cancer patients with communication problems, and their families.
2:00 pm - Second Sunday each month
BELLEVUE REHAB CENTER ACTIVITY ROOM
6430 North Portland Ave.
Oklahoma City, OK 73116
405.348.1287 - Bill Finch

Mouth Cancer Foundation
Online organization providing direct links to relevant cancer websites, including patient stories and an active message board.
Email: info@mouthcancerfoundation.org
http://www.mouthcancerfoundation.org

New Voice Club
Support, information and education to laryngectomy, and head/neck cancer patients with communication problems, and their families.
Call for date/time.

ST. JOHN LAFORETUNE CANCER CENTER
1923 South Utica Ave.
Tulsa, OK 74104
918.744.0123
http://www.stjohnhealthsystem.com/cancer

Support for People with Oral, Head & Neck Cancers (SPOHNC)
Nonprofit organization dedicated to raising awareness and meeting the needs of oral, head and neck cancer patients.
800.377.0928 (TF)
Email: info@sphohnc.org
http://www.sphohnc.org

SPOHNC Support Group
Patient-directed support group for patients with head, neck, throat and nose cancer.
6:30 pm - First Tuesday each month.

HARDESTY PUBLIC LIBRARY
8316 East 93rd St.
Tulsa, OK 74133
918.261.8858 - Christine Griffin
Email: beritgriffin@att.net
http://www.sphohnc.org

Feed your faith and your fears will starve to death.
— Author Unknown

Web Whispers
Online support group providing practical, educational information and support to laryngectomee survivors of larynx and other throat cancers.
http://www.webwhispers.org

LIVER
American Liver Foundation
Facilitates, advocates and promotes education, support and research for the prevention, treatment and cure of liver disease. Website offers resources and latest news for patients and caregivers.
212.668.1000
800.465.4837 (Helpline)
Email: info@liverfoundation.org
http://www.liverfoundation.org

LUNG/RESPIRATORY
American Lung Association
Dedicated to preventing lung disease and promoting lung health. Website provides interactive decision support tools.
7:00 pm-9:00 pm - Monday-Friday
800.548.8252 (TF)
Email: info@lungusa.org
http://www.lungusa.org

Better Breathers
Support groups for patients with COPD (chronic obstructive pulmonary disease) and their families.
Second Friday each month - (call to enroll)

MERCY HEALTH CENTER - COLETTA BLDG.
4401 West McAuley Blvd.
Oklahoma City, OK 73120
405.752.3388
http://www.mercyok.net
CANCER BY TYPE

American Lung Association/Oklahoma
(405) 748.4674 Oklahoma City
(918) 747.3441 Tulsa

CARING AMBASSADORS LUNG CANCER PROGRAM
Support and information including treatment, coping/survivorship, resources, and clinical trials. 503.632.9032
http://www.lungcancercap.org

Lung Cancer Alliance
Support and advocacy for those with or at risk for lung cancer. Website provides information on: treatment, clinical trials, resources and support.
800.298.2436 (TF)
Email: info@lungcanceralliance.org
http://www.lungcanceralliance.org

LungCANCER.org
Nonprofit organization offering support and information to patients and their families and friends, including online support groups, education workshops, co-pay help and a clinical trials matching service.
8:00 am-6:00 pm - Monday-Thursday
8:00 am-4:00 pm - Friday
800.813.4673 (TF)
Email: info@cancercare.org
http://www.lungcancer.org

LUNGevity Foundation
Website hosts the Lung Cancer Support Community. Provides latest lung cancer information, 24-hour online support, a telephone buddy program, personal CarePages webpage to blog your cancer journey, lung cancer advocacy opportunities and clinical trial matching.
312.407.6100
Email: info@lungevity.org
http://www.lungevity.org

National Lung Cancer Partnership
Provides educational materials, inspirational stories, information on clinical trials and an “Ask the Expert” forum.
608.833.8068

The Mesothelioma Center
Website offers comprehensive, updated information on asbestos exposure and mesothelioma. Provide resources on all asbestos issues ranging from occupational exposure to treatment options.
844.306.8068
http://www.asbestos.com

MELANOMA/Skin

Aim at Melanoma Foundation
Provides information, support, advocacy, education symposiums, a nurse-on-call and clinical trials matching.
877.246.2635 (TF) Nurse on Call
Email: NurseOnCall@AIMatMelanoma.org
http://www.aimatmelanoma.org

American Academy of Dermatology
Provides free educational materials and information about skin care, sun safety and skin cancer exams.
8:00 am-5:00 pm - Monday-Friday
866.503.7546 (TF)
http://www.aad.org

Melanoma International Foundation (MIF)
Nonprofit organization created to provide the scientifically sound guidance and support. Personalized strategies with patients so they may live longer, better lives.
866.463.6663 (TF)
http://www.melanomaintl.org

The Skin Cancer Foundation
Non-profit organization devoted solely to education, prevention, early detection, and prompt treatment of the world’s most common cancer.
212.725.5176
http://www.skincancer.org
The important thing is not how many years in your life but how much life in your years.
— Edward J. Stieglitz

**PANCREATIC**

**Pancreatic Cancer Action Network (PanCAN)**
Nationwide network of people dedicated to advancing research, supporting patients and creating hope for those facing pancreatic cancer. Provides information on research, advocacy and community outreach. Offers liaison services for patients, families, health professionals and researchers.

9:00 am-7:00 pm - Monday-Friday
877.435.8650 (TF)
Email: info@pancan.org
http://www.pancan.org

**Oklahoma Pancreatic Cancer Support Groups**
Support groups for those affected by pancreatic cancer and their caregivers.

**OKLAHOMA CITY SITE**
OU Health Sciences Center,
David Boren Student Union
1106 North Stonewall Rm. 214
405.271.2108

**Pancreatica.org**
Non-profit organization that promotes awareness, increase education, and further pancreatic cancer research.

149 Bonifacio Place
Monterey, CA 93940
831.658.0600
http://www.pancreatica.org

**The Lustgarten Foundation**
Advancing scientific and medical research related to diagnosis, treatment, cure, and prevention of pancreatic cancer; provides support to pancreatic cancer patients, family, and friends.

866.789.1000 (TF)
http://www.lustgarten.org

**PEDIATRIC**

**National Children’s Cancer Society**
Helps childhood cancer survivors integrate the cancer experience into their new life as survivors and successfully handle the challenges ahead.
800.532.6459 (TF)
http://www.thenccs.org

**Childhood Cancer Guides**
Charitable organization serving the childhood cancer community by providing emotional support and access to a resource center.

Bellingham, WA
www.childhoodcancerguides.org

**National Children’s Cancer Society (NCCS)**
Financial, emotional, educational and medical resources for every stage of illness and recovery.
800.532.6459 (TF)
http://thenccs.org

**Parents Support Group**
Support group for parents who have a child with cancer.

**CHILDREN’S HOSPITAL - OU CHILDREN’S PHYSICIANS CENTER**
1200 Children’s Ave. #10000
Oklahoma City, OK 73104
405.271.4412

**Ronald McDonald House**
Provides a place to stay at little or no cost for families who travel far from home to get treatment for their children. Facilities include home-cooked meals, private bedrooms, and playrooms.

**OKLAHOMA CITY**
1301 NE 14th St.
405.424.6873
http://rmhc-okc.org

**TULSA**
6102 South Hudson Ave.
918.496.2727
http://rmh-tulsa.org
**Alex’s Lemonade Stand Foundation for Childhood Cancer**
Comforting, encouraging, and empowering siblings during their family’s battle against childhood cancer.
610.649.3034
http://www.alexslemonade.org

**PROSTATE/TESTICULAR**

**Man to Man/Cancer Survivors Network**
American Cancer Society (ASC) program providing education and support to patients and their families.
800.227.2345 (TF)
http://www.cancer.org/treatment/supportprogramsservices/man-to-man

**Prostate Cancer Institute**
Educational website providing up-to-date information about prostate cancer to men with the disease and their partners.
http://www.prostate-cancer-institute.org

**Testicular Cancer Resource Center**
Resources for those with testicular cancer. Includes information about surgery, testing, treatment, reconstruction, and sexual health.
Contact: Doug Bank
Email: dougbank@alum.mit.edu
tcr.acor.org

**Us TOO International Prostate Cancer Education and Support Network**
Provides information and peer-to-peer support to men in need of making decisions about prostate cancer.
800.808.7866
Email: ustoo@ustoo.org
http://www.ustoo.org

**ZERO - The Project to End Prostate Cancer**
Provides comprehensive treatment information to patients, education to those at risk and conducts free prostate cancer testing throughout the country. Increases research funds from the federal government to find new treatments and fund local grants to end the disease.
888.245.9455 (TF)
Email: info@zerocancer.org
http://www.zerocancer.org

**American Cancer Society (ACS)**
Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.
800.227.2345 (TF) 24/7
Para Español oprima nueve

**LOCAL OKLAHOMA RESOURCE LISTINGS:**
405. 843.9888 Oklahoma City
918.477.5400 Tulsa
580.353.8145 Lawton
918.423.0687 McAlester
http://www.cancer.org

**Oklahomans for Independent Living (OIL)**
Support and resources for those affected by cancer. Resources include: legal concerns, social services, attendant services, equipment loans, support groups, and counseling. Serving Atoka, Coal, Haskell, Hughes, Latimer, McIntosh, Pittsburg, and Pushmataha counties.
601 East Carl Albert Pkwy
McAlester, OK 74501
918.426.6220
Email: info@oilok.org
http://www.oilok.org

“Attitude is a little thing that makes a big difference.”
— Winston Churchill
**SOUTHCENTRAL**
No resources available.

**SOUTHWEST**

**American Cancer Society (ACS)**
Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.

800.227.2345 (TF) 24/7
Para Español oprima nueve

**LOCAL OKLAHOMA RESOURCE LISTINGS:**
405.843.9888 Oklahoma City
918.477.5400 Tulsa
580.353.8145 Lawton
918.423.0687 McAlester
http://www.cancer.org

**NORTHWEST**

**Ostomy 2-1-1**
Ostomy 2-1-1 is a 501 ©(3) organization dedicated to provide support/supplies to those undergoing ostomy or bowel/bladder surgeries.

*The clinic is open on Mondays from 2:00 pm-7:00 pm*

1201 NW 10th Street
OKC, OK 73106
405-243-8001
Email: ostomy211@gmail.com
www.ostomy211.com

**OstomyOK.org**
Website for Ostomy Association chapters in Oklahoma. Provides contacts for local support groups and information on the volunteer visiting service, offered free of charge for patients and their families before and/or after surgery.

http://www.ostomyok.org

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**Cancer Centers of Southwest Oklahoma**

**ALTUS**
Through a group effort, three hospitals in SW Oklahoma provide individualized care and support groups.

**DUNCAN**
6:30 pm Last - Monday each month

**TAYLOR-LENORMAN MCCASLAND CENTER**
2110 Duncan Regional Loop Rd.
Duncan, OK 73533
580.251.6600

**LAWTON**
6:00 pm - Second Monday each month

**LEAH M. FITCH CANCER CENTER**
104 NW 31st Street
Lawton, OK 73505
580.536.2121

**Cancer Centers of Southwest Oklahoma**
Through a group effort, three hospitals in SW Oklahoma provide individualized care and support groups.

http://www.cancercentersswok.com/

**ALTUS**
6:00 pm - Third Tuesday each month

1200 East Pecan St.
Altus, OK 73521
JACKSON COUNTY MEMORIAL HOSPITAL
1200 East Broadway
Altus, OK 73521
580.480.4400

DUNCAN
6:30 pm - Last Monday each month.

TAYLOR-LENORMAN MCCASLAND CENTER
2110 Duncan Regional Loop Rd.
Duncan, OK 73533
580.251.6600

LAWTON
6:00 pm - Second Monday each month.

LEAH M. FITCH CANCER CENTER
104 NW 31st Street
Lawton, OK 73505
580.536.2121

NORTHEAST

A Touch of Grace
Christian support group for women.

FIRST ASSEMBLY OF TAHLEQUAH
Sonshine Room
3229 S Muskogee Ave.
Tahlequah, OK 74464
918.431.0411
Email: asoneministries@cablelynx.com
http://www.asoneministries.com

American Cancer Society (ACS)
Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.
800.227.2345 (TF) 24/7
Para Español oprima nueve

LOCAL RESOURCE LISTINGS:
405.843.9888 Oklahoma City
918.477.5400 - Tulsa
580.353.8145 - Lawton
918.423.0687 - McAlester
http://www.cancer.org

Angel Flight
Primarily serves patients needing transportation to or from the heartland region.
1515 East 71st St.
Tulsa, OK 74128
918.749.8992
Email: angel@angelflight.com
http://www.angelflight.com

Assistance in Health Care
Offers financial assistance to cancer patients receiving treatment in the Tulsa area. Money is provided for emergency nonmedical expenses such as rent, utilities, car payments, etc.
PO Box 700392 - Tulsa
918.286.5699
http://assistanceinhealthcare.org

Better Breathers
Support groups for patients with chronic obstructive pulmonary disease (COPD) and their families.

American Lung Association
918.747.3441 - Tulsa

Breast Cancer Assistance Program
Nonprofit organization providing temporary financial assistance for rent/mortgage and utilities to qualified breast cancer patients in NE Oklahoma.
Breast Cancer Assistance Program
PO Box 470065 - Tulsa
918.637-8627 - Angie Walters
Email: bcapfund@bcapfund.org
http://bcapfund.org

Breast Impressions
Donates breast casting kits to newly diagnosed women, to make a memory prior to surgery.
4645 S Vandalia Ave. - Tulsa
918.691.3874
Email: breastimpressions@cox.net
http://breastimpressions.com
Family Support Group
Support and resource group for survivors of leukemia, lymphoma and myeloma and their families.
7:00 pm - First Wednesday each month

SAINT FRANCIS HOSPITAL
6161 S Yale Ave. - Tulsa
918.474.1585
http://saintfrancis.com

Grief Support Group
Support to those who have lost a loved one through illness.
Call for date/time.

ST. JOHN HOSPICE - HARVARD MEDICAL BUILDING
4720 S Harvard Ave, Ste. 202 - Tulsa
918.747.4428

Just In Time
Support group for cancer patients and their families and friends.
Call for date/time.

OWASSO COMMUNITY CENTER
301 S Cedar St. - Owasso
Dora Johnson
918.371.2242

Look Good, Feel Better
Free, non-medical program helping women offset changes to their appearance from cancer treatment. Also offers programs for men and teens, self-help mailer kits, and a 24-hour hotline.
800.395.5665 (TF) 24/7
Para Español oprima uno
918.743.6767 – Tulsa
http://lookgoodfeelbetter.org

Mayes County Cancer Support Group
Support group providing cancer patients literature, groceries, the Reach to Recovery Program and transportation to medical treatment. Free refreshments and/or light meals provided.
7:00 pm - Fourth Thursday of every month

INTEGRIS MAYES COUNTY MEDICAL
Center, 129 N Kentucky - Pryor
Darla Thompson
918.825.4727 (H)
918.637.6038 (C)

Mayes County Grief Support Group
Support and services to those grieving the death of a loved one.
7:00 pm - Second Thursday of every month

INTEGRIS MAYES COUNTY MEDICAL
Center, 129 N Kentucky Ave. - Pryor
Susan Johnson
918.825.1600 x503

Muskogee Caregiver Support
Support group for caregivers.
1:00 pm - Last Wednesday of every month
FIRST BAPTIST CHURCH OF MUSKOGEE, CHURCH PARLOR
111 S 7th St.- Muskogee
918.682.3496
http://www.fbcmuskogee.org

Mustard Seeds
Support group for those affected by cancer. Meetings consist of a short educational piece and potluck style lunch.
11:00-1:00 pm - Second Saturday each month (call for location).
918. 492.4953 Rosanne Pasco

New Days Cancer Support Group
Provides a place for those affected by cancer to learn, laugh, cry, and affirm that each new day is a blessing.
6:30 pm - First Monday each month.

“Time is shortening. But every day that I challenge this cancer and survive is a victory for me.”
– Ingrid Bergman
FIRST UNITED METHODIST CHURCH  
Church Parlor FH-5  
600 E Okmulgee - Muskogee  
918.682.3368 - Cindy Culver  
Email: cindyc@fumcmuskogee.org  
http://fumcmuskogee.org

New Voice Club  
Support, information and education to laryngectomy, and head/neck cancer patients with communication problems, and their families.  
Call for date/time.

ST. JOHN LAFORTUNE CANCER CENTER  
1923 S Utica Ave. - Tulsa  
918.744.0123  
http://www.stjohnhealthsystem.com/cancer

OKBTF-Strong Mind, Strong Body, Strong Spirit  
Support group for patients and caregivers. Live streaming of support group meetings is available on the website.

ADULT SUPPORT GROUP  
720 W Wilshire Blvd., Ste. 101#A - OKC  
http://okbtf.org

Ostomy 2-1-1  
Ostomy 2-1-1 is a 501 © (3) organization dedicated to provide support/supplies to those undergoing ostomy or bowel/bladder surgeries.  
The clinic is open on Mondays from 2:00 pm-7:00 pm

http://www.ostomyok.org

OSTOMYOK SUPPORT GROUPS  
STILLWATER, PONCA CITY, ENID  
7:00 pm - Third Monday of every month rotates between locations.  
Call or visit website for location.  
580.765.0050 Bob Baumel  
http://www.ostomyok.org/oanco

TULSA  
7:00 pm - Fourth Thursday each month.

UNIVERSITY VILLAGE  
Conference Meeting Room  
8555 S Lewis Ave. - Tulsa  
918.446.8542 - Kay Pugh  
http://www.ostomyok.org/tulsa

Oklahoma Pancreatic Cancer Support Group  
Support groups for those affected by pancreatic cancer.  
6:00 pm - Second Tuesday of every month

SCHUSTERMAN CENTER  
OU Tulsa Bldg 1, Rm 2C19  
4502 E 41st St., Tulsa  
405.380.8236 - Daniel Brackett, Coordinator  
Email: danielj.brackett@yahoo.com  
http://www.okpcbc.org

Ronald McDonald House  
Provides a place to stay at little or no cost for families who travel far from home to get treatment for their children. Facilities include home-cooked meals, private bedrooms, and playrooms.

OKC  
1301 NE 14th St.  
405. 424.6873  
http://www.rmhc-okc.org

TULSA  
6102 S Hudson Ave  
918.496.2727  
http://www.rmhtulsa.org

SPOHNC Support Group  
Patient-directed support group for patients with head, neck, throat and nose cancer.  
6:30 pm - First Tuesday each month.
HARDESTY PUBLIC LIBRARY
8316 E 93rd St., - Tulsa
918.261.8858 - Christine Griffin
Email: beritgriffin@att.net

Susan G. Komen for the Cure
The world’s largest grassroots network of breast cancer survivors and activists, working together to save lives, empower people, ensure quality care for all and energize science to find cures. Contact your local affiliate for grantees near you.

TULSA AFFILIATE
5110 S Yale Ave, Ste. 415 - Tulsa
918.392.2745
http://www.komentulsa.org

The Tristesse Grief Center
Nonprofit organization providing professional, independent and affordable services to include counseling, training, education and support groups.

THE TRISTESSE GRIEF CENTER
3930 E 31st St., Tulsa
918.587.1200
http://www.thegriefcenter.org

Oklahoma Project Woman
Provides breast health education, free mammograms, diagnostic procedures and surgical services to low income women. Participants must meet program guidelines.

918.834.7200
877.550.7465 (TF)
http://www.oklahomaprojectwoman.org

Us TOO Support Groups
Nonprofit organization providing men and their families with free information, materials, peer-to-peer support, an online community, treatment options and support groups.

9:00-5:00 pm - Monday-Friday
800.808.7866 (TF)
Email: ustoo@ustoo.org
http://www.ustoo.org

7:00-8:00 pm Second Thursday each month.

St. John La Fortune Cancer Center
Mary K Chapman Health Plaza
Lower level, Classroom D
1819 E 19th St., Tulsa
918.744.3189
http://www.fbcmuskogee.org

Young Survival Coalition (YSC)
Dedicated to the concerns and issues unique to young women and breast cancer by providing a point of contact.

877.972.1011 (TF)
Email: info@youngsurvival.org
http://www.youngsurvival.org

CENTRAL
American Cancer Society (ACS)
Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.

800.227.2345 (TF) 24/7
Para Español oprima nueve

LOCAL RESOURCE LISTINGS:
405.843.9888 - OKC
918. 743.6767 - Tulsa
580.353.8245 - Lawton
918.423.0687 - McAlester
http://www.cancer.org

Better Breathers
Support groups for patients with COPD (chronic obstructive pulmonary disease) and their families.

American Lung Association
405.748.4674 - OKC

Breast Cancer Support
Support group for cancer patients, survivors, and their families and friends. Free lunch provided.

12:00 pm - Third Thursday each month.
RSVP Required.
Care for Caregivers Support Group
Support group for those who share common experiences of caring for a loved one. Through regular contact with others in similar situations, members receive: emotional support, discuss frustrations, strategies for care and current information from a certified instructor.

Third Thursday each month (except June & December).
Call for time & to enroll.

MERCY HEALTH CENTER
McAuley Bldg
Lower Level, Conference Center
4205 W Memorial Rd - OKC
405.936.5821
http://www.mercyok.net

Chickasha Cancer Support Group
Support to those with cancer and their families and friends.

GRADY MEMORIAL HOSPITAL
2200 Iowa Ave. - Chickasha
405.779-2150 Cindy Nichols - Call to book a room
http://gradymem.org/getpage.php?name=index

Edmond Caregiver Support Group
Support group for caregivers.
6:15 pm (call for date)

FIRST PRESBYTERIAN CHURCH OF EDMOND
1000 S Rankin - Edmond
405.478.1991 - Marsha Peeler

Expressive Writing
Class for cancer patients and their families and friends. Learn how to use writing to relieve stress associated with cancer. No previous writing experience needed.
2:00-3:00 pm Mondays (call to enroll)

MERCY HEALTH CENTER
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752-3388
https://www.mercy.net

Cancer Caregivers
Support and resource group for caregivers of cancer survivors. Meets the same time as the PUSH group (see page 10), so cancer survivors and caregivers can both receive support.

6:30-8:00 pm - Second Monday each month.
Call to enroll.

MERCY HEALTH CENTER
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752-3388
http://www.mercyok.net

Calm Waters
Free grief support groups and resources to children and their families. To join a group, complete online registration form and mail/fax to the below address.

4334 NW Expressway, Ste. 101 - OKC
405.841.4800
Email: info@calmwaters.org
http://www.calmwaters.org

Edmond Caregiver Support Group
Support group for caregivers.
6:15 pm (call for date)

FIRST PRESBYTERIAN CHURCH OF EDMOND
1000 S Rankin - Edmond
405.478.1991 - Marsha Peeler

Expressive Writing
Class for cancer patients and their families and friends. Learn how to use writing to relieve stress associated with cancer. No previous writing experience needed.
2:00-3:00 pm Mondays (call to enroll)

MERCY HEALTH CENTER
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752-3388
https://www.mercy.net

OU BREAST INSTITUTE - OU PHYSICIANS BLDG
825 NE 10th St., Ste. 3500 - OKC
405.271.4514 ext. 48592
866.241.9546 (TF)
http://www.oumedicine.com/body.cfm?id=1912

Breast Cancer Support Group
Support group for survivors and their supporters.
6:00 pm - Second Thursday each month.

BREAST IMAGING OF OKLAHOMA
2601 Kelley Pointe Pkwy
Edmond, OK
405.705.2705

Care for Caregivers Support Group
Support group for those who share common experiences of caring for a loved one. Through regular contact with others in similar situations, members receive: emotional support, discuss frustrations, strategies for care and current information from a certified instructor.

Third Thursday each month (except June & December).
Call for time & to enroll.

MERCY HEALTH CENTER
McAuley Bldg
Lower Level, Conference Center
4205 W Memorial Rd - OKC
405.936.5821
http://www.mercyok.net

Chickasha Cancer Support Group
Support to those with cancer and their families and friends.

GRADY MEMORIAL HOSPITAL
2200 Iowa Ave. - Chickasha
405.779-2150 Cindy Nichols - Call to book a room
http://gradymem.org/getpage.php?name=index

Edmond Caregiver Support Group
Support group for caregivers.
6:15 pm (call for date)

FIRST PRESBYTERIAN CHURCH OF EDMOND
1000 S Rankin - Edmond
405.478.1991 - Marsha Peeler

Expressive Writing
Class for cancer patients and their families and friends. Learn how to use writing to relieve stress associated with cancer. No previous writing experience needed.
2:00-3:00 pm Mondays (call to enroll)

MERCY HEALTH CENTER
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752-3388
https://www.mercy.net

Calm Waters
Free grief support groups and resources to children and their families. To join a group, complete online registration form and mail/fax to the below address.

4334 NW Expressway, Ste. 101 - OKC
405.841.4800
Email: info@calmwaters.org
http://www.calmwaters.org

Cancer Caregivers
Support and resource group for caregivers of cancer survivors. Meets the same time as the PUSH group (see page 10), so cancer survivors and caregivers can both receive support.

6:30-8:00 pm - Second Monday each month.
Call to enroll.

MERCY HEALTH CENTER
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752-3388
http://www.mercyok.net

Care for Caregivers Support Group
Support group for those who share common experiences of caring for a loved one. Through regular contact with others in similar situations, members receive: emotional support, discuss frustrations, strategies for care and current information from a certified instructor.

Third Thursday each month (except June & December).
Call for time & to enroll.

MERCY HEALTH CENTER
McAuley Bldg
Lower Level, Conference Center
4205 W Memorial Rd - OKC
405.936.5821
http://www.mercyok.net

Chickasha Cancer Support Group
Support to those with cancer and their families and friends.

GRADY MEMORIAL HOSPITAL
2200 Iowa Ave. - Chickasha
405.779-2150 Cindy Nichols - Call to book a room
http://gradymem.org/getpage.php?name=index

Edmond Caregiver Support Group
Support group for caregivers.
6:15 pm (call for date)

FIRST PRESBYTERIAN CHURCH OF EDMOND
1000 S Rankin - Edmond
405.478.1991 - Marsha Peeler

Expressive Writing
Class for cancer patients and their families and friends. Learn how to use writing to relieve stress associated with cancer. No previous writing experience needed.
2:00-3:00 pm Mondays (call to enroll)

MERCY HEALTH CENTER
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752-3388
https://www.mercy.net

Calm Waters
Free grief support groups and resources to children and their families. To join a group, complete online registration form and mail/fax to the below address.

4334 NW Expressway, Ste. 101 - OKC
405.841.4800
Email: info@calmwaters.org
http://www.calmwaters.org

Cancer Caregivers
Support and resource group for caregivers of cancer survivors. Meets the same time as the PUSH group (see page 10), so cancer survivors and caregivers can both receive support.

6:30-8:00 pm - Second Monday each month.
Call to enroll.
Free Counseling & Support Services
Support to those affected by cancer. Topics addressed: grief, anxiety, sexual and reproductive health, effects on family, stress, relaxation techniques, and skills for survivorship.

INTEGRIS CANCER INSTITUTE OF OK
5911 W Memorial Rd - OKC
405.773-6608 - Curtis Bottoms
405.636-7982 - Barbara Snider

Griefshare
Support group for those who have lost a loved one to cancer.
Meets Monday nights at 6:30pm on second floor room 202

FIRST BAPTIST CHURCH OF MOORE
301 NE 27th St., Rm W202 - Moore
405.793-2600
http://firstmoore.com

Head & Neck Cancers
Support and education to head/neck cancer patients.
6:00 pm First Thursday each month.
OU Health Sciences Center
800 NE 10th St. - OKC
405.842.3222 - Brad Quillen

HOPE in Oklahoma
Support group for women diagnosed with gynecological cancers and their caregivers.
10:00 am First Saturday each month.

OU PHYSICIANS BUILDING
5th Floor Waiting Room
825 NE 10th St. - OKC
405.271.8663 x48165
http://hope.ouhsc.edu

Hope Rains
Provides financial assistance to young women in Oklahoma with cancer. Assistance provided for costs associated with out-of-pocket expenses for treatment, required medication and other related expenses. Women ages 20-45, caring for children in the home, with a demonstrated financial need are eligible.

COMMUNITIES FOUNDATION OF OK
2932 NW 122nd, Ste. D - OKC
918.743-7814

I Can Cope
Cancer education classes on different topics relating to survivorship. All are welcome. Call for time. Thursdays, Quarterly.

MERCY HEALTH CENTER
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC (405)
405.752.3388
http://www.mercyok.net

International Association of Laryngectomees (IAL)
Nonprofit organization composed of member clubs and recognized regional organizations known as “Lost Chord” or “New Voice” clubs. Purpose is to assist these local clubs in their efforts towards total rehabilitation of the laryngectomee, including research links, forums, stories and poetry.
866.425.3678 (TF)
http://www.theial.com

Labyrinth Gathering
Weekly exercise/support class for cancer patients and their families and friends. This low impact walking activity has great emotional benefits while on your cancer journey.
2:00-3:00 pm - Wednesdays (call to enroll).

“There is no hope unmingled with fear, no fear unmingled with hope.” – Baruch Spinoza
**Look Good, Feel Better**
Free, non-medical program helping women offset changes to their appearance from cancer treatment. Also offers programs for men and teens, self-help mailer kits, and 24-hour hotline.

800.395.5665 (TF) 24/7
Para Español oprima uno
405. 843.9888 - OKC
http://lookgoodfeelbetter.org

**Momentum**
Support and resource group for survivors of leukemia, lymphoma and myeloma.
6:00-7:30 pm - Second Tuesday each month (call to enroll).

**Monday’s Friends**
Support group for patients and their families.
6:00 pm - Second Monday each month.

**Native American Breast Cancer Support Group**
Support group for Native American Women.
5:00 pm Second Tuesday each month.

**New Horizons Support Group**
Support group for those experiencing the loss of a loved one.
7:00 pm - Second & Fourth Monday each month (call to enroll).

**Musical Discoveries**
Weekly class for cancer patients and their families and friends. Learn how to use music to combat stress associated with cancer. No previous musical experience needed.
2:00-3:00 pm - Tuesdays (call to enroll).

**Norman Breast Cancer Support Group**
Provides education and emotional support to patients.
7:00 pm First Tuesday each month.

**Norman Regional Hospital**
Education Center
901 N Porter Ave. - Norman
405.307.2620 - Karen Saunkeah
http://www.normanregional.com

“Cancer can take away all of my physical abilities. It cannot touch my mind, it cannot touch my heart, and it cannot touch my soul.”
— Jim Valvano
Norman Cancer Support Group
Provides a confidential, safe atmosphere where patients, survivors, families and friends can discuss challenges cancer creates. Resources available to learn about the disease in order to gain the skills needed to fight cancer and cope with changes.
Call for date/time.

NORMAN REGIONAL HOSPITAL
Education Center
901 N Porter Ave. - Norman
405.307.1705 - Cecyle Haley

Oklahoma Brain Tumor Foundation (OKBTF)
Provides education, advocacy and support for Oklahomans with brain tumors and their families to improve quality of life and help find a cure.
Monday-Thursday 9:00am-5:00pm, Friday 9:00am-1:00pm

OK BRAIN TUMOR FOUNDATION
730 W Wilshire Blvd., Ste. 114 - OKC
405.843-4673
Email: okbtf@okbtf.org
http://okbtf.org

OKBTF - Strong Mind, Strong Body, Strong Spirit
Support group for patients and caregivers. Live streaming of support group meetings is available on the website.

ADULT SUPPORT GROUP
720 W Wilshire Blvd., Ste. 101A - OKC, OK
405.843-4673
http://okbf.org

Oklahoma Palliative Care
Comprehensive resource for palliative care, from legal forms, information on hospice, and end-of-life care.

OKLAHOMA PALLIATIVE CARE
Resource Center
900 NE 10th - OKC
405.271.1491 x49194 - Annette Prince
Email: ok-palliative@ouhsc.edu
https://www.oumedicine.com/familymedicine/opcrc

OstomyOK.org
Website for Ostomy Association chapters in Oklahoma. Provides contacts for local support groups and information on the volunteer visiting service, offered free of charge for patients and their families before and/or after surgery.
http://www.ostomyok.org

Oklahoma Pancreatic Cancer Support Groups
Support groups for those affected by pancreatic cancer in OKC
6:00 pm - Last Thursday each month (call to confirm location).
405.380.8236 - Daniel Brackett, Coordinator
Email: danielj.brackett@yahoo.com
http://www.okpcbc.org

Parents Support Group
Support group for parents who have a child with cancer.
12:00 pm - Second Wednesday each month.

CHILDREN'S HOSPITAL AT OU MEDICAL CENTER
Jimmy Everest Cancer Center
Conference Room
740 NE 13th St. - OKC
405.271.5758 - Danny Cavett

Promise
Support group for those who have experienced a mastectomy or have been diagnosed with breast cancer.
7:00-9:00 pm - Third Monday each month (call to enroll).
Mercy Health Center
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752.3388
http://www.mercyok.net
Regional Food Bank of Oklahoma (OKC)
Distributes food through 825 charitable feeding programs elementary schools. Located in 53 counties of central and western Oklahoma. Use website to enter your zip code and find a distribution center.
8:00-5:00 pm · Monday-Friday
405.972.1111
Email: info@regionalfoodbank.org
http://www.regionalfoodbank.org

Stitching for Sanity
Open to anyone interested in knitting and/or crocheting lap robes and afghans to be given to those currently in treatment for cancer. Donated yarn and instruction available.
12:30 pm, First & third Monday each month.

INTEGRIS CANCER INSTITUTE OF OK
5911 W Memorial Rd - OKC
405.773.6600 877.811.4246 (TF)
http://www.integrisok.com/tds

Stress Relief Class
Educational class where cancer patients learn about tools that help cope with stress associated with cancer. Call for date/time.

MERCY HEALTH CENTER
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752.3388
http://www.mercyok.net

Susan G. Komen for the Cure
The world’s largest grassroots network of breast cancer survivors and activists, working together to save lives, empower people, ensure quality care for all and energize science to find cures. See your local affiliate for grantees near you.

CENTRAL AND WESTERN OK AFFILIATE
115 Park Ave. - OKC
405.526.2873
877.465.6636 (TF)
http://www.komencentralwesternok.org

Us TOO Support Groups
Nonprofit organization providing men and their families with free information, materials, peer-to-peer support, an online community, treatment options and support groups.
OKC - 9:00-5:00 pm · Monday-Friday
800.808.7866 (TF)
Email: ustoo@ustoo.org ustoo.org

Deaconess/ Integris Cancer Institute of Oklahoma
6:00 pm Third Tuesday each month (call to confirm location).
(405) 773.6600

Integris SW Medical Center
6:00-7:30 pm First Thursday each month (call to confirm location).
405.636.7982 - Jana Taylor
Email: jana.taylor@integrisok.com

Mercy
6:30-8:00 pm Second Monday each month.

MERCY HEALTH CENTER
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752.3388

Yoga
Yoga for those affected by cancer. Wear comfortable exercise clothing and bring your own yoga mat. Always get your doctor’s approval before beginning any type of exercise program. Call for date/time/location.

INTEGRIS CANCER INSTITUTE OF OK
5911 W Memorial Rd - OKC
405.773.6600
877.811.4246 (TF)
http://www.integrisok.com

“Some days there won’t be a song in your heart. Sing anyway.”
– Emory Austin
CAREGIVERS

American Cancer Society (ACS)
Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.
800.227.2345 (TF) 24/7
Para Español oprima nueve

LOCAL RESOURCE LISTINGS:
405.843.9888 - OKC
918.743.6767 - Tulsa
580.353.8245 - Lawton
918.423.0687 - McAlester
http://www.cancer.org

American Brain Tumor Association (ABTA)
Comprehensive information and compassionate support for patients, families and caregivers.
800-886-2282
773.577-8750
Email: infor@abta.org
http://abta.org

Cancer Caregivers
Support and resource group for caregivers of cancer survivors. Meets the same time as the PUSH group.
6:30-8:00 pm - Second Monday each month (call to enroll).

Mercy Health Center - McAuley Bldg
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752.3388
http://www.mercyok.net

CancerCare
Free support to those affected by cancer by professional oncology social workers. Programs include: counseling and support groups, education and financial assistance.
800.813.4673 (TF)
Email: info@cancercare.org
http://www.cancercare.org

Care for Caregivers Support Group
Through regular contact with others in similar situations, members receive emotional support, discuss frustrations, strategies for care, and current information from an instructor.
Third Thursday each month (except June & December). Call for time & to enroll.

Mercy Health Center - MCAULEY BLDG
Lower Level, Conference Center
4205 W Memorial Rd - OKC
405.936.5821
http://www.mercyok.net

Caring Connection
Resources for end-of-life care: hospice, palliative care, advance directives, caregiving, pain, grief, financial planning and workplace issues.
800.658.8898 (TF)
877.658.8896 (TF) Multilingual
Email: caringinfo@nhpco.org
http://www.caringinfo.org

Colon Cancer News
Educational website providing information about colorectal cancer, patient and caregiver resources, and survivor stories.
http://www.coloncancernews.com

Edmond Caregiver Support Group
One-stop resource for patients, families and caregivers impacted by a marrow or cord blood transplant (BMT). Support group for caregivers.
6:15 pm - Call for date.

First Presbyterian Church of Edmond
1000 S Rankin - Edmond
405.478.1991 - Marsha Peeler
http://www.ExploreBMT.org
**Lotsa Helping Hands**
Create a free, private, web-based community to organize family, friends, neighbors, etc. Coordinate activities, manage volunteers with the group calendar, communicate and share using announcements, message boards, and photos.
http://www.lotsahelpinghands.org

**MetaCancer Foundation**
Support and resources for metastatic cancer survivors and their caregivers.
Email: info@metacancer.org
http://www.metacancer.org

**Minnie Pearl Cancer Foundation**
Offers one-on-one guidance to adults impacted by any cancer from the moment of diagnosis. Services are free.
877.467.1936 (TF)
https://pearlpoint.org

**National Alliance for Caregiving**
Nonprofit coalition of national organizations focusing on family caregiving issues.
Email: info@caregiving.org
http://www.caregiving.org

**National Family Caregivers Association**
Educates supports, empowers and advocates for 65 million Americans who care for loved ones with a chronic illness, disability or frailties of old age.
800.896.3650 (TF)
Email: info@thefamilycaregiver.org
http://www.thefamilycaregiver.org

**Net of Care**
Website providing information and resources to caregivers.
Email: findhelp@netofcare.org
http://www.netofcare.org

**CHILDREN**

**American Brain Tumor Association (ABTA)**
Comprehensive information and compassionate support for patients, families and caregivers.
800-886-8750
773.577-8750
Email: info@abta.org
http://abta.org

**Beyond the Cure**
Helps childhood cancer survivors integrate the cancer experience into their new life as survivors and successfully handle the challenges ahead.
800.532.6459
Email: survivorship@children-care.org
http://www.beyondthecure.org

**Candlelighters Childhood Cancer Foundation**
Provides information and support to children and adolescents with cancer and their families.
800.366.2223
Email: staff@acco.org
http://www.acco.org

**Children’s Brain Tumor Foundation (CBTF)**
Improving the treatment, quality of life and long-term outlook for children with brain and spinal cord tumors. Programs available: Kids Cruise, Brain Tumor Week at Camp Sunshine and the Family 2 Family Network.
866.228-4673
http://www.cbtf.org

“Cancer is a word, not a sentence.” —John Diamon
National Children’s Cancer Society
Financial, emotional, educational and medical resources for every stage of illness and recovery. Direct financial assistance for medical and non-medical expenses related to treatment.
800.532.6459 (TF)
http://www.children-cancer.org

Parents Support Group
Support group for parents who have a child with cancer.
12:00 pm - Second Wednesday each month.

CHILDREN’S HOSPITAL AT OU MEDICAL CENTER
Jimmy Everest Cancer Center Conference Room
740 NE 13th St. - OKC
405.271.5758 - Danny Cavett

Starlight Children’s Foundation
Provides support to families with seriously ill children by helping them cope with pain, fear and isolation through entertainment, education and family activities.
310.479.1212
Email: info@starlight.org
http://www.starlight.org

SuperSibs!
Provides information, resources, tools and events to siblings of children with cancer.
888.417.4704 (TF)
Email: info@supersibs.org
http://www.supersibs.org

The Tristesse Grief Center
Nonprofit organization providing professional, independent and affordable services to include counseling, training, education and support groups.
3930 E 31st St. - Tulsa
918.587.1200
http://www.thegriefcenter.org

CLINICAL TRIALS

Aim at Melanoma
Provides information, support, advocacy, education symposiums, a nurse-on-call and clinical trials matching.
877.246.2635 (TF) Nurse on Call
Email: nurseoncall@aimatmelanoma.org
http://www.aimatmelanoma.org

Caring Ambassadors Lung Cancer Program
Support and information including treatment, coping/survivorship, resources, and clinical trials.
503.632.9032
http://www.lungcancercap.org

Colon Cancer Alliance (CCA)
Dedicated to ending suffering caused by colorectal cancer through patient support, education, research and advocacy.
877.422.2030
http://www.ccalliance.org

EmergingMed
Free clinical trial matching, referral and navigation service to patients and physicians.
8:30am-6:00pm Monday-Friday
877-601-8601
https://www.emergingmed.com/pub_home_page.asp

Facing Our Risk of Cancer Empowered (FORCE)
Improving the lives of individuals and families affected by hereditary breast and ovarian cancer. Website provides: chat room, peer support, information on latest research, resources, clinical trials, and advocacy.
866.288.7475 (TF)
Email: info@facingourrisk.org
http://www.facingourrisk.org
“Courage is not the absence of fear, but rather the judgment that something else is more important than fear.”

– Ambrose Redmoon
**DIABETES**

Diabetes Self-Management Program, through cooperation of the Oklahoma Healthy Aging Institute and the University of Oklahoma:
Developed by Stanford University, DSMP is designed for individuals and their caregivers who are dealing with type 2 diabetes.


Diabetes Self-Management Programs in Oklahoma
https://www.ok.gov/health/Wellness/Chronic_Disease_Service/Diabetes

National Diabetes Prevention Programs in Oklahoma
Centers for Disease Control and Prevention/CDC: The purpose of the DPRP is to recognize organizations that have shown that they can effectively deliver a lifestyle change intervention program (lifestyle intervention) to prevent type 2 diabetes. These programs are designed for those who are at risk for developing type 2 diabetes. The program encourages healthy food choices and an increase of physical activity in participants and reduces the risk for type 2 by 58%. This program is recommended by the Centers for Medicaid and Medicare Services and the American Medical Association.

1600 Clifton Road
Atlanta, GA 30329-4027
800.232.4636 (TF)

**FAMILY**

Asbury United Methodist Support Group
Support group for those with cancer and their families and friends.
4:00 pm - Second Sunday each month.

ASBURY UNITED METHODIST - CHURCH PARLOR
6767 S Mingo Rd - Tulsa
918.492.1771 - Rod Giles
Email: rgiles21@msn.com
http://asburytulsa.org/adults/care/support-groups

Cancer Hope Network
Free, confidential, one-on-one support to patients and their families. Patients are matched with trained volunteers who have undergone a similar experience.
800.552.4366 (TF)
Email: info@cancerhopenetwork.org
http://www.cancerhopenetwork.org

Cancer Legal Resource Center
Free, confidential information and resources on cancer-related legal issues to those coping with cancer, survivors and their families and friends.
843.2572 866.999.3752 (TF) Español
Email: drlc@lls.edu
http://disabilityrightslegalcenter.org

CaringBridge
Create a free, private, personalized patient website to keep family and friends connected during a serious health event.
http://www.caringbridge.org
**Children’s Treehouse Foundation**
Nonprofit organization providing hospital based, cancer-focused, psychosocial intervention training and programming to improve the emotional health of children whose parent has cancer.

Peter R. van Dernoot, Executive Director
303.322.1202
Email: achildstreehouse@aol.com
http://childrenstreehousefdn.org

**ExploreBMT.org**
One-stop resource for patients, families and caregivers impacted by a marrow or cord blood transplant (BMT).
http://explorebmt.org

**Family Support Group**
Support and resource group for survivors of leukemia, lymphoma and myeloma and their families.

7:00 pm - First Wednesday each month.

**SAINT FRANCIS HOSPITAL**
6161 S Yale Ave. - Tulsa
918.474.1585
http://www.saintfrancis.com

**Just in Time**
Support group for cancer patients and their families. Call for date/time.

**OWASSO COMMUNITY CENTER**
301 S Cedar St. - Owasso
918.371.2242 - Dora Johnson

**Kids Konnected**
Nonprofit organization providing friendship, understanding, education, and support to kids and teens who have a parent with cancer or have lost a parent to cancer.

800.899.2866 (TF)
Email: info@kidskonnercted.org
http://kidskonconnected.org

**KIDSCOPE**
Helps children and families understand the effects of cancer and chemotherapy, provides suggestions for coping, and develops innovative programs and materials communicating hope to diverse families.

404.892.1437
http://www.kidscope.org

**Lotsa Helping Hands**
Create a free, private, web-based community to organize family, friends, neighbors, etc. Coordinate activities, manage volunteers with the group calendar, communicate and share using announcements, message boards, and photos.
http://www.lotsahelpinghands.org

**Minnie Pearl Cancer Foundation**
Offers one-on-one guidance to adults impacted by any cancer from the moment of diagnosis. Services are free.

877.467.1936 (TF)
https://pearlpoint.org

**Multiple Myeloma Research Foundation**
Educational information for patients regarding treatment options, clinical trials, research programs and more.

203.229-0464

**National Alliance for Caregiving**
Nonprofit coalition of national organizations focusing on family caregiving issues.
Email: info@caregiving.org caregiving.org

**Norman Cancer Support Group**
Provides a confidential, safe atmosphere where patients, survivors, families and friends can discuss the challenges cancer creates. Resources available to learn about the disease in order to gain the skills needed to fight cancer and cope with the changes it creates for everyone. Call for date/time.

**NORMAN REGIONAL HOSPITAL**
Education Center
901 N Porter Ave. - Norman
405.307.1705 - Cecyle Haley
MISCELLANEOUS RESOURCES

**Parents Support Group**
Support group for parents who have a child with cancer.
12:00 pm - Second Wednesday each month.

**CHILDREN’S HOSPITAL AT OU MEDICAL CENTER,**
Jimmy Everest Cancer Center Conference Room
740 NE 13th St. - OKC
405.271.5758 - Danny Cavett

**Ronald McDonald House**
Provides a place to stay at little or no cost for families who travel far from home to get treatment for their children. Facilities include home-cooked meals, private bedrooms, and playrooms.
OKC
1301 NE 14th St.
405.424.6873
http://www.rmhc-okc.org

TULSA
6102 S Hudson Ave
918.496.2727
http://www.rmhtulsa.org

**Starlight Children’s Foundation**
Provides support to families with seriously ill children by helping them cope with pain, fear and isolation through entertainment, education and family activities.
310.479.1212
Email: info@starlight.org
http://starlight.org

**SuperSibs!**
Nonprofit organization providing information, resources, tools and events to siblings of children with cancer.
888.417.4704 (TF)
Email: info@supersibs.org
http://supersibs.org

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**FINANCIAL ASSISTANCE**

**American Breast Cancer Foundation (Key to Life)**
Provides men and women in financial need and their loved ones, education, support, and access to early detection screenings.
Monday-Thursday 9:00am-5:00pm, Friday 9:00am-3:30pm
104000 Little Patuxent Parkway, Suite 480
Columbia, Maryland 21044
410.730-5105
Email: info@abcf.org
Email: ABCF@abcf.org
http://www.abcf.org

**Assistance in Health Care**
Offers financial assistance to cancer patients receiving treatment within the Tulsa area. Money is provided for emergency non-medical expenses such as rent, utilities, car payments, etc.
PO Box 700392 - Tulsa
918.286.5699
http://assistanceinhealthcare.org

**Breast Cancer Assistance Program**
Nonprofit organization providing temporary financial assistance for rent/mortgage and utilities to qualified breast cancer patients in NE Oklahoma.
BREAST CANCER ASSISTANCE PROGRAM
PO Box 470065, Tulsa
918.637-8627 - Angie Walters
Email: bcaofund@bcapfund.org
http://bcapfund.org

**CancerCare**
Support to those affected by cancer. Programs include: counseling and support groups, education and financial assistance. These are provided by professional oncology social workers and are free of charge.
800.813.4673
Email: info@cancercare.org
http://cancercare.org
Cancer Sucks
Online forum for those who have lost a loved one to cancer.
http://www.cancersucks.com

GUIDE TO FINDING HEALTH INSURANCE COVERAGE
Online resource providing information on rights regarding medical coverage by state.

Robert Wood Johnson Foundation
Monday-Friday 8:45am-5:00pm
Princeton, NJ
877.843-7953
Email: info@covertheuninsured.org

HealthWell Foundation
Nonprofit organization addressing the needs of those with insurance who cannot afford copayments, coinsurance, and premiums for medical treatments.
9:00am-5:00pm Monday-Friday
Gaithersburg, MD
800.675-8416
Email: info@healthwellfoundation.org
http://healthwellfoundation.org

Hill-Burton Free & Reduced-Cost Health Care Program
Information about how to access facilities providing free and reduced-cost health care services.
800-638-0742
Additional number for Maryland residents
800-492-0359
http://www.hrsa.gov/gethealthcare/affordable/hillburton

Insure Oklahoma
Provides qualified Oklahomans with access to affordable health care.
8:00-5:00 pm - Monday-Friday
888.365.3742
Email: insureok@okhca.org
http://insureoklahoma.org

National Cancer Institute (NCI)
Website provides: extensive information regarding cancer prevention, diagnosis, treatment, statistics, research, and clinical trials, financial resources and news, and links to other NCI websites.
7:00-7:00 pm - Monday-Friday
800.422.6237
Email: cancergovstaff@mail.nih
http://www.cancer.gov

National Children’s Cancer Society
Financial, emotional, educational and medical resources for every stage of illness and recovery. Direct financial assistance for medical and non-medical expenses related to treatment for children with cancer.
800.532.6459
Email: programs@thenccs.org
http://children-cancer.org

Oklahoma Brain Tumor Foundation (OKBTF)
Provides education, advocacy and support for Oklahomans with brain tumors and their families to improve quality of life and help find a cure.
Monday-Thursday 9:00am-5:00pm, Friday 9:00am-1:00pm
OK BRAIN TUMOR FOUNDATION
730 W Wilshire Blvd., Ste. 114 - OKC
405.843-4673
Email: okbtf@okbtf.org
http://okbtf.org

“You have to fight through some bad days to earn the best days of your life.”
– Author Unknown
**Oklahoma Cares**
Oklahoma's Breast & Cervical Cancer Treatment Program. Provides Medicaid benefits to eligible women for breast/ cervical cancer (including pre-cancerous conditions and early stage cancer). Call or visit website to see if you are eligible.

405.271.4072
866.550.5585 (TF)
http://okcares.health.ok.gov

Take Charge!
Information and access to screening services for those who qualify. Services include: Pap test, clinical breast exam, and a free mammogram.

888.669.5934 (TF)
http://takecharge.health.ok.gov

**The Leukemia & Lymphoma Society (LLS)**
Provides patients with financial aid for specified treatment expenses, transportation, support groups and clinical trials.

9:00-5:00 pm · Monday-Friday

LLS OKLAHOMA CHAPTER
500 N Broadway, Ste. 250 - OKC
405. 943-8888
800-955-4572
https://www.lls.org

**Oklahoma Project Woman**
Provides breast health education, free mammograms, diagnostic procedures and surgical services to low income women. Participants must meet program guidelines.

918.834.7200
877.550.7465 (TF)
http://oklahomaprojectwoman.com

**United Way**
Worldwide network advancing the common good and creating opportunities for a better life for all, by focusing on education, income and health.

Dial 2-1-1 to access an Oklahoma office near you.
http://liveunited.org

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**GRIEF**

**Calm Waters**
Free grief support groups and resources to children and their families. To join a group, complete online registration form and mail/fax to below address.

4334 NW Expy, Ste. 101 - OKC
405.841.4800
Email: info@calmwaters.org
http://calmwaters.org

**Cancer Sucks**
Online forum for those who have lost a loved one to cancer.

P.O. Box 1091
Bixby, OK 74008
918.695-6671
http://cancersucks.com

**Caring Connection**
Wide range of resources for end-of-life care: hospice, palliative care, advance directives, caregiving, pain, grief, financial planning and workplace issues.

800.658.8898 (TF)
Email: caringinfo@nhpco.org
http://caringinfo.org

**Children’s Brain Tumor Foundation (CBTF)**
Improving the treatment, quality of life and long-term outlook for children with brain and spinal cord tumors. Programs available: Kids Cruise, Brain Tumor Week at Camp Sunshine and the Family 2 Family Network.

866.228-4673
http://www.cbtf.org

**Free Counseling & Support Services**
Support to those affected by cancer. Topics addressed: grief, anxiety, sexual and reproductive health, effects on family, stress, relaxation techniques, and skills for survivorship.

http://www.cbtf.org
INTEGRIS CANCER INSTITUTE OF OK
5911 W Memorial Rd - OKC
504. 773-6608 - Curtis Bottoms
405.636-7982 - Barbara Snider

Griefshare
Support group for those who have lost a loved one to cancer.
Meets Monday nights at 6:30pm on second floor room 202

FIRST BAPTIST CHURCH OF MOORE
301 NE 27th St. Room W202 - Moore
405.793-2600
http://firstmoore.com

Mayes County Grief Support Group
Support and services to those grieving the death of a loved one.
7:00 pm - Second Thursday each month.

INTEGRIS MAYES COUNTY MEDICAL
Center, 129 N Kentucky Ave. - Pryor
918.825.1600 x503 - Susan Johnson

New Horizons Support Group
Support group for those experiencing the loss of a loved one.
7:00 pm - Second & fourth Monday each month (call to enroll).

MERCY HEALTH CENTER
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752.3388
http://www.mercyok.net
Meets 2nd and 4th Monday evenings of the month from 6:00-7:30pm

MERCY CANCER CENTER AT COLETTA
4401 W McAuley Blvd, Ste 1400
Oklahoma, OK 73012
405.752.3388

The Tristesse Grief Center
Nonprofit organization providing professional, independent and affordable services to include counseling, training, education and support groups.
3930 E 31st St. - Tulsa
918.587.1200
http://thegriefcenter.org

LEGAL

Cancer Legal Resource Center
Free, confidential information and resources on cancer-related legal issues to those coping with cancer, survivors and their families and friends.
866.999.3752 (TF) Español
Email:drlc@lls.org
http://disabilityrightslegalcenter.org

Caring Connection
Resources for end-of-life care: hospice, palliative care, advance directives, caregiving, pain, grief, financial planning and workplace issues.
800.658.8898
877.658.8896 Multilingual
Email: caringinfo@nhpco.org
http://caringinfo.org

Hope Rains
Provides financial assistance to young women in Oklahoma with cancer. Assistance provided for costs associated with out-of-pocket expenses for treatment, required medication and other related expenses. Women ages 20-45, caring for children in the home, with a demonstrated financial need are eligible.

“The cancer affects all of us, whether you’re a daughter, mother, sister, friend, coworker, doctor, or patient.”
—Jennifer Aniston
**COMMUNITIES FOUNDATION OF OK**
2932 NW 122nd, Ste. D - OKC
http://hoperains.org

**OASIS Statewide Referral Center**
Statewide resource center providing information, referral and assistance for Oklahomans with disabilities and special health care needs.

800.426.2747
Email: oasis@ouhsc.edu
http://oasis.ouhsc.edu

**Oklahomans for Independent Living (OIL)**
Support and resources for those affected by cancer. Resources include: legal concerns, social services, attendant services, equipment loans, support groups, and counseling.

601 E Carl Albert Pkwy. - McAlester
918.426.6220
Email: info@oilok.org
http://oilok.org

**Oklahoma Palliative Care**
Comprehensive resource for palliative care, from legal forms to information on hospice and end-of-life care.

**OKLAHOMA PALLIATIVE CARE RESOURCE CENTER**
900 NE 10th - OKC
405.271.1491 x49194 - Annette Prince
Email: ok-palliative@ouhsc.edu
http://okpalliative-care.com

**ACCREDITED/CERTIFIED DIABETES SELF-MANAGEMENT EDUCATION PROGRAMS**

**American Association of Diabetes Educators (AADE) - Accredited Programs**
The AADE provides a listing of diabetes education programs which have been accredited by the AADE and are listed by state. Many of these programs offer their services at multiple locations - please call the program to see if there is a location closest to you.

200 West Madison Street, Ste. 800
Chicago, IL 60260
800.338.3633 (TF)
https://www.diabeteseducator.org

**American Diabetes Association (ADA) - Diabetes PRO, Professional Resources Online**
Locate a recognized education program by state or zip code search.

1701 North Beauregard Street
Alexandria, VA 22311
800.342.2383 (TF)
https://professional.diabetes.org/?loc=bb-dorg

**New Beginnings: A Discussion Guide for Living Well with Diabetes**
This is an on-line resource that uses stories about African Americans with diabetes to help group leaders lead discussions about the emotional side of living with diabetes, and help people with diabetes identify family and social support needs and develop goal setting, positive coping and problem solving skills.
New Beginnings can be used to supplement diabetes self-management education sessions and in diabetes support groups.

**CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)**
1600 Clifton Road
Atlanta, GA 30329-4027
800.232.4636 (TF)

For more diabetes in Oklahoma data, see OK2SHARE and the Toolkit Trilogy, specifically the MONAHRQ Data Guide and the Chronic Disease in Oklahoma Data Book.
**ALTERNATIVE MEDICINE**

**American Institute for Cancer Research (AICR)**
Provides cancer patients, survivors, researchers and health professionals educational materials and information on: estate planners, nutrition, and the research grant program.

800.843.8114 (TF)
Email: aicrweb@aicr.org
http://aicr.org

**Community Food Bank of Eastern Oklahoma (in Tulsa)**
Distributes food to 450 partner programs located in 24 counties of eastern Oklahoma.

**TULSA OFFICE**
1304 N. Kenosha Ave.
Tulsa, OK 74106
918.585-2800

**MCALESTER BRANCH**
2119 N. Main Street
McAlester, Ok 74501
918.429-7755

8:00am-4:30pm Monday-Friday, please call in advance before visiting the Food Bank to make sure the appropriate person is here to help you.
http://okfoodbank.org

**Minnie Pearl Cancer Foundation**
Offers one-on-one guidance to adults impacted by any cancer from the moment of diagnosis. Services are free.

877.467.1936 (TF)
https://pearlpoint.org

**National Center for Complementary & Alternative Medicine (NCCAM)**
Group of diverse health care systems, practices, and products not generally considered part of conventional medicine. Conducts and supports research; trains Complementary & Alternative Medicine researchers; provides evidence-based information.

7:30-4:00 pm · Monday-Friday
888.644.6226
Email: info@nccam.nih.gov
http://nccam.nih.gov

**Regional Food Bank of Oklahoma (OKC)**
Distributes food through 825 charitable feeding programs elementary schools. Located in 53 countries of central and western Oklahoma. Use website to enter your zip code and find a distribution center in your area.

8:00-5:00 pm · Monday-Friday
405.972.1111
Email: info@regionalfoodbank.org
http://www.regionalfoodbank.org

**LIFESTYLE RESOURCES**

**PRESCRIPTION ASSISTANCE**

**CancerCare Copayment Assistance Foundation**
provides assistance to those who cannot afford their insurance co-payment.

866.552.6729 (TF)
Email: information@cancercarecopay.org
http://cancercarecopay.org

**Needy Meds**
Website providing information, medicine, and health care assistance programs.
http://needymeds.org

**Partnership for Prescription Assistance**
Helps qualifying patients without prescription drug coverage get medicines for free or at a reduced cost. A directory of prescription assistance programs is also available.

8:00 am-4:00 pm · Monday-Friday
888.477.2669
http://pparf.org

**RX Assist**
Provides free medications to eligible patients. Offers a comprehensive database of assistance programs, practical tools, news, and articles.

Email: info@rxassist.org
http://rxassist.org
TRANSPORTATION & LODGING

Air Charity Network
National charitable aviation network connecting people in need to free flights and other travel resources.
877.621.7177 (TF)
http://aircharitynetwork.org

American Cancer Society (ACS)
Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.
800.227.2345 (TF) 24/7
Para Español oprima nueve

LOCAL RESOURCE LISTINGS:
405.843.9888 - OKC
918.743.6767 - Tulsa
580.353.8245 - Lawton
918.423.0687 - McAlester
http://cancer.org

Angel Flight
Primarily serves patients needing transportation to or from the heartland region.
12345 E. Skelly Drive - Tulsa
918.749.8992
Email: angel@angelflight.com
http://angelflight.com

Corporate Angel Network
Arranges free air transportation for patients traveling to treatment, using empty seats on corporate jets.
WESTCHESTER COUNTY AIRPORT
One Loop Road
White Plains, NY 10604-1215
914.328-1313
Email: info@corpangelnetwork.org
http://corpangelnetwork.org

National Patient Travel Center
Provides information about all forms of charitable, long-distance medical air transportation and referrals to sources of help in the national charitable medical air transportation network.
800.296.1217 (TF)
http://patienttravel.org

Ronald McDonald House
Provides a place to stay at little or no cost for families who travel far from home to get treatment for their children. Facilities include home-cooked meals, private bedrooms, and playrooms.
OKC
1301 NE 14th St.
405.424.6873
http://rmhc-okc.org

TULSA
6102 S Hudson Ave
918.496.2727
http://rmhtulsa.org

“What Cancer Cannot Do”
Cancer is so limited...
It cannot cripple love
It cannot shatter hope
It cannot corrode faith
It cannot destroy peace
It cannot kill friendship
It cannot suppress memories
It cannot silence courage
It cannot invade the soul
It cannot steal eternal life
It cannot conquer the spirit”

— Author Unknown
**MISCELLANEOUS RESOURCES**

**Fertile Hope**
Nonprofit organization providing information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility.

2201 E. Sixth Street
Austin, TX 78702
877.236-8820
855.220-7777

For cancer support call LIVESTRONG
http://www.livestrong.org/we-can-help/fertility-services

**Hope For Two**
Nonprofit organization providing information, support and hope to pregnant women diagnosed with cancer. Language translation link available on website.

HOPE FOR TWO: THE PREGNANT WITH CANCER NETWORK
Amherst, NY
800-743-4471
Email: info@hopefortwo.org
http://hopefortwo.org

**Hope Rains**
Provides financial assistance to young women in Oklahoma with cancer. Assistance provided for costs associated with out-of-pocket expenses for treatment, required medication and other related expenses. Women ages 20-45, caring for children in the home, with a demonstrated financial need are eligible.

COMMUNITIES FOUNDATION OF OK
2932 NW 122nd, Ste. D - OKC
http://hoperains.org

**I’m Too Young For This!**
Online support community for young adult survivors in their late teens, 20s and 30s.

877.735.4673 (TF)
Email: stupidcancer@i2y.com
http://i2y.com

**LIVESTRONG The Lance Armstrong Foundation**
Inspire and empower those affected by cancer, and help connect them with resources needed to fight cancer.

866.673.7205 (TF)
866.927.7205 (TF) Español
http://livestrong.org

**Look Good, Feel Better**
Free, non-medical program helping women offset changes to appearance from cancer treatment. Also offers programs for men and teens, self-help mailer kits, and a 24-hour hotline.

800.395.5665 (TF) 24/7
Para Español oprima uno
405.843.9888 - OKC
918.743.6767 - Tulsa
http://lookgoodfeelbetter.org

**Livestrong**
Online community of peer support for young adults (15-40) with cancer. Provides a place to share insights, explore fears and laugh with others.

2201 East Sixth Street
Austin, TX
855-220-7777
http://livestrong.org/we-can-help/young-adults

**The Tristesse Grief Center Nonprofit**
Organization providing professional, independent and affordable services to include counseling, training, education and support groups.

THE TRISTESSE GRIEF CENTER
3930 E 31st S. - Tulsa
918.587.1200
http://www.thegriefcenter.org
**Oklahoma Project Woman**  
Provides breast health education, free mammograms, diagnostic procedures and surgical services to low income women. Participants must meet program guidelines.  
877.550.7465 (TF)  
918.834.7200  
http://oklahomaprojectwoman.com

**Ulman Cancer Fund for Young Adults**  
Leading voice in the young adult cancer movement, working at a grassroots level to support, educate, connect and empower young adult cancer survivors.  
888.393.3863 (TF)  
Email: info@ulmanfund.org  
http://ulmanfund.org

**Young Survival Coalition (YSC)**  
Dedicated to the concerns and issues unique to young women and breast cancer by providing a point of contact.  
877.972.1011 (TF)  
Email: info@youngsurvival.org  
http://youngsurvival.org
“WHATEVER YOU DO, HOLD ON TO HOPE. THE TINIEST THREAD WILL TWIST INTO AN UNBREAKABLE CORD. LET HOPE ANCHOR YOU IN THE POSSIBILITY THAT THIS IS NOT THE END OF YOUR STORY, THAT CHANGE WILL BRING YOU TO PEACEFUL SHORES.” - UNKNOWN