



THREADS OF SUPPORT

Although thread has the illusion of being fragile, it is 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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Dear Oklahomans,

According to the American Cancer Society, "In the US, men have slightly less than a 1 in 2 lifetime risk of developing cancer, for women, the risk is a little more than 1 in 3."

With the number of persons affected by cancer, the question, "Why can't we do something about cancer?" is repeated frequently. In 2004, the Oklahoma Cancer Control Network (OCCN) was formed to address this deadly disease. Specifically, the partnership developed Oklahoma's first statewide cancer control plan, providing a blueprint for action targeting the challenges of cancer prevention/risk-reduction, early detection, treatment and survivorship.

In response to the above question, the Quality of Life (QOL) and Survivorship Committee decided it was necessary to provide all Oklahomans affected by cancer with a statewide resource guide.

The Steering Committee would like to thank the QOL and Survivorship Committee for their hard work to make this guide available to all Oklahomans.

It is our hope this guide will be a useful tool for all those whom cancer has touched. Please share it with any and all persons; be they in your family, work place, social circles, or those interested in reducing the burden of cancer on both the state of Oklahoma and its people.

In closing, we invite you to join us in our ongoing efforts to "cut out cancer" in our state.

Regards,



Douglas Foster, D.O., Chair





A Touch of Grace

Christian support group for women.

6:30 pm

Third Tuesday each month.

First Assembly of Tahlequah

Sonshine Room

3229 S Muskogee Ave - Tahlequah

(918) 431.0411

asoneministries@cablelynx.com

asoneministries.com

ACES (All Cancer Education Support Group)

For any person with a new or past cancer diagnosis and for caregivers. Light meal provided.

Second Thursday each month (call for time).

Integrus Cancer Institute of Oklahoma

5911W Memorial Rd - OKC

Susan Coatney (405) 773.6608

Fourth Thursday each month (call for time).

Integrus Cancer Institute Southwest Medical

4401 S. Western - OKC

Jana Taylor (405) 636.7982

Air Charity Network

National charitable aviation network connecting people in need to "free" flights and other travel resources.

877.621.7177 (TF)

aircharitynetwork.org

AMC Cancer Information & Counseling Line

Free, confidential, phone counseling service for those affected by cancer. Provides professional counselors, emotional support and resource referrals.

9:30-5:30 pm • Monday-Friday

800.525.3777 (TF)

• **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

cancer.org

American Childhood Cancer Organization (ACCO)

Advocacy foundation providing information and support to children and adolescents with cancer and their families.

800.366.2223 (TF)

staff@acco.org

acco.org

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)

aicrweb@aicr.org

aicr.org

American Pain Foundation

Online resources for those with cancer and their families and friends.

888.615.7246 (TF)

info@painfoundation.org

painfoundation.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)

info@apos-society.org

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 also available.

9:00-5:00 pm • Monday-Friday

888.651.3038 (TF)

contactus@cancer.net

cancer.net

Angel Flight

Primarily serves patients needing transportation to or from the heartland region.

1515 E 71st St, Ste 312 - Tulsa

(918) 749.8992

angel@angelflight.com

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

(918) 286.5699

assistanceinhealthcare.org

Association of Cancer Online Resources (ACOR)

Collection of online communities providing timely, accurate information in a supportive environment.

(212) 226.5525

acor.org

AYA Healthy Survivorship App

An interactive application to assess your health habits and general well-being. Offers personalized tips for being more active, eating better, and living a longer, healthier life. Designed for cancer survivors ages 15-39. Available at the app store.

healthysurvivorship.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.

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.

Call for date/time.

4334 NW Expy, Ste 101 - OKC
(405) 841.4800
info@calmwaters.org
calmwaters.org

• Cancer & Careers

Online resources for working women with cancer: educational seminar materials, tips for employers and coworkers, and suggestions on professional appearance during treatment.

cancerandcareers.org

Cancer Caregivers

Support and resource group for caregivers. Meets at the same time as the "PUSH" support group for survivors (see page 10).

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
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)
info@cancercare.org
cancercare.org

CancerCare Copayment Assistance Foundation

Provides financial assistance to those who cannot afford their insurance co-payment.

866.552.6729 (TF)
information@cancercarecopay.org
cancercarecopay.org

Cancer Fund of America

Provides aid to low income patients and families: nutritional supplements and vitamins, medical supplies, hygiene items, fans, gift boxes, food, toys, and clothing. Application available online.

800.578.5284 (TF)
info@cfoa.org
cfoa.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.

800.552.4366 (TF)
info@cancerhopenetwork.org
cancerhopenetwork.org

• Cancer Legal Resource Center

Free, confidential information on cancer-related legal issues for those coping with cancer, survivors, families, and friends.

866.843.2572 (TF)
866.999.3752 (TF) **Español**
clrc@lls.edu
disabilityrightslegalcenter.org

Cancer Sucks

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

cancersucks.com

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.

GaryAnn Tomkalski
918.286.5874

Cancer Centers of Southwest Oklahoma

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

6:00 pm
Third Tuesday each month.
Jackson County Memorial Hospital
1200 East Broadway - Altus
(580) 480.4400

6:30 pm
Last Monday each month.
Taylor-Lenorman McCasland Center
2110 Duncan Regional Loop Rd - Duncan
(580) 251.6600

6:00 pm
Second Monday each month.
Leah M. Fitch Cancer Center
104 NW 31st Street - Lawton
(580) 536.2121

Care for Caregivers Support Group

Support for those who share common experiences of caring for a loved one. Members discuss frustrations and receive emotional support, 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
mercyok.net



• **Caring Connection**

Resources regarding 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**
caringinfo@nhpco.org
caringinfo.org

Caring4Cancer

Online resources: comprehensive cancer information, survivor stories, message boards, personal online journals and support groups.

information@p4healthcare.com
caring4cancer.com

• **CaringBridge**

Create a free, private, personal-sized patient Website to keep family and friends connected during a serious health event.

caringbridge.org

CCC-College Scholarships

Nonprofit organization improving quality of life for cancer survivors ages 17-25. Offers annual college scholarships, online support network, and comprehensive database of financial resources for higher education.

866.540.1392 (TF)
info@cccscholarships.org
cccscholarships.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.

cdc.gov/cancer/index.htm

Central Oklahoma CARELINK/ Project Access

Improve access to care for the uninsured and enhance the health status of the community through a medical care referral network.

(405) 557.1100
coinsaccess.org/index.html

Chickasha Cancer Support Group

Support to those with cancer and their families and friends.

6:30 pm • Tuesdays
Grady Memorial Hospital
Administrative Conference Room
2200 Iowa Ave - Chickasha
Maggi Griffith
(405) 222.2551
gradymem.org

Childhood Cancer Guides

Nonprofit organization providing emotional support, information and resources to those with childhood cancer and survivors.

childhoodcancerguides.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.

(303) 322.1202
achildstreehouse@aol.com
childrenstreehousefdn.org

• **Christ United Methodist Church**

Support group for cancer patients, families, and friends.

6:30 pm
Second Tuesday each month.
3515 S Harvard Ave - Tulsa
(918) 747.8601

Cleaning for a Reason

Free professional housecleaning services for women undergoing cancer treatment. See Website for locations and application.

877.337.3348 (TF)
cleaningforareason.org

Community Food Bank of Eastern Oklahoma (in Tulsa)

Distributes food to 450 partner programs located in 24 counties of eastern Oklahoma. On website, see map listing partner programs in 24 counties.

8:00-4:30 pm • Monday-Friday
(918) 585.2800
cfbeo.org

Corporate Angel Network

Arranges free air transportation for patients traveling to treatment, using empty seats on corporate jets.

866.328.1313 (TF)
info@corpangelnetwork.org
corpangelnetwork.org

Edmond Caregiver Support Group

Support group for caregivers.

6:15 pm (call for date)
First Presbyterian Church of Edmond, 1000 S Rankin - Edmond
Marsha Peeler
(405) 478.1991

EmergingMed

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

7:30-5:00 pm • Monday-Friday
877.601.8601 (TF)
emergingmed.com/pub_home_page.asp

• **Expressive Writing**

Class for cancer patients and their families and friends. Learn how to use writing to relieve stress associated with cancer. No 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
mercyok.net

Family Caregiving 101

Website providing caregivers basic tools and information to protect their own physical and mental health.

familycaregiving101.org

Fertile Hope

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

866.965.7205 (TF)

fertilehope.org

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 W Memorial Rd - OKC

(405) 773.6600

877.811.4246 (TF)

integrisok.com/tds

Gilda's Club

Support to those with cancer and their families and friends. Website includes an extensive online resource directory for most cancer types.

888.445.3248 (TF)

info@gildasclub.org

gildasclub.org

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

Griefshare

Support group for those who have lost a loved one to cancer.

3:45 pm • Sundays

First Baptist Church of Moore
301 NE 27th St, Rm W202 - Moore
(405) 793.2600
fbcmoore.org

Guide to Finding Health Insurance Coverage

Online resource providing information on rights regarding medical coverage by state.

877.655.2889 (TF)

info@covertheuninsured.org

covertheuninsured.org

• **HealthWell Foundation**

Nonprofit organization addressing the needs of those with insurance who cannot afford copayments, coinsurance, and premiums for medical treatments.

8:00-4:00 pm • Monday-Friday

800.675.8416 (TF)

info@healthwellfoundation.org

healthwellfoundation.org

Hill-Burton Free & Reduced-Cost Health Care Program

Learn how to access facilities providing free and reduced-cost health care services.

800.638.0742 (TF)

hrsa.gov/hillburton

• **Hope For Two**

Nonprofit organization providing information, support and hope to pregnant women diagnosed with cancer. Language translation link available on Website.

800.743.4471 (TF)

info@hopefortwo.org

hopefortwo.org

Hope Rains

Provides financial assistance for out-of-pocket expenses for treatment, required medication and other related expenses. Women ages 20-45, caring for children in the home, with a financial need are eligible.

Communities Foundation of OK

2932 NW 122nd, Ste D - OKC

hoperains.org

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) 752.3388
mercyok.net

I'm Too Young For This!

Online support community for young adult survivors in their late teens, 20s and 30s.

877.735.4673 (TF)

stupidcancer@i2y.com

i2y.com

Imerman Angels

One-on-one support, connecting cancer fighters, survivors and caregivers.

866.463.7626 (TF)

info@imermanangels.org

imermanangels.org



Insure Oklahoma

Provides qualified Oklahomans with access to affordable health care.

8:00-5:00 pm • Monday-Friday
888.365.3742 (TF)
insureoklahoma.org

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

• **Kids Connected**

Provides friendship, education, 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)
info@kidsconnected.org
kidsconnected.org

• **KIDSCOPE**

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

kidscope.org

Labyrinth Gathering

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).
Mercy Health Center
McAuley Bldg, Ste 100
4205 McAuley Blvd - OKC
(405) 752.3388
mercycok.net

• **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**
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
lookgoodfeelbetter.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.

lotsahelpinghands.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 each 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 each month.
Integris Mayes County Medical Center, 129 N Kentucky - Pryor
Susan Johnson
(918) 825.1600 x503

MetaCancer Foundation

Support and resources for metastatic cancer survivors and their caregivers.

info@metacancer.org
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)
minniepearl.org

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)
Mercy Health Center
McAuley Bldg, Ste 100
4205 McAuley Blvd - OKC
(405) 752.3388
mercycok.net

Muskogee Caregiver Support

Support group for caregivers.
1:00 pm
Last Wednesday each month.
First Baptist Church of Muskogee
111 S 7th St - Muskogee
(918) 682.3496
fbcmuskogee.org

Mustard Seeds

Support group for those affected by cancer. Meetings consist of a short educational piece and pot-luck style lunch.

11:00-1:00 pm
Second Saturday each month
(call for location).

Rosanne Pasco
(918) 492.4953

National Alliance for Caregiving

Nonprofit coalition of national organizations focusing on family caregiving issues.

info@caregiving.org
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.

7:00-7:00 pm • Monday-Friday
800.422.6237 (TF)

Para Español oprima dos
cancergovstaff@mail.nih.gov
cancer.gov

- **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 (TF)
info@nccam.nih.gov
nccam.nih.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 (TF)
children-cancer.org

- **National Coalition for Cancer Survivorship (NCCS)**

Survivor-led organization, advocating for quality cancer care. Website resources include: Cancer Survival Toolbox® and "Journey Forward" Survivorship Care Plan.

888.650.9127 (TF)
info@canceradvocacy.org
canceradvocacy.org

To Order Toolbox:
877.622.7937 (TF)

Pocket Cancer Care Guide
(iPhone Application)

National Comprehensive Cancer Network (NCCN)

NCCN.com is the consumer Website of the NCCN, a non-profit 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
nccn.com

National Family Caregivers Association

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.

800.896.3650 (TF)
info@thefamilycaregiver.org
thefamilycaregiver.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)
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)
info@natamcancer.org
natamcancer.org

Native CIRCLE

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)
nativecircle@mayo.edu
nativeamericanprograms.org

Navigation for Indian Health

Provides educational workshops to improve knowledge regarding cancer prevention, screening, treatment and end-of-life care.

1303 W Gore Blvd, Ste 3 - Lawton
(580) 512.7280
http://nursing.ouhsc.edu/
indian_health/index.htm

- **Needy Meds**

Website providing information, medicine, and health care assistance programs.

needymeds.org



Net of Care

Website providing information and resources to caregivers.

findhelp@netofcare.org
netofcare.org

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.

First United Methodist Church
Church Parlor FH-5
600 E Okmulgee - Muskogee
Cindy Culver
(918) 682.3368
cindyc@fumcmuskogee.org
fumcmuskogee.org

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
mercyok.net

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/time.

Norman Regional Hospital
Education Center
901 N Porter Ave - Norman
Cecyle Haley
(405) 307.1705
normanregional.com/en/classes.html

OASIS Statewide Referral Center

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

800.426.2747 (TF)
oasis@ouhsc.edu
<http://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.

<http://cccpc.ok.health.gov>

• Oklahoma Palliative Care

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

900 NE 10th - OKC
Annette Prince
(405) 271.1491 x49194
ok-palliative@ouhsc.edu
okpalliative-care.com

Oklahoma Primary Care Association (OKPCA)

Dedicated to improving access to affordable community-based healthcare. See website for community health centers.

okpca.org/member-directory

• Oklahoma Tobacco Helpline

A free program which helps people create an easy-to-follow quitting plan.

(405) 784.8669
800.QUITNOW (TF)
quitnow.net/oklahoma

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
oilok.org

• Patient Advocate Foundation (PAF)

Assists patients with medical debt crisis, insurance access and job retention issues. Also provides co-pay relief and an underinsured directory.

800.532.5274 (TF)
help@patientadvocate.org
patientadvocate.org
Co-Pay Relief
866.512.3861 (TF)

• 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.

8:00-4:00 pm • Monday-Friday
888.477.2669 (TF)
pparx.org

People Connected by Cancer

Dedicated to assuring Oklahoma cancer survivors, caregivers, families and friends are aware of available resources.

okpcbc.org

Planet Cancer

Online community of peer support for young adults (18-40) with cancer. Provides a place to share insights, explore fears and laugh with others.

planetcancer.org

Positively Uniting Survivors through Hope (PUSH)

Support group for survivors. Meets at the same time as the Cancer Caregivers support group (see page 5).

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
mercyok.net

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.

8:00-5:00 pm • Monday-Friday
(405) 972.1111
regionalfoodbank.org

Relaxation Relief

Cancer patients and their families and friends can learn how to cope with anxiety and distress through mind and breathing techniques, meditation, guided imagery, and prayer.

2:00-3:00 pm • Thursdays
(call to enroll)

Mercy Health Center
McAuley Bldg, Ste 100
4205 McAuley Blvd, OKC
(405) 752.3388
mercyok.net

Rise Above It (RAI)

Provides financial assistance and clinical trials information to cancer patients ages 15-39.

admin@raibenefit.org
raibenefit.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

Tulsa
6102 S Hudson Ave
(918) 496.2727
rmhc.org

RX Assist

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

(401) 729.2955
info@rxassist.org
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
shout-okc.org
info@shout-okc.org

• **Spanish-Speaking Grief Support Group Español**

Call for date/time & to enroll.
Integris SW Medical Center

4401 S Western - OKC
Carmen Romo
(405) 636.7503

• **Spanish-Speaking Family Support Group**

Support group for those with cancer and their families and friends. Facilitated by a cancer survivor.

6:00 pm

First Tuesday each month.

Integris SW Medical Center
Cancer Center Waiting Room
4401 S Western - OKC
(405) 951.2277

Para Español *oprima dos*
Maria Aymat
(405) 636.7560
aymamj@integrisk.com

• **Spanish-Speaking Support Group Español**

Support for patients, families and survivors.

5:30 pm

Fourth Tuesday each month.

Latino Community Development Agency, 420 SW 10th - OKC
Carmen Soriano
(405) 271.7930
Celia Hollis
(405) 236.0701

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
info@starlight.org
starlight.org

Stillwater Cancer Support Group

Support group for survivors and caregivers. Lunch provided.

12:00 pm

Fourth Thursday each month.

Stillwater Medical Center
Honska Room
1323 W 6th Ave - Stillwater
Linda Stewart
(405) 372.1775
linda.stewart@cancercareokla.com



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 • Alternate Mondays
Integris Cancer Institute of OK
5911 W Memorial Rd - OKC
(405) 773.6600
877.811.4246 (TF)
integrisosok.com/cancer

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)
strengthforcaring.com

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
mercycok.net

• **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. Guidebooks available in English and Spanish.

ok.gov/strongandhealthy
Search statewide database for resources on physical activity, nutrition and tobacco.
http://www.ok.gov/strongandhealthy/survey/app/index.php

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
Rod Giles
(918) 492.1771
rgiles21@msn.com
asburytulsa.org/ministries/
care/index.html

The Cancer Crusade

Website started by cancer survivors for those affected by cancer. Site pages include: kitchen, library, meditation, healing with humor, healing projects, and a prayer circle.

(757) 826.5740
cawthons@thecancercrusade.com
thecancercrusade.com

The Senior Law Resource Center

Nonprofit organization committed to educating and supporting elders and their caregivers.

(405) 528.0858
info@senior-law.org
senior-law.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
thegriefcenter.org

• **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 for an office near you.
liveunited.org

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)
integrisosok.com

CANCERS 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.

marrow.org

ExploreBMT.org

One-stop resource for patients, families and caregivers impacted by a marrow or cord blood transplant (BMT).

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
saintfrancis.com

- **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)
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.

10:00-6:00 pm • Monday-Friday
800.500.9976 (TF)
helpline@lymphoma.org
lymphoma.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).

Mercy Health Center
McAuley Bldg, Ste 100
4205 McAuley Blvd - OKC
(405) 752.3388
mercyok.net

Multiple Myeloma Research Foundation

Educational information for patients regarding treatment options, clinical trials, research programs and more.

(203) 229.0464
themmrf.org

- **The Leukemia & Lymphoma Society (LLS)**

Provides patients with financial aid for specified treatment expenses, transportation, support groups and clinical trials.

8:00-5:00 pm • Monday-Friday
LLS Oklahoma Chapter
500 N Broadway, Ste 250 - OKC
(405) 943.8888
800.955.4572 (TF)
leukemia-lymphoma.org

BRAIN & CENTRAL NERVOUS SYSTEM

American Brain Tumor Association (ABTA)

Comprehensive information and compassionate support for patients, families and caregivers.

800.886.2282 (TF)
info@abta.org
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)
cbtf.org

Meningioma Mommas

Online support and resources for those affected by meningioma brain tumors.

lindy@meningiomamommas.org
meningiomamommas.org

- **National Brain Tumor Society**

Comprehensive Website offering information about brain tumors, treatment, survivor stories, support groups, and publications.

800.934.2873 (TF)
info@braintumor.org
braintumor.org

Oklahoma Brain Tumor Foundation (OKBTF)

Provides education, advocacy and support for Oklahomans with brain tumors and their families.

OK Brain Tumor Foundation
730 W Wilshire Blvd, Ste 114 - OKC
(405) 843.4673
okbtf@okbtf.org
okbtf.org

CANCERS BY TYPE



OKBTF - Strong Mind, Strong Body, Strong Spirit

Support group for patients and caregivers. Live web streaming of meetings is available. RSVP by the Wednesday before meeting.

OKC

6:00 pm

Second Thursday each month.

730 W Wilshire Blvd, Ste 114

(405) 843.4673

Tulsa

6:00 pm

Fourth Thursday each month.

YouthCare of Oklahoma

6301 E 41st St

okbtf.org

BREAST

• **American Breast Cancer Foundation (Key to Life)**

Provides men and women in financial need and loved ones with education, support, and early detection screenings.

877.539.2543 (TF)

contactABCf@abcf.org

abcf.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

Angie Walters

(918) 637.8627

bcapfund@bcapfund.org

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.

breastcancer.org

• **Breast Cancer Network of Strength (BCNS)**

Formerly Y-ME, the BCNS provides support and information to those affected by breast cancer.

Support Center

800.221.2141 (TF) 24/7

Multilingual

networkofstrength.org

Breast Cancer Support

Support group for cancer patients, survivors and their families and friends. Lunch provided. RSVP required.

12:00 pm

Third Thursday each month.

OU Breast Institute

OU Physicians Bldg

825 NE 10th St, Ste 3500 - OKC

(405) 271.4514 x48592

866.241.9546 (TF)

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

(405) 705.2705

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

breastimpressions@cox.net

breastimpressions.com

• **Circus of Cancer**

Information and resources to help you "step right up" when a friend has breast cancer.

circusofcancer.org

Dr. Susan Love Research Foundation

Works to eradicate breast cancer and improve the quality of women's health through innovative research, education, and advocacy.

866.569.0388 (TF)

dsLrf.org

Army of Women

armyofwomen.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)

info@facingourrisk.org

facingourrisk.org

Imaginis

Comprehensive Website providing in-depth women's health information.

(864) 209.1139

learnmore@imaginis.com

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.

(484) 708.1550

mail@lbcc.org

lbcc.org

Monday's Friends

Support group for patients and their families.

6:00 pm

Second Monday of every month
Midwest Regional Medical Center
Breast Care Center, First FL
2825 Parklawn Dr - Midwest City
(405) 610.8881
midwestregional.com

- **National Breast Cancer Foundation**

Saving lives by increasing breast cancer awareness through education and by providing mammograms for those in need. Website offers resource library and online educational video "Beyond the Shock."

nationalbreastcancer.org

Native American Breast Cancer Support Group

Support group for Native American Women.

5:00 pm

Second Tuesday each month.
OKC Indian Clinic
4913 W Reno - OKC
(405) 948.4900 x161

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
Karen Saunkeah
(405) 307.2620
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://okcares.health.ok.gov>

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
mercyok.net

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)
cancer.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

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)

komen.org

Central & Western OK Affiliate
115 Park Ave - OKC
(405) 526.2873
komencentralwesternok.org

Tulsa Affiliate

5110 S Yale Ave, Ste 415 - Tulsa
(918) 392.2745
komentulsa.org

- **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>

Oklahoma Project Woman

Provides breast health education, free mammograms, diagnostic procedures and surgical services to women who meet program guidelines.

(918) 834.7200

877.550.7465 (TF)

oklahomaprojectwoman.com

- **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)

info@youngsurvival.org
youngsurvival.org



YSC Tulsa

Support group for women with breast cancer, age 40 and under.
Call for date/time/location.

866.541.1972 (TF)
ysctulsa@youngsurvival.org
youngsurvival.org/tulsa

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
ascrs@fascrs.org
fascrs.org/patients

• Colon Cancer Alliance (CCA)

Dedicated to ending suffering caused by colorectal cancer through patient support, education, research and advocacy.

877.422.2030 (TF)
ccalliance.org

Colon Cancer News

Educational Website providing information about colorectal cancer, patient and caregiver resources, and survivor stories.

coloncancernews.com

Colorectal Cancer Coalition (C3)

Nonprofit advocacy organization fighting colorectal cancer through research, empowerment and access to care.

877.427.2111 (TF)
info@fightcolorectalcancer.org
fightcolorectalcancer.org

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.

OstomyOK Support Groups
OKC

7:00 pm
Second Tuesday each month (except January & February).
Call or visit Website for location.

LaVerna Reid
(405) 341.5330
ostomyok.org/OKC

North Central OK
7:00 pm

Third Monday each month.
Rotates between Ponca City, Stillwater and Enid.
Call or visit Website for location.

Bob Baumel
(580) 765.0050
ostomyok.org/oanco

Tulsa
7:00 pm
Fourth Thursday each month.

University Village
Conference Meeting Room
8555 S Lewis Ave - Tulsa
Kay Pugh
(918) 446.8542
ostomyok.org/tulsa
ostomyok.org

Susan Cohan Kaldas Colon Cancer Foundation

Resources and education about screening, aid in clinical trials and family psychological support.

(410) 244.1778
info@coloncancerfoundation.org
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)
info@ulmanfund.org
ulmanfund.org

United Ostomy Associations of America

Provides support, information and advocacy to ostomates and their caregivers.

800.826.0826 (TF)
info@uoa.org
ostomy.org

GYNECOLOGICAL

Eyes on the Prize.org

Provides information, resources, shared experiences, and support to women with gynecologic cancers, their families and friends.

eyesontheprize.org

• Gynecologic Cancer Foundation

Informs and enables women to be their own health advocates by providing information about the disease, treatment options, and access to new therapies.

800.444.4441 (TF)
info@thegcf.org
wcn.org

• 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 FL Waiting Room
825 NE 10th St - OKC
(405) 271.8663 x48165
http://hope.ouhsc.edu

Imaginis

Comprehensive Website providing in-depth women's health information.

(864) 209.1139

learnmore@imaginis.com
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)

info@nccc-online.org
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.

888.682.7426 (TF)

nocc@ovarian.org
ovarian.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)

ocna@ovariancancer.org
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)

info@ocrf.org
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**
sharecancersupport.org

• 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

HEAD & NECK

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

Brad Quillen

(405) 842.3222

International Association of Laryngectomees (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 Laryngectomee, including research links, forums, stories and poetry.

866.425.3678 (TF)

theial.com

IAL-Sooner Nu-Voice Laryngectomee 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 N Portland Ave - OKC

Bill Finch

(405) 348.1287

Mouth Cancer Foundation

Online organization providing direct links to relevant cancer Websites, including patient stories and an active message board.

info@mouthcancerfoundation.org

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 LaFortune Cancer Center

1923 S Utica Ave - Tulsa

(918) 744.0123

stjohncancercenter.com



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)
info@sphnc.org
sphnc.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
Christine Griffin
(918) 261.8858
beritgriffin@att.net

Web Whispers

Online support group providing practical, educational information and support to laryngectomy survivors of larynx and other throat cancers.

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
info@liverfoundation.org
liverfoundation.org

LUNG/RESPIRATORY

American Lung Association

Dedicated to preventing lung disease and promoting lung health. Website provides interactive decision support tools.

7:00-9:00 pm • Monday-Friday
800.548.8252 (TF)
info@lungusa.org
lungusa.org

Better Breathers

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

Second Friday each month
(call for time & to enroll).

Mercy Health Center
McAuley Bldg
Lower Level, Conference Center
4205 W Memorial Rd - OKC
(405) 752.3600
mercyok.net

American Lung Association
(405) 748.4674 OKC
(918) 747.3441 Tulsa

Caring Ambassadors Lung Cancer Program

Support and information including treatment, coping/survivorship, resources, and clinical trials.

(503) 632.9032
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)
info@lungcanceralliance.org
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.

8:00-6:00 pm • Monday-Thursday
8:00-4:00 pm • Friday
800.813.4673 (TF)
info@cancercare.org
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) 464.0716
info@lungevity.org
lungevity.org

National Lung Cancer Partnership

Provides educational materials, inspirational stories, information on clinical trials and an "Ask the Expert" forum.

(608) 233.7905
nationallungcancerpartnership.org

The Mesothelioma Center

Website offers comprehensive, updated information on asbestos exposure and mesothelioma. Provides resources on all asbestos issues ranging from occupational exposure to treatment options.

800.615.2270 (TF)
asbestos.com

MELANOMA/SKIN

- **Aim at Melanoma**

Provides information, support, advocacy, education symposiums, a nurse-on-call and clinical trials matching.

Nurse on Call
877.246.2635 (TF)
nurseoncall@aimatmelanoma.org
aimatmelanoma.org

- **American Academy of Dermatology**

Provides free educational materials and information about skin care, sun safety and skin cancer exams.

8:00-5:00 pm • Monday-Friday
(866) 503.7546 (TF)
aad.org

- **Melanoma International Foundation (MIF)**

Nonprofit organization providing patients and their families information and support with a special focus on leading patients to clinical trials.

866.463.6663 (TF)
melanomaintl.org

- **The Skin Cancer Foundation**

Decreasing the incidence of disease by means of public and professional education, behavior changes and research.

800.754.6490 (TF)
skinca.ncer.org

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.

9:00-7:00 pm • Monday-Friday
877.272.6226 (TF)
info@pancan.org
pancan.org

- **Oklahoma Pancreatic Cancer Support Groups**

Support groups for those affected by pancreatic cancer.

OKC
6:00 pm
Last Thursday each month.
(call to confirm location).

TULSA
6:00 pm
Second Tuesday each month.
Schusterman Center
OU Tulsa Bldg 1, Rm 2C19
4502 E 41st St - Tulsa

Daniel Brackett, Coordinator
(405) 380.8236
danielj.brackett@yahoo.com
okpcbc.org

- **Pancreatica.org**

Provides the latest news and information on clinical trials and other medical care. Site includes: comprehensive links, frequently asked questions, survivor stories, and contacts to speak with a counselor or survivor.

9:30-5:30 pm • Monday-Friday
800.525.3777 (TF)
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)
www.lustgarten.org

PEDIATRIC

- **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 (TF)
survivorship@children-cancer.org
beyondthecure.org

- **Candlelighters Childhood Cancer Foundation**

Provides information and support to children and adolescents with cancer and their families.

800.366.2223 (TF)
staff@acco.org
candlelighters.org

- **Childhood Cancer Guides**

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

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)
communications@children-cancer.org
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

Danny Cavett

(405) 271.5758

Pediatric Oncology Resource Center

Website provides resources for parents, friends and families of children who have or had childhood cancer.

porcwebmaster@pfeist.net

acor.org/ped-onc

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

Tulsa

6102 S Hudson Ave

(918) 496.2727

rmhc.org

• SuperSibs!

Nonprofit organization providing information, resources, tools and events to siblings of children with cancer.

888.417.4704 (TF)

info@supersibs.org

supersibs.org

The Never-Ending Squirrel Tale

Uplifting and practical Website to encourage and empower parents of children with cancer.

deboracaron@squirreltales.com

squirreltales.com

PROSTATE/TESTICULAR

Man to Man

American Cancer Society (ASC) program providing education and support to patients and their families.

800.227.2345 (TF)

cancer.org/treatment/sup-

portprogramsservices/

man-to-man

Prostate Cancer Institute

Educational Website providing up-to-date information about prostate cancer to men with the disease and their partners.

prostate-cancer-institute.org

Testicular Cancer Resource Center

Resources for those with testicular cancer. Includes information about surgery, testing, treatment, reconstruction, and sexual health.

Doug Bank

dougbank@alum.mit.edu

tcrc.acor.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)

ustoo@ustoo.org

ustoo.org

OKC

6:00 pm

Third Tuesday each month

(call to confirm location).

Deaconess/ Integris Cancer

Institute of Oklahoma

(405) 773.6600

6:00-7:30 pm

First Thursday each month (call to confirm location).

Integris SW Medical Center

Jana Taylor

(405) 636.7982

jana.taylor@integrisok.com

6:30-8:00 pm

Second Monday each month.

Mercy Health Center

McAuley Bldg, Ste 100

4205 McAuley Blvd - OKC

(405) 752.3388

mercycok.net

Tulsa

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

stjohncancercenter.com

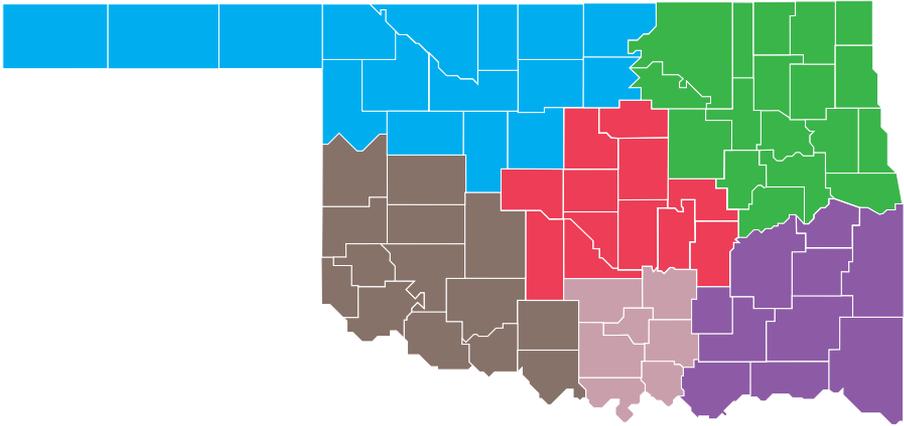
ZERO - The Project to End Prostate Cancer

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)

info@zerocancer.org

zerocancer.org



SOUTHEAST

- American Cancer Society (ACS)**
 Comprehensive Website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, care-giver 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
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.

Oklahomans for Independent Living, 601 E Carl Albert Pkwy
 McAlester
 (918) 426.6220
oilok.org

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, care-giver 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
cancer.org

Cancer Centers of Southwest Oklahoma

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

6:00 pm
 Third Tuesday each month.
 Jackson County Memorial Hospital
 1200 East Broadway - Altus
 (580) 480.4400

6:30 pm
 Last Monday each month.
 Taylor-Lenorman McCasland Center
 2110 Duncan Regional Loop Rd - Duncan
 (580) 251.6600

6:00 pm
 Second Monday each month.
 Leah M. Fitch Cancer Center
 104 NW 31st Street - Lawton
 (580) 536.2121

Navigation for Indian Health
 Provides educational workshops to improve knowledge regarding cancer prevention, screening, treatment and end-of-life care.

1303 W Gore Blvd, Ste 3 - Lawton
 (580) 512.7280
http://nursing.ouhsc.edu/indian_health/index.htm

RESOURCES BY LOCATION



NORTHWEST

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.

ostomyok.org

OstomyOK Support Groups

ENID

7:00 pm

Third Monday of every month

Call or visit Website for location.

[http://en.wikipedia.org/wiki/](http://en.wikipedia.org/wiki/File:Krait-crew.jpg)

File:Krait-crew.jpg

Rotates between Ponca City - Stillwater and Enid.

Bob Baumel

(580) 765.0050

ostomyok.org/oanco

(580) 353.8245 Lawton
(918) 423.0687 McAlester
cancer.org

Angel Flight

Primarily serves patients needing transportation to or from the heartland region.

Angel Flight, Inc
1515 E 71st St, Ste 312 - Tulsa
(918) 749.8992
angel@angelflight.com
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.

Assistance in Health Care, Inc
PO Box 700392 - Tulsa
(918) 286.5699
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
Angie Walters
(918) 637.8627
bcapfund@bcapfund.org
bcapfund.org

Breast Impressions

Donates breast casting kits to newly diagnosed women, to make a memory prior to surgery.

Breast Impressions
4645 S Vandalia Ave - Tulsa
(918) 691.3874
breastimpressions@cox.net
breastimpressions.com

Christ United Methodist Church

Support group for cancer patients and their families and friends.

6:30 pm
Second Tuesday each month.
Christ United Methodist Church
3515 S Harvard Ave - Tulsa
(918) 747.8601

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
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

NORTHEAST

A Touch of Grace

Christian support group for women.

6:30 pm

Third Tuesday of every month

First Assembly of Tahlequah

Sonshine Room

3229 S Muskogee Ave - Tahlequah

(918) 431.0411

asoneministries@cablelynx.com

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 OKC

(918) 743.6767 Tulsa

• **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

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

fbcmuskogee.org

Mustard Seeds

Support group for those affected by cancer. Meetings consist of a short educational piece and pot-luck style lunch.

11:00-1:00 pm

Second Saturday each month

(call for location).

Rosanne Pasco

(918) 492.4953

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.

First United Methodist Church

Church Parlor FH-5

600 E Okmulgee - Muskogee

Cindy Culver

(918) 682.3368

cindyc@fumcmuskogee.org

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

stjohncancercenter.com

OKBTF-Strong Mind, Strong Body, Strong Spirit

Support group for patients and caregivers. Live streaming of support group meetings is available on the Website. RSVP by the Wednesday before meeting.

(405) 843.4673

okbtf.org

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.

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.

Bob Baumel

(580) 765.0050

ostomyok.org/oanco

Tulsa

7:00 pm

Fourth Thursday each month.

University Village

Conference Meeting Room

8555 S Lewis Ave - Tulsa

Kay Pugh

(918) 446.8542

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

Daniel Brackett, Coordinator

(405) 380.8236

danielj.brackett@yahoo.com

okpcbc.org

RESOURCES BY LOCATION



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.

6102 S Hudson Ave - Tulsa
(918) 496.2727
rmhc.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
Christine Griffin
(918) 261.8858
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
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

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)
oklahomaprojectwoman.com

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)
ustoo@ustoo.org
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
stjohncancercenter.com

• 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)
info@youngsurvival.org
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
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. RSVP required.

12:00 pm
Third Thursday each month.
OU Breast Institute
OU Physicians Bldg
825 NE 10th St, Ste 3500 - OKC
(405) 271.4514 x48592
866.241.9546 (TF)
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
(405) 705.2705

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.

Call for date/time.

Calm Waters
4334 NW Expy, Ste 101 - OKC
(405) 841.4800
info@calmwaters.org
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
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
mercyok.net

Chickasha Cancer Support Group

Support to those with cancer and their families and friends.

6:30 pm • Tuesdays

Grady Memorial Hospital
Administrative Conference Room
2200 Iowa Ave - Chickasha
Maggi Griffith
(405) 222.2551
gradymem.org

Edmond Caregiver Support Group

Support group for caregivers.

6:15 pm
(call for date)

First Presbyterian Church of
Edmond, 1000 S Rankin - Edmond
Marsha Peeler
(405) 478.1991

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
mercyok.net

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) 773.6600
877.811.4246 (TF)
integrisok.com/tds

Griefshare

Support group for those who have lost a loved one to cancer.

3:45 pm • Sundays

First Baptist Church of Moore
Rm W202, 301 NE 27th St - Moore
(405) 793.2600
fbcmoore.org

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
Brad Quillen
(405) 842.3222

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 FL 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
hoperains.org

RESOURCES BY LOCATION



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) 752.3388
merc yok.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)
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).

Mercy Health Center
McAuley Bldg, Ste 100
4205 McAuley Blvd - OKC
(405) 752.3388
merc yok.net

• 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
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).

Mercy Health Center
McAuley Bldg, Ste 100
4205 McAuley Blvd - OKC
(405) 752.3388
merc yok.net

Monday's Friends

Support group for patients and their families.

6:00 pm
Second Monday each month.

Midwest Regional Medical Center
Breast Care Center, First FL
2825 Parklawn Dr - Midwest City
(405) 610.8881
midwestregional.com

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).

Mercy Health Center
McAuley Bldg, Ste 100
4205 McAuley Blvd - OKC
(405) 752.3388
merc yok.net

Native American Breast Cancer Support Group

Support group for Native American Women.

5:00 pm
Second Tuesday each month.

OKC Indian Clinic
4913 W Reno - OKC
(405) 948.4900 x161

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
merc yok.net

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
Karen Saunkeah
(405) 307.2620
normanregional.com

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
Cecyle Haley
(405) 307.1705
normanregional.com/en/
classes.html

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.

OK Brain Tumor Foundation
730 W Wilshire Blvd, Ste 114
OKC
(405) 843.4673
okbtf@okbtf.org
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. RSVP by the Wednesday before meeting.

(405) 843.4673
okbtf.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
Annette Prince
(405) 271.1491 x49194
ok-palliative@ouhsc.edu
okpalliative-care.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.

ostomyok.org

Oklahoma Pancreatic Cancer Support Groups

Support groups for those affected by pancreatic cancer.

OKC
6:00 pm
Last Thursday each month
(call to confirm location).
Daniel Brackett, Coordinator
(405) 380.8236
danielj.brackett@yahoo.com
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
Danny Cavett
(405) 271.5758

Positively Uniting Survivors through Hope (PUSH)

Support and resource group for survivors. Meets at the same time as the Cancer Caregivers support group (see page 5).

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
mercyok.net

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
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 in your area.

8:00-5:00 pm • Monday-Friday
(405) 972.1111
regionalfoodbank.org

Relaxation Relief

Class for cancer patients and their families and friends. Learn how to cope with anxiety and distress by using: mind and breathing techniques, meditation, guided imagery, and the power of prayer.

2:00-3:00 pm • Thursdays
(call to enroll)
Mercy Health Center
McAuley Bldg, Ste 100
4205 McAuley Blvd - OKC
(405) 752.3388
mercyok.net

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 - OKC
(405) 424.6873
rmhc.org

• **Spanish-Speaking Grief Support Group Español**

Spanish-speaking support group.

Call for date/time & to enroll.
Integris SW Medical Center
4401 S Western - OKC
Carmen Romo
(405) 636.7503

RESOURCES BY LOCATION



• Spanish-Speaking Family Support Group **Español**

Support group for those with cancer and their families and friends. Facilitated by a cancer survivor.

6:00 pm

First Tuesday each month.

Integris SW Medical Center
Cancer Center Waiting Room
4401 S Western - OKC
(405) 951.2277

• Spanish-Speaking Support Group **Español**

Support group for cancer patients, families and survivors.

5:30 pm

Fourth Tuesday each month.

Latino Community Development
Agency, 420 SW 10th - OKC
Carmen Soriano
(405) 271.7930
Celia Hollis
(405) 236.0701

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)
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
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 all and energize science to find cures. See your local affiliate for grantees near you.

877.465.6636 (TF)
Central and Western OK Affiliate
115 Park Ave - OKC
(405) 526.2873
komentralwesternok.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)
ustoo@ustoo.org
ustoo.org

OKC

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).
Jana Taylor
(405) 636.7982
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)
integrisok.com

MISCELLANEOUS RESOURCES



CAREGIVERS

ACES (All Cancer Education Support Group)

For any person with a new or past cancer diagnosis and for caregivers. Light meal provided.

Second Thursday each month (call for time).

Integris Cancer Institute of Oklahoma
5911W Memorial Rd - OKC
Susan Coatney (405) 773.6608

Fourth Thursday each month (call for time).

Integris Cancer Institute Southwest Medical
4401 S. Western - OKC
Jana Taylor (405) 636.7982

- **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
cancer.org

American Brain Tumor Association (ABTA)

Comprehensive information and compassionate support for patients, families and caregivers.

800.886.2282 (TF)

info@abta.org
abta.org

Cancer Caregivers

Support and resource group for caregivers of cancer survivors. Meets the same time as the PUSH group (see page 10).

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
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)
info@cancercares.org
cancercares.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
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**
caringinfo@nhpco.org
caringinfo.org

Colon Cancer News

Educational Website providing information about colorectal cancer, patient and caregiver resources, and survivor stories.

coloncancernews.com

Edmond Caregiver Support Group

Support group for caregivers.

6:15 pm
Call for date.

First Presbyterian Church of Edmond, 1000 S Rankin - Edmond
Marsha Peeler
(405) 478.1991

ExploreBMT.org

One-stop resource for patients, families and caregivers impacted by a marrow or cord blood transplant (BMT).

explorebmt.org

Family Caregiving 101

Website providing caregivers basic tools and information needed to protect their own physical and mental health.

familycaregiving101.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.

lotsahelpinghands.org

MetaCancer Foundation

Support and resources for metastatic cancer survivors and their caregivers.

info@metacancer.org
metacancer.org

MISCELLANEOUS RESOURCES



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)
minniepearl.org

National Alliance for Caregiving

Nonprofit coalition of national organizations focusing on family caregiving issues.

info@caregiving.org
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)
info@thefamilycaregiver.org
thefamilycaregiver.org

Net of Care

Website providing information and resources to caregivers.

findhelp@netofcare.org
netofcare.org

Stillwater Cancer Support Group

Support group for survivors and caregivers. Lunch provided.

12:00 pm
Fourth Thursday each month.

Stillwater Medical Center
Honska Room
1323 W 6th Ave - Stillwater
Linda Stewart
(405) 372.1775
linda.stewart@cancerareokla.com

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)
strengthforcaring.com

CHILDREN

American Brain Tumor Association (ABTA)

Comprehensive information and compassionate support for patients, families and caregivers.

800.886.2282 (TF)
info@abta.org
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 (TF)
survivorship@children-cancer.org
beyondthecure.org

Candlelighters Childhood Cancer Foundation

Provides information and support to children and adolescents with cancer and their families.

800.366.2223 (TF)
staff@acco.org
candlelighters.org

Childhood Cancer Guides

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

childhoodcancerguides.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)
cbtf.org

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)
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
Danny Cavett
(405) 271.5758

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
info@starlight.org
starlight.org

• **SuperSibs!**

Provides information, resources, tools and events to siblings of children with cancer.

888.417.4704 (TF)
info@supersibs.org
supersibs.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
thegriefcenter.org

CLINICAL TRIALS

• **Aim at Melanoma**

Provides information, support, advocacy, education symposiums, a nurse-on-call and clinical trials matching.

Nurse on Call
877.246.2635 (TF)
nurseoncall@aimatmelanoma.org
aimatmelanoma.org

Caring Ambassadors Lung Cancer Program

Support and information including treatment, coping/survivorship, resources, and clinical trials.

(503) 632.9032
lungcancerca.org

Colon Cancer Alliance (CCA)

Dedicated to ending suffering caused by colorectal cancer through patient support, education, research and advocacy.

877.422.2030 (TF)
ccalliance.org

EmergingMed

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

7:30-5:00 pm • Monday-Friday
877.601.8601 (TF)
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)
info@facingourrisk.org
facingourrisk.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.

8:00-6:00 pm • Monday-Thursday
8:00-4:00 pm • Friday
800.813.4673 (TF)
info@cancerca.org
lungcancer.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)
info@lungcanceralliance.org
lungcanceralliance.org

LUNGevity Foundation

Website hosts the Lung Cancer Support Community. Provides members 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) 464.0716
info@lungevity.org
lungevity.org

• **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**
livestrong.org

• **Melanoma International Foundation (MIF)**

Nonprofit organization providing patients and their families information and support with a special focus on leading patients to clinical trials.

866.463.6663 (TF)
melanomaintl.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 (TF)
Para Español oprima dos
cancergovstaff@mail.nih.gov
cancer.gov

National Lung Cancer Partnership

Provides educational materials, inspirational stories, information on clinical trials and an "Ask the Expert" forum.

(608) 233.7905
nationallungcancerpartnership.org

• **Pancreatica.org**

Provides the latest news and information about clinical trials and other medical care. Site pages include: comprehensive links, frequently asked questions, survivor stories and contacts to speak with a counselor or survivor.

9:30-5:30 pm • Monday-Friday
800.525.3777 (TF)
pancreatica.org

Rise Above It (RAI)

Provides financial assistance and clinical trials information to adolescent and young adult (ages 15-39) cancer patients.

admin@raibenefit.org
raibenefit.org

MISCELLANEOUS RESOURCES



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: rgiles21@msn.com

asburytulsa.org/ministries/care/index.html

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)

info@cancerhopenetwork.org

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**

drlc@lils.edu

disabilityrightslegalcenter.org

• **CaringBridge**

Create a free, private, personalized patient Website to keep family and friends connected during a serious health event.

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.

(303) 322.1202

achildstreehouse@aol.com

childrenstreehousefdn.org

Christ United Methodist Church

Support group for cancer patients and their families and friends.

6:30 pm

Second Tuesday each month.

Christ United Methodist Church

3515 S Harvard Ave - Tulsa

(918) 747.8601

ExploreBMT.org

One-stop resource for patients, families and caregivers impacted by a marrow or cord blood transplant (BMT).

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

saintfrancis.com

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

• **Kids Connected**

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)

info@kidsconnected.org

kidsconnected.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

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.

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)

minniepearl.org

Multiple Myeloma Research Foundation

Educational information for patients regarding treatment options, clinical trials, research programs and more.

(203) 229.0464

themmrf.org

National Alliance for Caregiving

Nonprofit coalition of national organizations focusing on family caregiving issues.

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
Cecyle Haley
(405) 307.1705
normanregional.com/en/
classes.html

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
Danny Cavett
(405) 271.5758

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
Tulsa
6102 S Hudson Ave
(918) 496.2727
rmhc.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
info@starlight.org
starlight.org

• SuperSibs!

Nonprofit organization providing information, resources, tools and events to siblings of children with cancer.

888.417.4704 (TF)
info@supersibs.org
supersibs.org

• Spanish-Speaking Family Support Group

Español

Support group for those with cancer and their families and friends. Facilitated by a cancer survivor.

6:00 pm
First Tuesday each month.
Integris SW Medical Center
Cancer Center Waiting Room
4401 S Western - OKC
(405) 951.2277

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.

877.539.2543 (TF)
contactABCF@abcf.org
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.

Assistance in Health Care, Inc
PO Box 700392 - Tulsa
(918) 286.5699
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
Angie Walters
(918) 637.8627
bcapfund@bcapfund.org
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 (TF)
info@cancercare.org
cancercare.org

Cancer Fund of America

Provides aid to low income patients and their families. Services to patients and facilities include: liquid nutritional supplements and vitamins, medical supplies, hygiene items, fans, seasonal gift boxes, food, toys, and clothing. Apply online.

800.578.5284 (TF)
info@cfoa.org
cfoa.org

MISCELLANEOUS RESOURCES



Cancer Sucks

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

www.cancersucks.com

Guide to Finding Health Insurance Coverage

Online resource providing information on rights regarding medical coverage by state.

877.655.2889 (TF)
info@covertheuninsured.org
covertheuninsured.org

• **HealthWell Foundation**

Nonprofit organization addressing the needs of those with insurance who cannot afford copayments, coinsurance, and premiums for medical treatments.

8:00-4:00 pm • Monday-Friday
800.675.8416 (TF)
info@healthwellfoundation.org
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 (TF)
hrsa.gov/hillburton

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
hoperains.org

Insure Oklahoma

Provides qualified Oklahomans with access to affordable health care.

8:00-5:00 pm • Monday-Friday
888.365.3742 (TF)
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 (TF)

Para Español oprima dos
cancergovstaff@mail.nih.gov
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 (TF)
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.

OK Brain Tumor Foundation
730 W Wilshire Blvd, Ste 114 - OKC
(405) 843.4673
okbtf@okbtf.org
okbtf.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>

Rise Above It (RAI)

Provides financial assistance and clinical trials information to adolescent and young adult (ages 15-39) cancer patients.

admin@raibenefit.org
raibenefit.org

• **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.

8:00-5:00 pm • Monday-Friday
LLS Oklahoma Chapter
500 N Broadway, Ste 250 - OKC
(405) 943.8888
800.955.4572 (TF)
leukemia-lymphoma.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)
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.
liveunited.org

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.

Call for date/time.

4334 NW Expy, Ste 101 - OKC
(405) 841.4800
info@calmwaters.org
calmwaters.org

- **Cancer Sucks**

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

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)
877.658.8896 (TF) **Multilingual**
caringinfo@nhpco.org
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 (TF)
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.

Integris Cancer Institute of OK
5911 W Memorial Rd - OKC
(405) 773.6600
877.811.4246 (TF)
integriskok.com/tds

- **Griefshare**

Support group for those who have lost a loved one to cancer.

3:45 pm • Sundays

First Baptist Church of Moore
Rm W202, 301 NE 27th St Moore
(405) 793.2600
fbcmoore.org

- **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
Susan Johnson
(918) 825.1600 x503

- **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
mercyok.net

- **Spanish-Speaking Grief Support Group Español**

Spanish-speaking support group.

Call for date/time & to enroll.

Integris SW Medical Center
4401 S Western - OKC
Carmen Romo
(405) 636.7503

- **The Senior Law Resource Center**

Nonprofit organization committed to educating and supporting elders and their caregivers.

(405) 528.0858
info@senior-law.org
senior-law.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
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**
drlc@lls.edu
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 (TF)
877.658.8896 (TF) **Multilingual**
caringinfo@nhpco.org
caringinfo.org

MISCELLANEOUS RESOURCES



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
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 (TF)
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.

Oklahomans for Independent Living, 601 E Carl Albert Pkwy
McAlester
(918) 426.6220
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
Annette Prince
(405) 271.1491 x49194
ok-palliative@ouhsc.edu
okpalliative-care.com

The Senior Law Resource Center

Nonprofit organization committed to educating and supporting elders and their caregivers.

(405) 528.0858
info@senior-law.org
senior-law.org

NUTRITION & COMPLEMENTARY ALTERNATIVE MEDICINE

AYA Healthy Survivorship App

An interactive application to assess your health habits and general sense of well-being. Offers personalized tips for being more active, eating better, and living a longer, healthier life. Designed for cancer survivors ages 15-39. Available at the app store.

healthysurvivorship.org

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)
aicrweb@aicr.org
aicr.org

Community Food Bank of Eastern Oklahoma (in Tulsa)

Distributes food to 450 partner programs located in 24 counties of eastern Oklahoma. On website, partner programs are listed on a map of the 24 counties served.

8:00-4:30 pm • Monday-Friday
(918) 585.2800
cfbeo.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)
minniepearl.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 (TF)
info@nccam.nih.gov
nccam.nih.gov

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 in your area.

8:00-5:00 pm • Monday-Friday
(405) 972.1111
regionalfoodbank.org

PRESCRIPTION ASSISTANCE

CancerCare Copayment Assistance Foundation

Provides assistance to those who cannot afford their insurance co-payment.

866.552.6729 (TF)
information@cancercarecopay.org
cancercarecopay.org

Needy Meds

Website providing information, medicine, and health care assistance programs.

needy meds.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.

8:00-4:00 pm • Monday-Friday
888.477.2669 (TF)
pparx.org

RX Assist

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

(401) 729.2955
info@rxassist.org
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)
aircharitynetwork.org

• **American Cancer Society**

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
cancer.org

Angel Flight

Primarily serves patients needing transportation to or from the heartland region.

1515 E 71st St, Ste 312 - Tulsa
(918) 749.8992
angel@angelflight.com
angelflight.com

Corporate Angel Network

Arranges free air transportation for patients traveling to treatment, using empty seats on corporate jets.

866.328.1313 (TF)
info@corpangelnetwork.org
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)
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

Tulsa
6102 S Hudson Ave
(918) 496.2727
rmhc.org

YOUNG ADULT

AYA Healthy Survivorship App

An interactive application to assess your health habits and general sense of well-being. Offers personalized tips for being more active, eating better, and living a longer, healthier life.

Designed for cancer survivors ages 15-39. Available at the app store.

healthysurvivorship.org

CCC-College Scholarships

Nonprofit organization improving quality of life for young adult (17-25) cancer survivors. Offers an annual college scholarship program, online support network and a comprehensive database of financial resources for higher education.

866.540.1392 (TF)
info@cccscholarships.org
cccscholarships.org

Fertile Hope

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

866.965.7205 (TF)
fertilehope.org

MISCELLANEOUS RESOURCES



• Hope For Two

Nonprofit organization providing information, support and hope to pregnant women diagnosed with cancer. Language translation link available on Website.

800.743.4471 (TF)
info@hopefortwo.org
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
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)
stupidcancer@i2y.com
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**
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
lookgoodfeelbetter.org

Planet Cancer

Online community of peer support for young adults (18-40) with cancer. Provides a place to share insights, explore fears and laugh with others.

planetcancer.org

Rise Above It (RAI)

Provides financial assistance and clinical trials information to adolescent and young adult (ages 15-39) cancer patients.

admin@raibenefit.org
raibenefit.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 S - Tulsa
(918) 587.1200
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
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)
info@ulmanfund.org
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)
info@youngsurvival.org
youngsurvival.org



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Design by Sara Ramsey – In loving memory of my aunt, a fighter.

