City of Hope’s Cancer Survivorship Program seeks to empower cancer survivors to thrive through research, education, psychosocial support and high-quality clinical care.

Find all the information and resources you need for these programs at the Sheri & Les Biller Patient and Family Resource Center (Duarte campus).

EDUCATION AND SUPPORT GROUPS

- Couples: Essential Skills for Overcoming the Challenges of Cancer Together
- The Power of Healthy Eating
- Return to Wellness: Education, Support and Empowerment for Life After Treatment
- Diabetes Risk Reduction Group
- Smoking Cessation
- Chinese American Cancer Survivors Network
- Conrad N. Hilton and City of Hope Program for Healthy Lifestyles
- Chronic Pain Education and Support Group (coming soon)
- Caregivers Connect: Support Group for Caregivers of People With Cancer

INTEGRATIVE AND COMPLEMENTARY THERAPY

- Gentle Restorative Yoga (also offered in Spanish)
- Yoga nidra
- Tai chi
- Art therapy
- Arts program
- Music therapy
SPECIAL EVENTS
• Spiritual Care Services, including weekly Catholic mass
• Look Good Feel Better
• An Afternoon of Music
• Beauty Bus
• Lipstick Angels Day of Beauty
• National Cancer Survivors Day/patient recognition

EDUCATION BOOKLETS AND BROCHURES
• Nutrition and the Cancer Survivor
• Life After Cancer — Anxiety brochure*
• Life After Cancer — Depression brochure*
• Life After Cancer — Spiritual Health brochure*
• Facing Forward — Life After Treatment
• When Cancer Returns
• Cancer Survivorship*
• Five Tips for Choosing a Primary Care Doctor
• How to Get Mental Health Care
• Therapeutic Yoga brochure
• Resources for Cancer Survivors
• Meditation apps for peace and calm
• Apps to help you fall sleep
• My Self Care postcard
• Wellness Walk brochure: Self-guided tour of City of Hope’s Duarte campus
• Patient education library at CityofHope.org/PatientEducation
*Also available in Spanish

PRACTICAL SUPPORT, DISABILITY AND PAID FAMILY LEAVE RESOURCES
Find step-by-step guides to applying for:
• Paid Family Leave brochure **
• State Disability Insurance — short-term disability brochure**
• Social Security Disability Insurance — long-term disability**
• In-home Supportive Services**
**Also available in Spanish, Chinese and Armenian

Apply directly from the guest computers in the resource center. Ask our knowledgeable and friendly volunteers for assistance.

Visit CityofHope.org/survivorship for more information on City of Hope’s survivorship program.