



EDUCATION, SUPPORT AND RESOURCES FOR CANCER SURVIVORS

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.**

