



COMMUNITY
RESOURCES FOR

CANCER SURVIVORS

Table of Contents

Financial Resources	1
Health Insurance, Employment and Legal Resources	6
Fertility Organizations	8
Support Groups and Emotional Support	12
Mind and Body Classes	19
Prostheses, Wigs and Accessories	22
Online Support and Resources	27
Community Health Centers and Primary Care Providers	30

Financial Resources



21st Century C.A.R.E.


21st Century C.A.R.E. offers patients financial assistance for incidental expenses related to treatment, including transportation to and from treatments, follow-up visits related to cancer-care, childcare during treatment, temporary housing due to geographical distance from the treatment center, medical supplies and much more. To be eligible, patients must have a Social Security number, be working, disabled, a student or retired, be referred by a qualified physician, be currently undergoing treatment for cancer, be within six months of a cancer diagnosis, have completed treatment within six months, or be in need of cancer screening.


 21stcenturycare.org

 (888) 850-1622

Breast and Cervical Cancer Treatment Program (BCCTP)

The BCCTP provides needed cancer treatment to eligible individuals diagnosed with breast and/or cervical cancer and who are in need of treatment. Low-income California residents who have breast and/or cervical cancer can enroll at a doctor's office to get no-cost cancer treatment coverage as soon as possible after diagnosis.


 dhcs.ca.gov/services/medi-cal/Pages/BCCTP.aspx

 (800) 824-0088

CancerCare Co-Payment Assistance Foundation

CancerCare Co-Payment Assistance Foundation is a nonprofit organization dedicated to helping people afford co-payments for chemotherapy and targeted treatment drugs.

 cancercarecopay.org


 (866) 55-COPAY

 (866) 552-6729

 (212) 601-9750

Cancer Financial Assistance Coalition (CFAC)

CFAC consists of organizations joining forces to help cancer patients experience better health and well-being by limiting financial challenges. Users can search a national database for organizations that help with a specific cancer diagnosis, or find resources for a specific type of assistance or need.

 cancerfac.org

Good Days


Good Days is a nonprofit organization working closely with health care providers, as well as specialty pharmacies, to provide patients access to the medication and treatments that can drastically improve their lives. They provide direct financial, prescription medication and travel assistance.

 mygooddays.org

HealthWell Foundation

HealthWell Foundation provides financial assistance to eligible individuals to cover co-insurance, co-payments, health care premiums, and deductibles for certain medications and therapies. Eligibility requirements are based on the individual's medical, financial and insurance situation.


 healthwellfoundation.org

 (800) 675-8416

Kristy Lasch Miracle Foundation

Kristy Lasch Miracle Foundation provides financial assistance to women under 30 living with breast cancer. They reimburse for medical expenses and the amount is dependent on evidence of bills submitted.


 kristylasch.org

 (412) 872-4125

The Leukemia and Lymphoma Society Co-Pay Assistance Program

The Leukemia and Lymphoma Society Co-Pay Assistance Program helps with insurance premiums and co-pay obligations. The program offers financial help toward blood cancer treatment-related co-payments, private health insurance premiums, Medicare Part B, Medicare Part D, Medicare Supplementary Health Insurance, Medicare Advantage premiums, Medicaid Spend-Down or other co-payment obligations.

 lls.org/support/financial-support

 (877) 557-2672

Modest Needs Foundation

Modest Needs Foundation provides short-term financial assistance to individuals and families in temporary crisis due to an unexpected financial setback related to their medical conditions.


 modestneeds.org

My Hope Chest

My Hope Chest provides breast reconstruction surgery assistance to uninsured women who meet eligibility criteria: must be 69 years of age or younger, free of medical complications that would preclude safe surgery, and a citizen or legal resident of the U.S.


 myhopechest.org

 (727) 642-4243

 (727) 488-0320

National Children's Cancer Society

National Children's Cancer Society provides financial assistance for families who have a child with cancer. Their Emergency Assistance Fund provides \$200 in emergency assistance per year to families who have a child who has been inpatient or away from home for 30 consecutive days within the past three months. Their Transportation Fund helps with the financial burden of travel and lodging for families when a child needs to stay near the hospital for treatment and nonprofit lodging is unavailable.

 thenccs.org

 (314) 241-1600


Net Wish

Net Wish accepts requests for immediate and pressing financial aid every month. The specific focus of Net Wish is on how the aid will help children, older adults and other vulnerable members of our community. Request a wish online, with a maximum request of \$500. The more specific the request, the better chance of a helping hand.

 netwish.org

Padres Contra El Cancer (Parents Against Cancer)

Padres Contra El Cancer offers services and resources to help families with the financial burdens they may encounter when their child is diagnosed with cancer. Services include translation, transportation assistance, grocery vouchers, phone cards and hospital meal vouchers.

 iamhope.org

Partnership for Prescription Assistance


Partnership for Prescription Assistance offers a single point of access to more than 475 public and private patient assistance programs, including more than 150 programs offered by pharmaceutical companies, and provides assistance for the uninsured.


 medicineassistancetool.org

 (888) 477-2669

Patient Access Network Foundation

Patient Access Network Foundation is a national nonprofit organization dedicated to helping insured people living with chronic, life-threatening, and rare disease with out-of-pocket costs for their prescribed medications.

 panapply.org

 (866) 316-7263

Patient Advocate Foundation — Co-Pay Relief Program

The Patient Advocate Foundation's Co-Pay Relief Program provides direct co-payment assistance for pharmaceutical products to insured patients who financially and medically qualify. The program offers assistance for breast cancer, colon cancer, head and neck cancers, lung cancer, lymphoma, kidney cancer, malignant brain tumors, multiple myeloma, pancreatic cancer, prostate cancer, sarcoma and secondary issues resulting from cancer treatment.


 copays.org

 (866) 512-3861

Patient Services Incorporated


Patient Services Incorporated assists patients in locating health insurance policies, provides health insurance premium assistance and co-payment assistance. They offer assistance for bone metastases, cutaneous T cell lymphoma, chronic myeloid leukemia, chronic myelocytic leukemia and gastrointestinal cancer.

 patientservicesinc.org

 (800) 366-7741

RxHope

RxHope is a web-based patient assistance resource that helps patients complete patient assistance applications, and processes, fulfills and tracks requests for patient assistance programs for people needing help paying for their medications.


 rxhope.com

Triple Step Toward the Cure

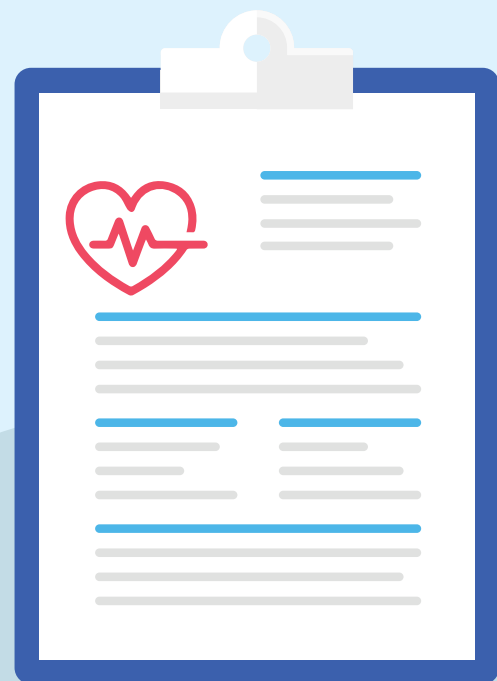
Triple Step Toward the Cure provides both general and financial support through its Community Resource Program for women diagnosed with triple-negative breast cancer and their families.

 triplestep towardthecure.org

 (510) 562-1889

 (424) 258-0313


Health Insurance, Employment and Legal Resources



Cancer and Careers

Cancer and Careers educates cancer patients and survivors so they can thrive in the workplace. Their programs for survivors provide the vital support, tools and information needed to navigate the practical and legal challenges that follow a diagnosis.

 cancerandcareers.org

 (646) 929-8032

Cancer Legal Resource Center

Cancer Legal Resource Center is a nonprofit, public interest advocacy organization that champions the civil rights of people with disabilities, as well as those affected by cancer and other serious illness. They provide assistance for patients with issues related to Medi-Cal and Medicare, accessing health care and government benefits, taking medical leave and estate planning.

 cancerlegalresources.org

 (866) 843-2572

Health Consumer Alliance

Health Consumer Alliance assists residents with navigating the health care system. Health Consumer Alliance offers free assistance online, over the phone or in person to help people apply for insurance coverage, find the appropriate doctor or provider, dispute denials of health services, prevent disruption in care, and address and resolve billing problems.

 healthconsumer.org

 (888) 804-3536

Health Insurance Counseling and Advocacy Program (HICAP)

HICAP provides community education and counseling assistance with Medicare and related health insurance issues through advocacy and legal representation. For individuals who are home bound, in-home consultation is also available.

 cahealthadvocates.org/hicap

Fertility Organizations



California Cryobank


California Cryobank helps those facing potential infertility from medical risks with fertility preservation, including egg, embryo or sperm banking. Financial assistance and long-term storage options are available.

 fertile-future.com

 (866) 477-3762

The Center for Fertility and Gynecology

The Center for Fertility and Gynecology offers comprehensive fertility services, including evaluation, diagnosis and fertility preservation techniques.


 center4fertility.com

 (818) 881-9800

California Fertility Partners

California Fertility Partners is a Los Angeles fertility clinic dedicated to the evaluation and treatment of male and female reproductive issues, and to helping people build families.

 californiafertilitypartners.com

 (310) 828-4008

HRC Fertility

HRC Fertility is one of the largest providers of advanced fertility treatments in the United States. They offer fertility testing and a wide range of reproductive treatments.


 havingbabies.com

 (866) 472-4483

Care Fertility

Care Fertility is an innovative fertility center which offers fertility preservation and reproductive treatments. Free consultations are provided.

 carefertility.net

 (818) 230-7778

Innovative Fertility Center

From advanced reproductive technology to minimally invasive therapies, Innovative Fertility Center offers a comprehensive array of treatment plans surrounding fertility preservation and reproductive treatments.


 innovativefertility.com

 (310) 648-2229

Livestrong Foundation — Fertility Program

Livestrong Foundation helps cancer patients and survivors understand their fertility risks and options and get access to fertility preservation, and provides financial assistance.

 livestrong.org/we-can-help/livestrong-fertility

 (855) 844-7777

Loma Linda University Center for Fertility & IVF

Loma Linda University Center for Fertility & IVF offers comprehensive fertility preservation and treatment for cancer patients and survivors.

 lomalindafertility.com

 (909) 554-3003

OC Fertility

OC Fertility offers complete reproductive medicine and infertility services, including infertility evaluation, ovulation induction, intra uterine insemination, in vitro fertilization, minimally invasive surgery and more.

 ocfertility.com

 (949) 706-2229

The Oncofertility Consortium

The Oncofertility Consortium represents a nationwide interdisciplinary network of medical specialists, scientists and scholars who are exploring the relationships between health, disease, survivorships and fertility preservation in young cancer patients.

 oncofertility.northwestern.edu

Pacific Reproductive Center

Pacific Reproductive Center offers a wide range of infertility treatment options. Their infertility treatment processes includes consultation and evaluation, testing, initial treatments and, if necessary, assisted reproductive technologies.

 pacificreproductivecenter.com

 (866) 423-2645

Reproductive Fertility Center

Reproductive Fertility Center is a leading infertility practice dedicated to helping people fulfill their dreams of family by providing them with the most technologically advanced solutions possible. Services include diagnostic procedures, fertility preservation and assisted reproductive technologies.

 reproductivefertilitycenter.com

 (949) 453-8600

UCLA Fertility and Reproductive Health Center


UCLA Fertility and Reproductive Health Center manages complicated problems related to infertility. It also provides counseling and treatment regarding the risk of transmitting genetic disorders to offspring.


 obgyn.ucla.edu/fertility

 (310) 794-7274

USC Fertility

USC Fertility offers state of the art clinical care in a personalized and supportive environment, including fertility testing, egg freezing, IVF, surrogacy and more.

 uscfertility.org

 (213) 975-9990

Western Fertility Institute

Western Fertility Institute is a Los Angeles based fertility clinic providing a supportive and comfortable environment utilizing the latest technology and equipment on the path to achieving a healthy pregnancy.

 westernfertility.com

 (888) 261-4574


Support Groups and Emotional Support



Cancer Care


Cancer Care provides telephone, online and face-to-face counseling, support groups, education, publications, and financial assistance to cancer patients and survivors.


 [cancercaresupport.org](https://www.cancercaresupport.org)

 (800) 813-4673

Cancer Hope Network

Cancer Hope Network is a nonprofit organization that matches adult cancer patients with trained volunteers who have undergone and recovered from a similar cancer experience.

 [cancerhopenetwork.org](https://www.cancerhopenetwork.org)

 (877) 467-3638

Cancer Support Community — Benjamin Center

Blood Cancers Support Group

This support group is for anyone with a blood cancer diagnosis and/or loved ones.

Brain Tumor Group

This support group is for people with brain or metastatic cancer to the brain and/or loved ones.

Breast Cancer Group, Stages 1 and 2

This group provides support for those who have had an early stage breast cancer diagnosis. The support group is focused on reducing distress through conversation, taking positive steps in making treatment decisions, and discovering ways to function more effectively in day-to-day life.

Breast Cancer Group, Stages 3 and 4

This is a support group for those with Stage 3, 4, recurrent, and/or metastatic breast cancer. The group is focused on taking positive steps in making treatment decisions, discovering ways to function more effectively during stressful times and finding hope.

Gay Men's Prostate Cancer Group

This support group is for gay men with prostate cancer and/or their partners.

Grupo de Apoyo

This is a Spanish-speaking support group for people with all cancer diagnoses and their loved ones.

Kid Support

Kid Support is a free program for families with children, ages 5-17, who have a parent, grandparent, other family member or friend with cancer (either in treatment or post-treatment), or for children who have cancer themselves. Kid Support offers children and teens an opportunity to make friends and learn skills to help them cope with the impact of cancer.

Pancreatic Cancer Group for People With Cancer and Loved Ones

This support group offers information, education, emotional support and resources for people with pancreatic cancer and/or loved ones.

Prostate Cancer Group

This monthly networking group is an opportunity to talk about prostate cancer while learning about options and education.

Return to Wellness: Post-Treatment Breast Cancer Group

This group is for women with breast cancer who are post-treatment and wish to discuss issues of survivorship.

Support Groups for People with Cancer

These dedicated support groups meet at the same time weekly with a consistent group of people.

Time to Talk

This support group is for people with cancer and is open to all diagnoses and stages.


Wellness Connection

The goal of this group is connection. Survivorship issues, such as returning to health in body and mind, dating, re-entry into the workforce, lasting effects of treatment and unwanted aloneness are common topics. The group provides support for actual and feared recurrence, and focuses on wellness, socialization and friendship with people who understand.

Young Adults Group

This group is for young adults between the ages of 18 and 40ish, in treatment or out of treatment. Common topics include relationships, dating, fertility and impact on one's professional self.

 cancersupportla.org

 (310) 314-2555

Cancer Support Community — Pasadena

Caregiver Support Group

This support group is for caregivers of cancer patients or survivors.

Children's Corner

This support group is for children and teens, ages 5 to 17, who have a parent or loved one with, or recently deceased from, cancer.

Family and Friends Support Group

This support group is for family and friends of those diagnosed with cancer.

General Support Group

Weekly support groups are the heart of the Cancer Support Community program. This general support group is for cancer patients or survivors of all diagnoses.

Grupo Fuerza Y Esperanza


This is a support group for Spanish-speaking cancer patients and caregivers.

Lunch Bunch Breast Cancer Group

The "Lunch Bunch" Breast Cancer Group is a support group for women with nonmetastatic forms of breast cancer, newly diagnosed, those currently in active treatment (chemotherapy and/or radiation) and those within 18 months of completion of active treatment. The group will focus on issues of women with nonmetastatic forms of the disease, challenges of treatment and treatment side effects, concerns about body image, sexuality, recurrence, anxiety, reconstruction, returning to the workforce and changes in relationships due to a breast cancer diagnosis.

Survivorship Group

This group is for those who have completed treatment and wish to discuss issues and concerns regarding survivorship.

 cscpasadena.org

 (626) 796-1083

Cancer Support Community — Redondo Beach

After Breast Cancer Networking Group

This is a support group for survivors of breast cancer.

Camino de Cancer

This is a Spanish speaking support group.

Carcinoid and Neuro-Endocrine Tumor Networking Group

This is a support group for those diagnosed with carcinoid or neuro-endocrine tumors.

Celebrando La Vida

This is a support group in Spanish for patients, survivors and families of those fighting cancer.

Colo-rectal Networking Group

This support group is open to colorectal cancer patients and survivors.

Leukemia, Lymphoma, and Multiple Myeloma Networking Group

This is a support group for patients and survivors of leukemia, lymphoma and multiple myeloma.

Life After Cancer Networking Group

This is a support group for survivors of any type of cancer.

Lung Cancer Networking Group

This support group is open to lung cancer patients and survivors.

Prostate Cancer Networking Group

This support group is open to prostate cancer patients and survivors.

Sarcoma Alliance Networking Group

This support group is open to sarcoma patients and survivors.


Thyroid Cancer Networking Group

This support group is open to thyroid cancer patients and survivors.

Young Cancer Survivorship Networking Group

This is a support group for young cancer survivors.

 cancersupportredondobeach.org

 (310) 376-3550

Cancer Support Community — Valley, Ventura, Santa Barbara

Brain Tumor Support Group

This support group is for people who have been diagnosed with a brain tumor, as well as for spouses/significant others.

Breast Cancer Support Group

This group explores specific issues and concerns for those who have or previously had breast cancer.

Family Support Group

This family support group offers a safe place to talk about the roller coaster of emotions (fear, anxiety, powerlessness, anger, sadness, etc.) and issues related to having a loved one with cancer.

General Support Group

This support group offers a safe place for cancer patients and survivors to share feelings, concerns, information and support. Through these sessions, patients build an “extended family” and explore new ways of coping with the physical and emotional aspects of cancer.

Grupos de Apoyo en Español

These support groups, conducted in Spanish, provide an opportunity for cancer patients and their families to support each other and explore new ways to deal with the stress of cancer.

Gynecologic Cancer Support Group

This group is for women who have or who have had any gynecological cancer. It provides an opportunity to share feelings, issues and concerns in a very personal and intimate way. There is also an opportunity to exchange information with women who are knowledgeable about gynecologic cancers.


Prostate Cancer Group

This group is for men with prostate cancer, and provides a place to raise issues and concerns about sexual functioning, job conflicts, family role changes, self-image and other quality-of-life issues. Information on treatment options, new treatments, research studies, conferences and resources is shared.

Young Adults Support Group

This support group is open to young adult cancer patients and survivors.

 cancersupportvvsb.org

 (888) 557-3177

Cedars-Sinai Medical Center

Brain Tumor Educational Support Group

This group provides a place to meet and help support others who are experiencing similar challenges related to their medical condition. Meetings consist of informative presentations given by neurosurgeons and other health care professionals.

Kidney Cancer Support Group

This support group is designed to address the emotional and cultural needs of kidney cancer patients and survivors.


Neuroendocrine Tumor Support Group

This support group is designed to address the emotional and cultural needs of neuroendocrine cancer patients and survivors.

Sarcoma Support Group

This support group is designed to address the emotional and cultural needs of sarcoma patients and survivors.


 [cedars-sinai.org](https://www.cedars-sinai.org)

 (310) 423-0638

Celebrate Life Cancer Ministry

Celebrate Life Cancer Ministry provides encouragement, education, financial resources and a comforting ear to anyone whose life has been touched by cancer.

 [celebratelifecm.org](https://www.celebratelifecm.org)

 (424) 258-5433

Glendale Adventist Medical Center

Brain Tumor Support Group

This support group is open to people with primary brain tumors or brain metastases and their families.

Cancer Support Group

This group is designed for survivors at any stage of cancer, from those with a new diagnosis to those with years of survivorship. The group focuses on providing support, encouragement and education to each other.

 [adventisthealth.org/glendale](https://www.adventisthealth.org/glendale)

 (818) 409-3530

HER2 Support Group

The HER2 Support Group is the only independent resource for breast cancer patients who overexpress the HER2/neu gene. They provide social support, education and resources for patients, survivors and family members of breast cancer survivors who are HER2 positive.

 [her2support.org](https://www.her2support.org)

Little Company of Mary Hospital

Breast Cancer Support Group

The Breast Cancer Support Group is for women battling breast cancer. This group provides an open forum for individuals to share their stories and gain support from other women.

Metastatic Breast Cancer Support Group

The Metastatic Breast Cancer Support Group is specifically designed for women with recurrent or metastatic disease.

 lcmh.org

 (708) 422-6200

Long Beach Memorial Medical Center

Breast Cancer Support Group

This support group utilizes an open format, providing opportunities to share individual stories, learn ways to reduce stress, and enhance coping skills while focusing on adaptive and empowering attitudes.


Gynecologic Cancer Support Group

This support group utilizes an open format, providing opportunities to share individual stories, learn ways to reduce stress, and enhance coping skills while focusing on adaptive and empowering attitudes.

Us Too Support Group

This support group is for men with prostate cancer. The meetings provide unbiased information from experts in areas related to prostate cancer, including surgery, radiation, medications, nutrition and psychology.


 memorialcare.org/long-beach-memorial


 (562) 933-0900

My Sister, My Friend Breast Cancer Support

Breast Cancer Support Group

This support group welcomes women in any phase of their breast cancer experience. Meetings are facilitated by both peers and professionals, and often include presenters on various cancer-related topics.

 mysistermyfriendbcs.net

 (866) 542-6312


Orange Coast Memorial Medical Center


Prostate Cancer Support Group

This group provides supportive discussion and educational information to prostate cancer patients, family members and friends.

The Journey: Breast Cancer Support Group

This is a special group for women at any stage of the breast cancer experience, as well as their female family members and friends. This group provides educational information, supportive discussion, and embraces vital breast cancer issues and concerns.

 memorialcare.org/orange-coast-memorial

 (714) 378-7000

Northridge Hospital Medical Center

Breast Cancer Support Group

This support group is open to breast cancer patients and survivors.

 dignityhealth.org/socal/locations/northridgehospital

 (818) 885-8500


San Antonio Regional Hospital


Breast Cancer Support Group

This support group provides a safe, supportive environment in which participants can share their personal experiences and exchange thoughts and feelings with others.

Cancer Support Group

This support group is for men and women experiencing any type of cancer. This group provides a safe and supportive environment in which participants can share their personal experiences, as well as thoughts on coping with their disease.

 sarh.org

 (909) 579-6700

Torrance Memorial Health System

Head and Neck Cancer Support Group

This support group provides a safe environment to share your experiences related to diagnosis, and learn about available resources.

Lung Cancer Support Group

This support group is open to lung cancer patients and survivors.

Mastectomy/Breast Reconstruction Support Group

This group helps and supports mastectomy/breast reconstruction patients. It is a place where women can share stories and get to know other survivors who had mastectomy/breast reconstruction.


Men's Cancer Support Group

This support group is a gathering of men with any type of cancer sharing their questions, concerns and experiences living with cancer.

Women's Cancer Support Group

This support group is a gathering of women that offers an opportunity to share stories, gather information and be surrounded by others who have embarked on a similar journey of healing.


 torrancememorial.org

 (310) 517-4711

Women of Color — Breast Cancer Survivors Support Project

Women of Color is committed to offering emotional support to breast cancer survivors and their families. Support group members gather monthly to discuss tools for survivorship and have access to peer navigating, dynamic speakers, breast health education and a network of community support.

 woc4me.org

 (310) 330-5140



Mind and Body Classes



Bay Club — South Bay

Cancer Wellfit



This is a class for those going through or who have finished their cancer treatment. The class is a fun and easy way to start getting your life and energy back while using free weights, bands, balls and low impact cardio, as well as working on strength and balance.

 bayclubs.com
 (310) 643-6878

Cancer Support Community — Benjamin Center

The Benjamin Center offers a wide variety of classes where community members can learn relaxation skills that are often helpful in reducing stress and managing the side effects of treatment. Classes offered include:



- *Easy Yoga*
- *Feldenkrais Method*
- *Gyrokinesis/Feldenkrais Hybrid*
- *Mindfulness Meditation*
- *Osteoball*
- *Pilates: Return to Health*
- *Reiki Energy Circle*
- *Tai Chi*
- *Therapeutic Yoga*
- *Yoga 2*
- *Yoga of Breath*
- *Zumba*

 cancersupportla.org
 (310) 314-2555

Cancer Support Community — Pasadena

Cancer Support Community in Pasadena provides a wide variety of classes to reduce stress, support and strengthen the immune system, and improve quality of life. Classes available include:



- *Dynamic Strength Training*
- *Feldenkrais*
- *Gentle Yoga*
- *Guided Meditation*
- *Journal Toward Recovery Healing and Caretaker Self Care*
- *Mindfulness for Health*
- *Pilates*
- *Qi Gong*
- *Restorative Yoga*
- *Tai Chi*
- *TRE Class*
- *Walking for Wellness*
- *Watercolor Painting*
- *Yin Yoga*
- *Yoga en Espanol*
- *Zumba Sentao*

 cscpasadena.org
 (626) 796-1083

Cancer Support Community — Redondo Beach

Cancer Support Community in Redondo Beach offers several programs focused on mind-body restoration and stress reduction. Programs include:

- *Basic Yoga*
- *Early Yoga*
- *Gentle Hatha Yoga*
- *Gentle Yoga*
- *Guided Meditation*
- *Healing Garden*
- *Low Impact Cardio*
- *Restorative Yoga*
- *Morning Yoga*
- *Reiki Energy Circle*
- *Relaxation and Visualization*
- *Sunset Walkers*
- *Tai Chi*
- *Writing for Wellness*


 cancersupportredondobeach.org
 (310) 376-3550

Cancer Support Community — Valley, Ventura, Santa Barbara

Cancer Support Community offers numerous programs designed to promote a sense of relaxation and well-being, increase self-awareness, increase one's strength and flexibility, reduce stress, improve vigor, and help integrate the mind and body. These include:

- *Beginning Tai Chi*
- *Explore Personal Peace*
- *Gentle Yoga*
- *Meditation*
- *Qigong*
- *Reiki Group Practice*
- *Relaxation and Guided Imagery*
- *Zumba*

 cancersupportvvsb.org

 (888) 557-3177

Emanate Health

Yoga for Healing

This is a gentle yoga class for cancer patients and survivors. Classes include a gentle warm-up, breathing techniques, and conditioning that helps to increase strength and flexibility.

 emanatehealth.org

 (626) 938-7585

End Results Fitness


Advanced Wellness

This class is the next level of fitness created for individuals thriving past cancer and looking to maintain a healthy and active lifestyle.

Fit and Well Worth It

This is an introductory fitness class designed for cancer survivors, the newly diagnosed, those in treatment, post-treatment, or post-surgery, and their support group.


 endresultsfitness.com


 (424) 390-4008

Glendale Adventist Therapy and Wellness Center

Cancer Fitness Program

A free fitness program created by physical therapists and certified athletic trainers, designed for cancer patients following surgery, radiation and/or chemotherapy.


 adventisthealth.org/glendale


 (323) 255-5409

Orange Coast Memorial Medical Center

Yoga for Patients With Cancer

This gentle yoga class, designed for patients and caregivers, is focused on breathing, meditation and gentle yoga poses to help relieve stress and relax muscles.

 memorialcare.org/orange-coast-memorial

 (714) 378-7000

Prostheses, Wigs and Accessories



A Private Affair

A Private Affair specializes in breast prostheses and mastectomy bras.

 aprivateaffair.com

 (818) 989-8082

Active Life

Active Life specializes in prosthetic, orthotic and compression solutions. Active Life's prosthetic solutions provide clients with advanced prosthetic technologies that are optimally enhanced and personalized for each individual client. Their orthotic solutions include a full spectrum of bracing and support systems that are designed to improve quality of life for clients with musculoskeletal or neuromuscular conditions. They also offer evaluation, measurement and fitting of a variety of compression garments.

 4activelife.com

All 4 One Alliance

All 4 One Alliance provides direct support to women recovering from breast cancer surgery through financial assistance for breast prosthesis, postmastectomy bras and garments, and compression apparel for lymphedema.


 all4onealliance.org

 (508) 632-2242

Beau Beau Scarves

Beau Beau Scarves is an online resource that sells head scarves designed specifically for hair loss due to chemotherapy, alopecia or other medical conditions. Products available include scarves, sleep caps, headbands, swim caps and other items.

 4women.com

 (941) 362-0250

Crown City Orthopedic

Crown City Orthopedic provides and fabricates bracing and prosthetic items, including both upper and lower extremity prosthetic devices.

 crowncityortho.com

 (626) 431-2890

Fuzzy Navel Fine Wigs and Hair Salon

Fuzzy Navel is a full service human hair wig salon. They provide wigs customized by style, color, size and fit, and offer full salon services including wig repair, cuts, washing and styling, coloring, perms and up-dos for special occasions.


fuzzynavelsalon.com

(323) 939-4862

Godiva's Secret Wigs

Godiva's Secret Wigs is a wig salon with a heart-felt passion for women who are experiencing hair loss due to genetics, stress or medical challenges as a result of chemotherapy, radiation and alopecia. They empower women personally and professionally with high-quality synthetic wigs.

 godivassecretwigs.com

 (877) 567-9447

Good Wishes

Good Wishes provides free beautiful head wraps and scarves to anyone experiencing the thinning or loss of hair as a result of illness or treatment. Their goal is to ease the journey, provide a small bit of comfort, and share the power of positive thinking and good wishes with individuals on their path to healing and recovery.


 goodwishesscarves.org

 (888) 778-5998

Headcovers Unlimited


Headcovers Unlimited is an online store specializing in hats, wigs, scarves and turbans for those with cancer and other types of hair loss.


 headcovers.com

 (800) 264-4287

Helen's Room

Helen's Room offers services and products for low-income, uninsured women, including hats, scarves, turbans, wigs, breast prostheses and mastectomy bras. They provide free, private and confidential consultations with specially trained volunteers in a warm and inviting environment.

 helensroom.com

 (310) 524-9429

Hip Hats With Hair


Hip Hats With Hair provides an alternative to traditional wigs and head coverings. Hip Hats With Hair are handcrafted, comfortable and provide a stylish way to address hair loss.


 hatswithhair.com

 (877) 447-4287

JCPenney Jodee

JCPenney's Jodee line offers comfortable and beautiful mastectomy bras, silicone mastectomy breast forms, foam mastectomy breast forms, Perma-Form bras and mastectomy swimwear.

 jcpenny-jodee.com

 (800) 932-4115

Just In Time


Just In Time soft hats are made specifically so cancer patients have something wonderful to wear during chemotherapy. Their collection of headwear includes soft hats, sleep caps, turbans, scarves and chemo head wraps.

 softhats.com

 (215) 977-7777

LymphedIVAs

LymphedIVAs is dedicated to creating medically correct and fashionable compression apparel for savvy and stylish breast cancer survivors with lymphedema, in order to inspire them to feel beautiful, strong and confident.

 lymphedivas.com

Nearly You


Nearly You has been fitting mastectomy products for over 30 years. They provide high quality breast forms, lingerie and mastectomy products for cancer survivors.


 nearlyyou.com

 (866) 722-6168

Nordstrom — Breast Prosthesis Program


Nordstrom's certified prosthesis fitters are specially trained to fit women for all intimate apparel following a mastectomy, lumpectomy or other reconstructive breast surgery. The Breast Prosthesis Program provides breast forms, postmastectomy camisoles and bras, and free pocketing on any bras purchased from Nordstrom.

 shop.nordstrom.com/c/breast-prosthesis-program

 (800) 804-1502

Pink Heart Funds

Pink Heart Funds is a nonprofit that provides cranial prosthetics (wigs) for children and adults with hair loss disorders, including those receiving cancer treatments. Pink Heart Funds also provides women with free breast prosthetics and postmastectomy bras, as well as resources for those seeking support or advice.


 pinkheartfunds.org

 (228) 575-8299

Tender Loving Care

Tender Loving Care is a not-for-profit website and catalog of the American Cancer Society. They help women cope during and after cancer treatment by providing wigs, hats, turbans and mastectomy products.


 tlcdirect.org

 (800) 850-9445

Wigs for Kids

Wigs for Kids provides hair replacement systems and support for children who have lost their hair due to chemotherapy, radiation and other medical issues, at no cost to children or their families.

 wigsforkids.org

 (440) 333-4433


Online Support and Resources




American Cancer Society

Cancer Survivors Network

Cancer Survivors Network is a vibrant online community established by and for cancer survivors and caregivers.


 [cancer.org](https://www.cancer.org)

 (800) 227-2345

National Cancer Institute

The National Cancer Institute leads the nation's research efforts to improve cancer prevention, detection, diagnosis and survivorship. Their website provides patient resources and education.

 [cancer.gov](https://www.cancer.gov)

 (800) 422-6237

Livestrong

Livestrong connects people and communities with the services they need in the fight against cancer. They offer free personalized support to cancer survivors, caregivers and loved ones, and provide a wide variety of community programs to address the day-to-day concerns of cancer survivors.

 [livestrong.org](https://www.livestrong.org)

 (855) 220-7777

Pink-Link

Pink-Link is a nonprofit organization improving the lives of young women affected by breast cancer through in-person and virtual support programs. Their unique support model improves the quality of life of young breast cancer patients and survivors by helping them move away from fear and uncertainty and toward feeling confident, energized and hopeful, while helping them deal with the realities of the disease.

 [pink-link.org](https://www.pink-link.org)


MetaCancer

The MetaCancer Foundation provides resources and support for metastatic cancer survivors and their caregivers. MetaCancer provides resources for everyday living, opportunities for creative reflections, and possibilities for living beyond a metastatic cancer diagnosis.

Stupid Cancer


Stupid Cancer is a nonprofit organization that empowers young adults (ages 15-39) affected by cancer. They comprehensively address young adult cancer through advocacy, research, support, outreach, awareness, mobile health and social media. Stupid Cancer proudly supports a global network of patients, survivors, caregivers, providers and advocates.


 [stupidcancer.org](https://www.stupidcancer.org)

 (877) 735-4673

Susan G. Komen

Susan G. Komen is the largest nonprofit source of funding for the fight against breast cancer. They offer education, resources, support and counseling.


 [komen.org](https://www.komen.org)

 (877) 465-6636

Young Survival Coalition

Young Survival Coalition is the premier organization dedicated to the critical issues unique to young women who are diagnosed with breast cancer. They offer resources, connections and outreach so women feel supported, empowered and hopeful.

 [youngsurvival.org](https://www.youngsurvival.org)


 (877) 972-1011

Community Health Centers and Primary Care Providers



AltaMed Health Services

AltaMed Health Services is a leading health care system providing a variety of services to patients at 35 different sites in Los Angeles and Orange counties, including medical care, dental care, senior care, urgent care and pharmacy services.


 altamed.org

 (888) 499-9303

Antelope Valley Community Clinic


Antelope Valley Community Clinic provides comprehensive, high-quality health care services, including prevention and health education.

 avclinic.org

 (661) 942-2391

Arroyo Vista Family Health Center

Arroyo Vista Family Health Center is a nonprofit network of community health centers which provides high quality, comprehensive and affordable health care services in a compassionate manner. Locations include Highland Park, Lincoln Heights, El Sereno and Westlake.

 arroyovista.org

Central City Community Health Center

Central City Community Health Center is a nonprofit that provides comprehensive primary care services at 14 community health centers in Los Angeles County, Orange County, San Bernardino County and Riverside County.

 centralcityhealth.org

 (323) 724-0019

Central Neighborhood Health Foundation

Central Neighborhood Health Foundation is a full-service health care provider with access points in Los Angeles, Riverside and San Bernardino counties.


 cnhclinics.org

 (213) 536-5815

Chinatown Service Center

The Chinatown Service Center is a nonprofit community health center focusing on serving immigrants, refugees and others in need of assistance. Services are provided in English, Vietnamese, Spanish, Khmer (Cambodian) and a variety of Chinese dialects, including Cantonese, Mandarin, Toisan and Chiu Chow.


 cscla.org

 (213) 808-1792

Clinica Romero


Clinica Romero provides high quality, affordable and culturally sensitive health care and other services in the Pico Union and Boyle Heights neighborhoods of Los Angeles.


 clinicaromero.com

 (213) 989-7700

Comprehensive Community Health Centers

Comprehensive Community Health Centers provides primary care services at five community health centers in the Los Angeles neighborhoods of Glendale, Eagle Rock, Highland Park, North Hollywood and Sunland.

 cchccenters.org

 (818) 265-2213

Eisner Health

Eisner Health is a quality-focused nonprofit community health center dedicated to improving the physical, social and emotional well-being of people in the communities they serve. Clinics are located in 16 locations, including downtown Los Angeles, Lynwood, Panorama City, Sherman Oaks and Van Nuys.


 eisnerhealth.org

 (213) 747-5542

John Wesley Community Health Institute

John Wesley Community Health Institute is a nonprofit health agency that provides comprehensive medical care, physical exams, routine screenings, and treatment of injuries and illnesses at 14 locations in Los Angeles County.


 jwchinstitute.org

 (562) 867-7999

Los Angeles Christian Health Centers

Los Angeles Christian Health Centers provides comprehensive medical care at two full-time health centers and 10 part-time satellite clinics located around Los Angeles County.


 lachc.com

 (213) 893-1960

Mission City Community Network


Mission City Community Network is a nonprofit community health clinic, which provides medical, dental and mental health services at 23 locations in the San Fernando Valley, South Bay, San Gabriel Valley, San Bernardino and the west side of Los Angeles.


 mccn.org

 (818) 895-3100

Northeast Community Clinics

Northeast Community Clinics provide comprehensive medical care at 16 locations in the communities of the Los Angeles region.


 northeastcommunityclinics.com

 (888) 311-6322

Northeast Valley Health Corporation


Northeast Valley Health Corporation provides comprehensive primary health care at 12 locations in the San Fernando and Santa Clarita valleys.

 nevhc.org

 (818) 898-1388

QueensCare Health Centers

QueensCare Health Centers provides comprehensive medical care at five locations throughout Los Angeles County. Services include primary, preventive and acute care medical care, dental care and vision care.


 queenscarehealthcenters.org

 (323) 635-1140

Riverside University Health System

Riverside University Health System provides comprehensive primary care services in Banning, Corona, Hemet, Indio, Riverside, Lake Elsinore, Palm Springs and Perris.


 rivco-familycarecenters.org

 (951) 358-5222

South Central Family Health Center


South Central Family Health Center provides comprehensive health services at six clinics around Los Angeles. Services provided include primary care, dental services, behavioral health, women's health and prenatal care.

 scfhc.org

 (323) 908-4200

St. Anthony Medical Centers

St. Anthony Medical Centers provide a broad range of services, including complete primary care for all family members, pediatric care, OB/GYN care, ophthalmology, optometry and vision care.


 stanthonymedical.org

 (323) 469-5555

St. John's Well Child and Family Center

St. John's Well Child and Family Center is a nonprofit community health center. They serve patients of all ages at clinics throughout Central and South Los Angeles and Compton.

 wellchild.org

 (323) 541-1411

To Help Everyone Health and Wellness Centers

To Help Everyone Health and Wellness Centers provide access to high-quality health care and preventive education for all, regardless of ability to pay. They provide comprehensive primary care services at six locations around Los Angeles.

 tohelpeveryone.org

 (323) 730-1920

Saban Community Clinic

Saban Community Clinic provides all types of care, including comprehensive medical care, behavioral and social services, dental care and vision care, as well as linkage to specialist care.


 sabancommunityclinic.org

 (323) 653-1990

Watts Health

Watts Health is a nonprofit organization that provides comprehensive primary care services at several locations in Los Angeles.

 wattshealth.org

 (323) 564-4331



CityofHope.org