

# Cancer Resources:

*Brought to you by the Cancer Collaborative of Arizona*



Many nonprofit cancer organizations in Southern Arizona continue to offer their support services and programs to assist those with cancer and their families during the COVID-19 “stay at home” order. While some have been temporarily suspended, others have been modified to ensure the health and safety of all. Most are free. Visit an organization’s website for the most up-to-date information.

**A 2nd Act:** A 2nd Act has postponed its all-Arizona storytelling event until September 13. But the inspiration of our storytellers, and other survivors, is being delivered every day on our FaceBook page. A survivor tip is posted every day, something that not only helped a cancer survivor weather the storm, but one which can help ANYONE weather ANY life storm. Find us at [Facebook.com/A2ndAct/](https://www.facebook.com/A2ndAct/), [A2ndAct.org](http://A2ndAct.org), [833-A-2nd-Act](tel:833-227-2345)

**American Cancer Society:** Offering 24/7 cancer helpline and peer support by phone. Online support communities, podcasts, cancer information and caregiver support video series. Wigs, transportation and housing services are temporarily suspended. [Cancer.org](http://Cancer.org), [800-227-2345](tel:800-227-2345), *staffed 24/7*

**Arizona Oncology Foundation:** Promoting health, healing and survivorship for cancer patients, caregivers/family, regardless of where they seek traditional treatment. Offering online support groups. Gas cards/transportation services to treatments, lodging, food cards and housecleaning services (where available). Fill out online application for services: [ArizonaOncologyFoundation.org](http://ArizonaOncologyFoundation.org), [520-471-9067](tel:520-471-9067) or email: [Ron.Bridgemon@usoncology.com](mailto:Ron.Bridgemon@usoncology.com)

**Bag It:** Tote filled with reliable cancer booklets and guidebook to organize medical info. For anyone with any type of cancer and their families/caregivers. English and Spanish. [BagItCancer.org](http://BagItCancer.org), [520-575-9602](tel:520-575-9602)

**Cancer Support Community Arizona:** The Cancer Support Community Arizona 80+ support groups, educational workshops and healthy lifestyle activities will be provided via a FREE virtual Zoom online connection accessible from any smartphone, tablet or computer. Phone assistance and online individual support also available. [Cscaz.org](http://Cscaz.org), [602-712-1006](tel:602-712-1006)

**Candlelighters Childhood Cancer Foundation of Southern Arizona:** Candlelighters supports, serves and advocates for children, adolescents and young adults with cancer, their families, long term survivors and bereaved families. Offering Zoom support groups for young adults and laptop assistance. Prom, summer camp and other events have been postponed. [CandlelightersAZ.org](http://CandlelightersAZ.org), [520-777-4911](tel:520-777-4911)

*Please see other side for additional resources.*

### **Don't be a Chump! Check for a Lump!:**

Accepting applications for our mammogram program for women experiencing breast cancer symptoms and also providing wigs for women undergoing chemotherapy, as funds allow. Complete the application on our website. Our Super Survivors Unite has been temporarily postponed. [CheckForALump.org](http://CheckForALump.org), 602-688-5232

**Leukemia & Lymphoma Society:** Oncology professionals offer one-on-one personalized disease and treatment information, trusted resources and advice for blood cancer patients including financial assistance (co-pays, travel/lodging, urgent needs), peer support, online community and chats, caregiver support. [LLS.org](http://LLS.org), 800-955-4572

**Livestrong at YMCA of Southern Arizona:** 12 week exercise program for cancer survivors (from the moment of diagnosis and on). The program is currently suspended and will resume late summer or fall. [Livestrong@TucsonYMCA.org](mailto:Livestrong@TucsonYMCA.org). [TucsonYMCA.org](http://TucsonYMCA.org)

**Loving Hands of Healing Hope:** Provides integrative healing, spa and cosmetic services to women and men undergoing treatment for cancer with referral from the treating physician. Services are currently suspended and will resume as soon as possible. [LovingHandsofHealingHope.org](http://LovingHandsofHealingHope.org)

**National Ovarian Cancer Coalition:** Supports newly diagnosed women, their loved ones and caregivers through our Faces of Hope® program; providing totes with information, hope and support. Offering peer support online and by phone. Support groups are held on Zoom. See website for calendar and event updates. [Ovarian.org](http://Ovarian.org), 480-977-6462

**Quilt For a Cause:** We organize the donation and marketing of hand-crafted quilts to raise and distribute funds to organizations that provide treatment, support services and research for breast and gynecologic cancers. Our fundraising event has been postponed. See website for active fundraising activities. [QuiltForACause.org](http://QuiltForACause.org), 520-904-0383

**Tu Nidito Children and Family Services:** Emotional support for children and their families when there is a serious medical condition or death loss. During this time of social distance, we are offering phone consultations for families and professionals and Zoom support groups and visits for current families. We have also added additional resources to our website. [info@tunidito.org](mailto:info@tunidito.org), 520-322-9155

**Tucson Cancer Conquerors:** While the Tucson Cancer Conquerors are unable to meet in person, we are providing loop exercise bands with instruction cards to encourage the group to Get Active! They can follow band workouts with TCC on Facebook live and Zoom. Monthly book Groupies will meet by Zoom. The TCC facebook page is continually updated with online fitness opportunities, garden info and recipes, and tips to stay healthy. [YouCanConquer.org](http://YouCanConquer.org), 520-505-1406

**University of Arizona Cancer Center:** We are not conducting our support groups at this time, please call the social worker at the cancer center to find out when groups will resume. At this time all touch therapies are on hold. Our laughter class, meditation groups are held on Zoom. Contact [Lynn.Barwick@bannerhealth.com](mailto:Lynn.Barwick@bannerhealth.com) to request the Zoom invite. 520-694-2873

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