

### CANCER ADVOCACY AND SUPPORT

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- **American Cancer Society** - Cancer helpline, health insurance help, lodging and nursing support. Connects patients with free or reduced-rate lodging and transportation. [www.cancer.org](http://www.cancer.org), 800-227-2345
- **Cancer Care** – Free psychosocial support with dedicated social workers (7AM -3 PM). Services include financial assistance and resource navigation. 800.813-HOPE (4673)
- **Cancer Support Community** – Free support for anyone with cancer and their caregivers, including support groups, nutrition, emergency financial assistance, therapy, insurance workshops and in-person events and gatherings. [cancersupport.net/](http://cancersupport.net/), 925-933-0107, Walnut Creek. National Helpline 888-793-9355.
- **Women’s Cancer Resource Center** - Primarily serves women with cancer free of charge. Services include financial assistance and referrals, low cost and free therapy, wellness workshops and education, support groups and more. [www.wcrc.org/](http://www.wcrc.org/), 510-601-4040, Oakland

### CANCER INFORMATION AND EDUCATION

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- **American Cancer Society** - [cancer.org/health-care-professionals/patient-education-materials-for-professionals.html](http://cancer.org/health-care-professionals/patient-education-materials-for-professionals.html), 800-227-2345
- **Cancer Support Community** - [orders.cancersupportcommunity.org](http://orders.cancersupportcommunity.org), 888)793-9355
- [Evaluating Health Information | Patient Education | UCSF Health](#)
- **National Cancer Institute (NCI)**
- Information on different types of cancer, cancer staging and treatment, coping with advanced cancer and more in English and Spanish - [www.cancer.gov](http://www.cancer.gov)
- **UCSF Health Conditions** - [Conditions A-Z | UCSF Health](#)
- **UCSF Patient Education and Treatment Information** - [Patient Education | UCSF Health](#)

### FINANCIAL RESOURCES

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- **Cancer Support Community**- [cancersupport.net/services/emergency-financial-assistance](http://cancersupport.net/services/emergency-financial-assistance) (925)933-0107
- **Hamman Foundation** - [hamannfoundation.org/request-assistance](http://hamannfoundation.org/request-assistance)
- **Low Income Home Energy Assistance Program**- Assists with paying utilities for eligible low-income households. 866-674-6327
- **North Bay Cancer Alliance** – Financial help for people with cancer in the North Bay, including genetic testing, screening, treatment, integrative therapies, and transportation, [northbaycancer.org](http://northbaycancer.org), 707-478-6286
- **Women’s Cancer Resource Center** - [wcrc.org/practical-assistance](http://wcrc.org/practical-assistance), 510-60-.4040, Berkeley

## FOOD DELIVERY

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- **Meals on Wheels** – Meals and grocery deliveries to seniors over the age of 60. [Meals on Wheels America: Helping Seniors Nationwide](#)
- **Project Open Hand** – Free meals to your home during chemotherapy. (San Francisco and Alameda counties) <http://www.openhand.org/> 415-447-2300 (SF), 510-6220221 (Oakland)

## INSURANCE AND FINANCIAL RESOURCES FOR MEDICAL CARE

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- **Triage Cancer** - Free education and one-on-one support to patients and organizations regarding legal, insurance and financial issues, [triagecancer.org](http://triagecancer.org), 424-258-4628
- **Cancer Care** - Financial assistance program, co-payment assistance, a financial resource database for referrals. [cancercare.org/financial\\_assistance](http://cancercare.org/financial_assistance) - 800-813-HOPE (4673)
- **UCSF Financial Services Office**, 866-433-4035
- **MediCal Questions?**
  - **CANHR** – provides counseling and advocacy for older adults and individuals with disabilities on Medi-Cal. <https://canhr.org/>, 415-974-5171 or 800-474-1116
- **Medicare Questions?**
  - **Medicare Rights Center**- [www.medicarerights.org](http://www.medicarerights.org), 800-333-4114
  - **HiCap** - [www.hicap.org/](http://www.hicap.org/), 415-677-7520 or 800-434-022
- **PanFoundation.org** – provides assistance to help patients pay for out-of-pocket related treatment costs. Call 866-316-PANF (7263) or Visit [panfoundation.org](http://panfoundation.org)
- **Patient Advocate Foundation** help patients with serious diseases with health care access, insurance denials, copay assistance, and managing medical debt [patientadvocate.org](http://patientadvocate.org), 800-532-5274

## INTEGRATIVE CANCER CARE

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- **Charlette Maxwell Clinic** (Oakland- Free and low-cost integrative care to women with cancer, including acupuncture, massage, energy work, movement therapy, and homeopathy. [Charlotte Maxwell Clinic](#), 510-607-7660
- **UCSF Osher Center for Integrative Health** offers acupuncture, meditation, nutrition, therapeutic massage, as well as [Group Medical Visits](#) for wellness. [osher.ucsf.edu](http://osher.ucsf.edu), 415-353-7700.

## FOR PARENTS WITH CANCER AND THEIR KIDS

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- **Cancer Support Community** - [Kids Circle and Teen Talk](#) provides monthly in-person programs for families with school-aged children who have a parent with cancer. Families attend the program together and participate in separate activities (young kids, teens and parents) followed lunch at the Cancer Support Community in Walnut Creek. Also provides short-term counseling. [cancersupport.net/services/children](http://cancersupport.net/services/children), 925-933-0107

- [Brightspot Network](http://brightspotnetwork.org) - Recommendation for books and resources about parenting with cancer [brightspotnetwork.org](http://brightspotnetwork.org)

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#### FOR KIDS WITH A PARENT WITH CANCER

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- [Pickles](http://www.picklesgroup.org) - Peer-to-peer support and resources for kids and teens living with a parent with cancer, including virtual support meetings and national events. [www.picklesgroup.org](http://www.picklesgroup.org)
- [Camp Kesem](http://kesem.org) - Free week-long summer camp for children and teens ages 6-18 who are coping with a parent with cancer. [kesem.org](http://kesem.org)
- [Camp Kaleidoscope](http://campkaleidoscope.org) - Free summer camp organized by Stanford students for kids who have a parent with cancer. [campkaleidoscope.org](http://campkaleidoscope.org)

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#### TRANSPORTATION

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- **Patients with Managed Medi-Cal** insurance should contact their insurance plan to see what kind of coverage is offered for transportation to and from the hospital. Managed Medi-Cal plans are required by law to cover transportation to and from medical care.
- Some senior centers offer rides to seniors and or people with disabilities. Patients should contact their local senior center for more information.

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#### OUTDOOR ADVENTURE

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- **Epic Experience** - Free weeklong outdoor adventure camp (stand-up paddleboarding and other activities) at a beautiful ranch in Colorado. [epicexperience.org](http://epicexperience.org), 855-650-9907
- **More Adventure Experiences** in the section for Young Adults with Cancer (ages 18-39)

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#### RETREAT CENTERS

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- [Commonweal Cancer Help Program](http://commonweal.org/programs/cancer-help.html) - One week residential retreat at the Commonweal Center in Bolinas. The cost is \$3465, but scholarships are available. [commonweal.org/programs/cancer-help.html](http://commonweal.org/programs/cancer-help.html), 415-868-0970
- **Harmony Hill** - Sliding scale retreat for patients with cancer and their families in Washington [harmonyhill.org](http://harmonyhill.org)
- **Me-One Foundation** provides a no-cost getaway weekend for cancer patients, their extended families and their supporters in Scotts Valley, CA. [me-onefoundation.org/](http://me-onefoundation.org/)

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#### WIGS

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**Inclusive Crowns** provides free wigs [www.inclusivecrowns.org](http://www.inclusivecrowns.org), 707-319-7937

**John Muir Health's Wig Source program** in Walnut Creek offers wigs to patients no matter where they are treated. Appointments are required and are available the 2<sup>nd</sup> and 4<sup>th</sup> Friday of every month. Call to schedule 925-947-5328.

**UCSF Friend to Friend Gift Shop** - Free wigs to any woman with Medi-Cal insurance, UCSF PCMB Building, 1825 4<sup>th</sup> Street, first floor lobby, San Francisco, 415-353-7776

## WORKPLACE ISSUES AND CANCER

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- **American Bar Association** – Legal rights & workplace issues, [abanet.org](http://abanet.org), 800-285-2221
- **Americans with Disabilities Act** - [ada.gov](http://ada.gov), 800-514-0301
- **Cancer and Careers** - Expert advice, interactive tools and educational events [cancerandcareers.org](http://cancerandcareers.org), 646-929-8032
- **Equal Employment Opportunity Commission**- [eoc.gov](http://eoc.gov), 800-669-4000
- **Patient Advocate Foundation** - Case management to patients with life threatening and debilitating illness, including copay assistance, [patientadvocate.org](http://patientadvocate.org), 800-532-5274
- **Triage Cancer** - support, information & webinars, [triagecancer.org](http://triagecancer.org), 424-258-4628
- **Employment and Cancer Webinar and information** - [cancersupportcommunity.org/employment-cancer](http://cancersupportcommunity.org/employment-cancer), 888-793-9355
- **Returning to Work After Cancer Treatment Information** - [cancer.org/cancer/survivorship/coping/working-during-cancer-treatment.html](http://cancer.org/cancer/survivorship/coping/working-during-cancer-treatment.html) 800-227-2345
- **Working During Your Cancer Treatment Information** - [cancer.org/cancer/survivorship/coping/working-during-cancer-treatment.html](http://cancer.org/cancer/survivorship/coping/working-during-cancer-treatment.html), 800-227-2345

## YOUNG ADULTS WITH CANCER RESOURCES

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- **I'm too Young for This** - In-person and online meet-ups, topic-based discussion series and an annual conference [HealthyYoungAttitude@gmail.com](mailto:HealthyYoungAttitude@gmail.com).
- **Ulman Fund** – Resources, information, support groups, college scholarships. [ulmanfund.org](http://ulmanfund.org) Webinars at [EMF's SAMFund - YouTube](http://EMF'sSAMFund-YouTube)
- **First Descents** is the outdoor adventure camp (kayaking, rock climbing, etc.) which is free and open to anyone 18 - 39 who has or has had cancer. [www.firstdescents.org](http://www.firstdescents.org)
- **True North Treks** – Free backpacking and canoe trips for young adult cancer survivors, aged 18-39. Also offers free online meditation twice a month. [www.truenorthtreks.org](http://www.truenorthtreks.org)
- **SAMFund - Expect Miracles Foundation** - Financial assistant grants to young adult cancer survivors as well as Family Building Grants. [thesamfund.org/](http://thesamfund.org/)

Please note that some organizations may change their offerings. If you find resources that need to be updated, please contact the PeerTalk Program Coordinator at [PeerTalk@ucsf.edu](mailto:PeerTalk@ucsf.edu).