

Cancer Support Resource List

Organizations that may be helpful throughout a cancer journey- for patients & caregivers! Breast Cancer specific resources are noted with an asterisk*.

General/ Support

- Your provider's office likely has LOTS of additional resources- education and how to get tangible needs met. They may be a good place to start.
- American Cancer Society- <https://www.cancer.org/> - education and support
- Caregiver Action Network- <https://www.helpforcancer caregivers.org/> - self-care guide for caregivers
- Chemo Care- <https://chemocare.com/> - comprehensive resource, from the Cleveland Clinic, for cancer patients and their caregivers that provides chemo drug and side effect info, wellness info, and links to other reliable resources
- Cleaning for a Reason- <https://cleaningforareason.org/>- they will clean your house 2x for FREE during cancer treatment
- Elephants and Tea- <https://elephantsandtea.org/> - community, education, support for adolescents and young adult patients and caregivers
- Gilda's Club Middle TN- <https://gildasclubmiddletn.org> – support, community and breaking down barriers to care
- Imerman Angels- <https://imermanangels.org/> -connects you with mentor with similar diagnosis; support for caregivers
- *Little Pink Houses of Hope- <https://www.littlepink.org/> - family retreats
- Live Strong- <https://livestrong.org/>- lots of info + you can order a guidebook to stay organized and reflect in all stages of the cancer journey.
- *Living Beyond Breast Cancer- <https://www.lbbc.org/> - community, education, support for patients and families
- *Middle TN Young Breast Cancer Alliance- private FB group that you can request access to if you were diagnosed with breast cancer at age 40 or earlier. Community support virtually and through monthly in person meet ups.
- *National Breast Cancer Resource Foundation- <https://www.nationalbreastcancer.org/> - Hope Kits (and lots more!) for people going through breast cancer
- Support Now- <https://www.supportnow.org/> - coordinating support for patients and families in need- financial, meals, to-do's, and updates
- *Tennessee Breast Cancer Coalition- <https://www.tbcc.org/> - community, education, financial support for patients
- Tennessee Caregiver Coalition- <https://tncaregiver.org/> - help with various services for support and respite for the caregiver
- *Young Survival Coalition- <https://youngsurvival.org/>- support for those diagnosed with breast cancer at age 40 or earlier. Community support virtually, in person, and through education.

Financial

- *AIRS Foundation- <https://airsfoundation.org/> - grants for breast reconstruction after mastectomy

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- BrightSpot Network- <https://www.brightspotnetwork.org/> - \$500 grants for families
- Cancer Care- <https://www.cancercare.org/> - filter by location, diagnosis, etc. through a large database of resources
- Dollar For- <https://dollarfor.org/> - discounts or forgiveness from hospital bills
- *Expect Miracles Foundation- <https://expectmiraclesfoundation.org/financial-assistance-grant/> - grants for essential living expenses for young adult cancer survivors
- Findhelp.org- <https://www.findhelp.org/> - free or reduced-cost resources like food, housing, financial assistance, health care, and more
- Kim Alverson Foundation- <https://www.kimalversonfoundation.org/> - financial assistance for caregivers
- Patient Advocate Foundation- <https://www.patientadvocate.org/> - filter by location, diagnosis, etc. through a large database of resources
- Sherry's Hope- <https://sherryshope.org/> - Lebanon, TN based, financial assistance and support groups
- *Susan G. Komen- <https://www.komen.org/financial-assistance-program/> - \$400 grants for patients
- *Tennessee Breast Cancer Coalition- <https://www.tbcc.org/> - emergency access fund for daily living expenses for people in active treatment. Compression sleeve application too.

Family/ Parenting

- BrightSpot Network- <https://www.brightspotnetwork.org/> - great support for parents of young kids through virtual groups, developmentally appropriate language and free books, grants available as well.
- Camp Kesem- <https://www.kesem.org/> - camp for kids that have a parent with cancer (does not actively have to be in treatment)
- *Living Beyond Breast Cancer- <https://www.lbbc.org/> - developmentally appropriate books for kiddos

Mental/ Emotional Health

- BrightSpot Network- <https://www.brightspotnetwork.org/> - virtual support groups for parents and children
- Cancer Care- <https://www.cancercare.org/publications/245-emotional-concerns-after-treatment-has-ended> - Emotional Support After Treatment has ended; <https://www.cancercare.org/publications/54-relaxation-techniques-and-mindfulness-practices-coping-with-cancer> - Mindfulness and Relaxation techniques to cope with cancer
- Kim Alverson Foundation- <https://www.kimalversonfoundation.org/> - counseling and group support for caregivers
- Sarah Cannon Cancer Center- QR code coming soon!- virtual support groups for patients in active treatment, survivors, and caregivers.
- Sherry's Hope- <https://sherryshope.org/> - Lebanon, TN based, monthly support groups
- Many of the resources in the General section offer local support groups

Physical Health

- *Breast Cancer Recovery in Action (BRA)- <https://www.bragroups.org/>- fitness programs for breast cancer survivors and thrivers; includes nutrition, mental health, and education as well
- Hair to Stay - <https://hairtostay.org/apply-for-a-subsidy/> -need-based grants to offset expense of scalp cooling systems to decrease hair loss from chemotherapy
- Survivor Fitness- <https://survivorfitness.org/> - non-profit that helps cancer survivors find hope and healing after treatment
- YMCA- post treatment recovery plans
- Free Wigs:
 - American Cancer Society- <https://www.cancer.org/> - go to About Us tab
 - Cuts Against Cancer- <https://www.cutsagainstcancer.org/request-free-wig> - free medical wig for cancer patients
 - EBeauty Community Inc- <https://ebeauty.com/request-a-wig/> - free wig with doctor note
 - *The Pink Wig Project- <https://www.pinkwigproject.org/> - free pink wig with doctor note

Spiritual Health

- American Cancer Society- <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/cancer-and-spirituality-pocket-guide.pdf> - Spiritual Life and Cancer Pocket Guide
- Cancer Care- https://www.cancercare.org/publications/56-strengthening_the_spirit - Strengthening the Spirit info
- Chaplains at the hospital, local churches and faith communities will often have a number of local resources for spiritual support
- Kim Alverson Foundation- <https://www.kimalversonfoundation.org/> - prayer requests and bible studies for caregivers
- Healing Works Foundation- <https://healingworksfoundation.org/resource/the-pocket-guide-to-cancer-and-spirituality/> - The Pocket Guide to Cancer and Spirituality