**Thriving After Cancer**

**Survivorship Resources**

**Support**
- Active and Post-treatment support groups at the MFA 202-741-2218
- MFA Psychiatry Department 202-741-2888
- CancerCare 1-800-813-HOPE
  - Online and phone counseling and support www.cancercare.org
- Cancer Hope Network (get matched with another survivor) 800-552-4366
- Imerman Angels (get matched with another survivor) 312-274-5529
- Hope Connections for Cancer Support (online & in Bethesda) 301-493-5002
- Life with Cancer (INOVA support program) 703-698-2526

**Complementary & Holistic Therapies**
- GW Center for Integrative Medicine, NH Ave 202-833-5055
  - Quality of life resources (reiki, nutrition, supplements, acupuncture)

**Pain and Palliative Care**
- Spine and Pain Center – (2131 K St) 202-715-4598
- Capital Caring 855-571-5700

**Spiritual Care**
- GW Hospital Chaplain Referral Service 202-715-5329
- Smith Center (DC) [http://www.smithcenter.org/cancer-retreats.html](http://www.smithcenter.org/cancer-retreats.html)

**Supportive Arts**
- Courage Collages www.couragecollages.org
- Smith Center for Healing & the Arts www.smithcenter.org

**Physical Activity Resources**
- Cancer Rehab with Physical Therapists at GW 202-715-5655
- Casting (Fishing) for Recovery [www.castingforrecovery.org](http://www.castingforrecovery.org)
- Breast Cancer Fitness Support Group 202-332-0100
  - Washington Sports Club Dupont Circle
- Circle Yoga (for Breast Cancer Survivors, Chevy Chase, DC) 202-686-1104
- Go Pink! DC (Dragon Boat Paddling for Breast Cancer Survivors) [www.gopinkdc.com](http://www.gopinkdc.com)
- Hope Connections (Free Yoga, Pilates, Medication in Bethesda) 301-493-5002
- Wellness Snapdragons snapdragonsdc.com
  - (Mixed dragon boat team for survivors of all cancers and their supporters)
- INOVA’s Life with Cancer 703-698-2526
  - (Offers a wealth of exercise opportunities including chair-based exercise, yoga, and aerobics)
- Smith Center Gentle Therapeutic Yoga www.smithcenter.org
National General Cancer Resources
ASCO Cancer Foundation www.cancer.net
American Cancer Society www.cancer.org
Leukemia & Lymphoma Society www.leukemia-lymphoma.org
National Cancer Institute www.cancer.gov

Adolescent and Young Adult (AYA) Resources
Fertile Hope/Livestrong Fertility www.fertilehope.org
Healthy Survivorship app for phones www.healthysurvivorship.org
Smith Center’s DC Young Adult Cancer Community http://www.smithcenter.org/programs-retreats/programs-by-name/dc-young-adult-cancer-community-september-meet-up1.html
Stupid Cancer-The Voice of Young Adult Cancer www.stupidcancer.org
TigerLil Foundation (breast cancer) www.tigerlillyfoundation.org
Ulman Cancer Fund for Young Adults www.ulmanfund.org

Pediatric Cancer Survivor Resources
SurvivorLink http://cancersurvivorlink.org
Children’s Oncology Group www.childrensoncologygroup.org

Financial, Legal, Advocacy
Patient Advocate Foundation/ Co-pay Relief 1-800-532-5274
Covers co-pays for cancer and other chronic conditions. Must be in treatment or received treatment within the last 12 months. PAF also provides case management and help with insurance, employment, financial issues.
Cancer Legal Resource Center www.cancerlegalresourcecenter.org
Cancer and Careers www.cancerandcareers.org
National Coalition for Cancer Survivorship www.canceradvocacy.org

Survivorship Care Planning
Thriving After Cancer Survivorship Clinic at GW MFA 202-741-2222
Journey Forward www.journeyforward.org
ASCO Treatment Summaries http://www.cancer.net/patient/Survivorship/ASCO+Cancer+Treatment+Summaries
National Institutes of Health www.cancer.gov/cancertopics/coping/survivorship
National Cancer Organizations by Cancer Type

Bladder
Bladder Cancer Advocacy Network http://www.bcan.org/

Brain
American Brain Tumor Association http://www.abta.org/
National Brain Tumor Society http://www.braintumor.org/
The Brain Tumor Foundation http://www.braintumorfoundation.org/

Breast
Susan G. Komen Foundation http://www.komen.org
Breastcancer.org http://www.breastcancer.org
Living Beyond Breast Cancer.org www.lbcc.org
Metavivor Metavivor.org

Carcinoid
Caring for Carcinoid Foundation http://www.caringforcarcinoid.org/
The Carcinoid Cancer Foundation http://www.carcinoid.org/

Cervical
National Cervical Cancer Coalition http://www.nccc-online.org/

Colorectal
Colorectal Cancer Coalition http://fightcolorectalcancer.org/

Gastric
Gastric Cancer Fund http://www.gastriccancer.org/

GIST (gastrointestinal stromal tumors)
GIST Support International http://www.gistsupport.org/

Head and Neck, Esophageal
Head and Neck Cancer Alliance http://www.headandneck.org/

Lung
Lung Cancer Alliance http://www.lungcanceralliance.org/facing/resources.html
American Lung Association http://www.lungusa.org/

Leukemia and Lymphoma
Leukemia and Lymphoma Society http://www.leukemia-lymphoma.org/hm_lls

Liver

Melanoma
American Melanoma Foundation http://www.melanomafoundation.org/
Melanoma Research Foundation http://www.melanoma.org/

Oral
Support for People with Oral and Head and Neck Cancer http://www.spohnc.org/

Ovarian
Rhondas Club http://www.rhondasclub.org/
Ovarian Cancer National Alliance http://www.ovariancancer.org/

Pancreatic
Pancreatic Cancer Action Network http://www.pancan.org/
Pediatric Cancers
   SurvivorLink http://cancersurvivorlink.org
   Children’s Oncology Group www.childrensoncologygroup.org

Prostate
   Prostate Cancer Research Institute http://www.prostate-cancer.org
   The Prostate Net http://www.prostate-online.com/aboutUs.html
   Us Too International http://www.ustoo.org/

Renal
   Kidney Cancer Association http://www.kidneycancer.org/

Sarcoma
   Sarcoma Foundation of America http://www.curesarcoma.org/
   Sarcoma Alliance http://www.sarcomaalliance.org/

Testicular
   Stanford Medical Center http://cancer.stanford.edu/urologic/testicular/

Thyroid
   Thyroid Cancer Survivors Association http://www.thyca.org/

Uterine, Vulvular
   Gynecologic Cancer Foundation http://www.wcn.org/