

National Patient Resource Organizations

American Cancer Society
cancer.org

(800) 227-2345

This organization aims to lead the fight against cancer through its programs in research, patient services, prevention, detection, treatment and advocacy. It provides free information and access to patient services such as the Reach to Recovery and Road to Recovery programs.

American Society of Clinical Oncology (ASCO)
cancer.net

(888) 651-3038

This website was developed by ASCO to provide information on the diagnosis and treatment of cancer, symptom management and survivorship issues, and resources and guidance for people dealing with cancer. It provides information, up-to-date resources, educational programs, support group services, and individual and group counseling to improve the health and lives of cancer survivors.

CancerCare
cancer.org

(800) 813-4673

CancerCare assists people with any type of cancer, at any stage of illness, by offering a variety of free services, including counseling, information about treatment, referrals and educational seminars.

Livestrong Foundation
livestrong.org

(855) 220-7777

This organization provides information and support for patients diagnosed with cancer. Online telephone support is available. The Foundation provides advocacy for healthcare.

National Cancer Institute (NCI)
cancer.gov

(800) 4-CANCER

NCI, established under the National Cancer Act of 1937, is the federal government's principal agency for cancer research and training.

National Coalition for Cancer Survivorship (NCCS)
canceradvocacy.org

(877) 622-7937

NCCS aims to lead and strengthen the survivorship movement, empower survivors and advocate for policy issues that affect their quality of life.

Local Cancer Resource Centers

Cancer Wellness Center
215 Revere Drive, Northbrook
cancerwellness.org

(847) 509-9595

The Cancer Wellness Center is a not-for-profit organization that provides various services to cancer survivors and their families. Programs and services available to the cancer community include support groups, networking groups, educational programs, stress reduction programs, exercise programs, and individual and group counseling. Please contact the Cancer Wellness Center for a current listing of programs with dates and times.

Gilda's Club Chicago
537 N. Wells St., Chicago
gildasclubchicago.org

(312) 464-9900

Gilda's Club offers social, emotional and informational support to men, women and children diagnosed with cancer, as well as support for family members of cancer survivors. Membership is absolutely free.

The Cancer Support Center
2028 Elm Road, Homewood
cancersupportcenter.org

(708) 798-9171

The Cancer Support Center is part of the Cancer Health Alliance of Metropolitan Chicago, which specializes in resources and guidance for people dealing with cancer. The Center provides information, up-to-date resources, educational programs, support group services, and individual and group counseling to improve the health and lives of cancer survivors.

Wellness House
131 N. County Line Road, Hinsdale
wellnesshouse.org

(630) 323-5150

The Wellness House is part of the Cancer Health Alliance of Metropolitan Chicago, which specializes in resources, educational programs, support group services, and individual and group counseling to improve the health and lives of cancer survivors.

NorthShore Support Groups

The Bill Buckman UsToo of NorthShore Prostate Cancer Education and Support Group (847) 570-1066

This group is open to patients, caregivers, family and friends and meets the second Tuesday of each month at 7 p.m. Call for more information.

Brain Tumor Patient and Caregiver Support Group (847) 570-1808

This group meets the third Thursday of each month at 5:30 p.m. Call for more information.

Head and Neck Cancer Discussion Group (847) 570-1066

This group meets the second Monday of every other month at 6 p.m. Call for the dates and topic.

Stress Reduction Group for Cancer Patients and Caregivers (847) 570-2039
Contact: Meg Madvig, LCSW, OSW-C

This group teaches meditation and relaxation strategies to cancer patients and caregivers. Participants will also learn how to incorporate these skills into one's lifestyle for stress management. Call for the dates, time and location.

Weight Loss for Wellness (847) 509-9595

This is a weekly weight loss group for five years post-treatment cancer survivors. Call for more information.

Grief Support

Legacy/Soul Mates

(847) 982-4364

NorthShore Hospice Office, 4901 Searle Pkwy., Skokie

Contact: Thom Dennis, LCPC

Legacy is a grief support group for adults who have experienced the death of a parent within the past year. **Soul Mates** is a grief support group for people who have experienced the death of a spouse or life partner within the past year. Preregistration is required for all groups. Please call for dates, times and location.

JourneyCare

(224) 770-2273

JourneyCare grief support groups and events provide a nonjudgmental, confidential outlet for any adult or youth who has lost a loved one, whether by illness or trauma. Programs are provided at no cost to participants.

Women's Resources

Look Good Feel Better Live! Virtual Workshops

lookgoodfeelbetter.org/virtual-workshops

Look Good Feel Better offers five types of Look Good Feel Better Live! virtual workshops. Learn about skin care and makeup, wigs and head coverings, nail care, or body image and styling.

Hair-Loss and Mastectomy Products

1-800-850-9445

tlcdirect.org

ACS' "tlc" Tender Loving Care program helps women with appearance-related side effects by offering them a variety of affordable wigs, hats and scarves as well as a full range of mastectomy products. These items can be purchased from the privacy of home.

Transportation

Road to Recovery

(800) 227-2345

cancer.org/treatment/supportprogramsservices/programs/road-to-recovery

This American Cancer Society program provides rides for cancer patients who are unable to secure their own transportation to and from treatment. Volunteers are also needed to drive cancer patients to treatment.

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Integrative Medicine

NorthShore Integrative Medicine
Park Center, 2400 Chestnut Ave., Glenview
northshore.org/integrative-medicine

(847) 657-3540

NorthShore integrative medicine is healing-oriented and considers the whole person—body, mind and spirit—including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of both conventional and alternative therapies, including:

- Integrative medicine physician consultations
- Traditional Asian medicine and acupuncture
- Integrative counseling and stress relief strategies
- Integrative bodywork, including various forms of massage
- Energy work
- Nutrition counseling
- Herbal medicine counseling
- Therapeutic yoga and meditation
- Spirituality counseling

Patient and Caregiver Mentorship

Imerman Angels
205 W. Randolph, 19th Floor, Chicago
imermanangels.org

(866) 463-7626

Imerman Angels provides comfort and understanding for all cancer fighters, survivors, previvors and caregivers through a personalized, one-on-one connection with someone who has been there. Imerman Angels partners anyone, any age, any gender, anywhere and any cancer type seeking support with someone just like them—a “Mentor Angel.” This service is 100% **free** to all people facing cancer.

Financial Information and Resources

Center for Medicare Advocacy, Inc.
medicareadvocacy.org

(860) 456-7790

The Center for Medicare Advocacy works to increase access to comprehensive Medicare coverage and excellent healthcare for elders and people with disabilities by providing the highest quality analysis, education and advocacy.

Medicare
medicare.gov

(800) 633-4227

This government site provides information for Medicare patients on Medicare billing, Medicaid enrollment, prescription services and long-term care.