



Support Programs

Look Good Feel Better



Program:

*** No Cost**

A licensed cosmetologist teaches beauty techniques to (women) cancer patients who are in active treatment. During the hands-on information session you will learn how to cope with and help reduce the appearance-related side effects of cancer treatments. Information and demonstrations will include skin changes and appropriate skin care products, use of cosmetics, hair loss, wigs, scarves, other accessories. You will receive many, many products (donated by the cosmetic industry) to take home with you.

- class is offered once a month, days and times vary
- you must call and reserve a space in the class
- class size is approximately 15

**ALL CANCERS
WOMEN ONLY**

- Serves:** women receiving cancer treatment at the Moses Cone Regional Cancer Center
- Contact:** American Cancer Society; Cancer Information Specialist
- Phone:** 336-834-0844 or 1-800-227-2345
- Address:** 4-A Oak Branch Dr., Greensboro, NC
- Hours:** Monday through Friday, 8:00 a.m. to 5:00 p.m. (*office*)
- Website:** www.cancer.org



Casting for Recovery

Program:

*** No Cost**

The program is a 2-1/2 day retreat, with no cost to participants, and conducted by trained volunteers. Retreats incorporate counseling, educational services and the sport of fly-fishing, to promote mental and physical healing. The program builds a focus on wellness instead of illness.

- Serves:** any woman who has experienced breast cancer is eligible to attend a retreat (with medical clearance from their physicians)
- Phone:** 1-888-553-3500
- Time:** 2-1/2 day retreat program
- Location:** Lake Logan Center, Canton, NC
call to verify
- Website:** www.castingforrecovery.org

ONLY BREAST CANCER



Breast Cancer Support Group



*** No Cost**

Program:

Designed for women of any age and at any stage of breast cancer. Group discussion and group support facilitated by a professional with experience in support groups.

Serves: group open to women of all ages who have in the past or are currently receiving treatment at the Moses Cone Regional Cancer Center

Contact: Terry Moore-Painter

Phone: 336-832-0364

Location: call to verify (usually at the Moses Cone Regional Cancer Center.)

Time: third Tuesday of each month
7:00 p.m. to 8:30 p.m.

Website: www.mosescone.com

Cost: none

ONLY BREAST CANCER

Languages: no translation

Transportation Provided: no but carpooling is available

Public Transportation: yes

Childcare: no

Referral Required: no

Young Women's Breast Cancer Group



*** No Cost**

Program:

Designed for women age 40 and younger.

Serves: group is open to all breast cancer patients 40 years old and younger who have or are receiving treatment at the Moses Cone Regional Cancer Center

Contact: Terry Moore-Painter

Phone: 336-832-0364

Location: call to verify (usually at the Moses Cone Regional Cancer Center)

Time: fourth Monday of each month
7:00 p.m. to 8:30 p.m.

Website: www.mosescone.com

Cost: none

ONLY BREAST CANCER

Languages: no translation

Transportation Provided: no but carpooling is available

Public Transportation: yes

Childcare: no

Referral Required: no



Patient and Family Support Team



Program:

*** No Cost**

The services provided by the Moses Cone Regional Cancer Center Support Team address the psychological, social, spiritual, and financial resource challenges cancer patients and their families may face. In addition to services offered by individual support team members, support programs include:

- monthly support groups
- retreats
- expressive arts workshops
- smoking cessation programs
- cooking and nutrition classes

**ALL CANCERS
MEN and WOMEN**

Serves: all cancer patients in the Moses Cone Regional Cancer Center system

Contacts: Terry Moore-Painter, Chaplain, 336-832-0364
Jeanne Peters, Clinical Psychologist, 336-832-0819
Joanna Saporito, Clinical Social Worker, 336-832-0648

Address: 501 N. Elam Avenue, Greensboro, NC 27403

Hours: please call

Sisters Network



*** No Cost**

Program:

Sisters Network Greensboro NC is an affiliate chapter of Sisters Network Inc, a national breast cancer survivorship organization for African American women. The mission of the organization is to educate women about the devastating effects of breast cancer in the African American community, to serve as a resource for health information pertinent to African American women, and to provide emotional support to women wherever they may be along the continuum of care, from prevention/early detection to survivorship beyond treatment. The group meets monthly and engages in many outreach activities in the Greensboro area.

Serves: African American women who have experienced breast cancer and those persons who support the mission of Sisters Network

Contact: Nora Jones, Affiliate Chapter President

Phone: 336-272-0092

e-mail: greensboronc@sistersnetworkinc.org

Time: 6:30 p.m., 3rd Thursday of the month (excluding Dec.)

Location: Providence Baptist Church, 1106 Tuscaloosa St., Greensboro

Website: <http://www.sistersnetworkinc.org/>

ONLY BREAST CANCER

**AFRICAN AMERICAN
WOMEN**



Finding Your New Normal



Program:

*** No Cost**

Survivorship program to support women transitioning from a patient being actively treated to a survivor focused on wellness. Program provides an environment in which women can reflect on the experience of cancer and cancer treatment and integrate it into the rest of their life in a way that is healthy and promotes wellness. Each of the eight sessions include a presentation or discussion and an introduction to different types of low-impact exercise (comfortable, loose clothing suggested).

Serves: all cancer survivors (from the Moses Cone Health System) who have completed their treatment

Contact: Terry-Moore Painter

Phone: 336-832-0364

Address: call for location

Time: eight consecutive Mondays from 6:00 p.m. to 8:00 p.m.
call to verify starting dates

Website: www.mosescone.com

ALL CANCERS
WOMEN ONLY

After Breast Cancer Class (ABC)



Program:

*** No Cost**

A one-time class that focuses on regaining shoulder range of motion and education about how to prevent lymphedema.

A physical therapist can help you resume your normal activities after surgery and/or treatment.

Must register, 336-315-4760

Please ask your doctor for a note stating that it is ok to attend the ABC class.

Serves: all breast cancer survivors (from the Moses Cone Health System) who have completed their surgery, chemotherapy, and radiation treatment

Time: first Wednesday of the month

Contact: Marti Smith or Donna Salisbury
Physical Therapists and Certified Lymphedema Therapists
Moses Cone Outpatient Rehab at Guilford College

Phone: 336-315-4760

E-mail: marti.smith@mosescone.com;
donna.salisbury@mosescone.com

Location: 603 Dolley Madison Road, Suite 202, Greensboro, NC 27410

Time: first Wednesday of the month

ONLY BREAST CANCER



Men Against Breast Cancer

Program:

*** No Cost**

Program provides targeted support services to educate and empower men to be effective caregivers when breast cancer strikes a female loved one.

Serves:

men and women who have been affected by breast cancer

Contact:

Marc Heyison marc@menagainstbreastcancer.org

Phone:

866-547-6222

Address:

4304 East-West Highway, Bethesda, MD 20814

Hours:

please call

Website

www.menagainstbreastcancer.org

Languages:

Spanish



Hirsch Wellness Network

Program:

*** No Cost**

Hirsch Wellness Network believes the creative process is a healing process, one that unlocks the bonds of fear, fosters hope, and renews confidence.

Serves:

all cancer patients

Offers:

- journal writing workshops
- knitting circles
- diverse art workshops

**ALL CANCERS
MEN and WOMEN**

Contact:

Louise Hirsch, Louise@hirschwellnessnetwork.org

Phone:

336-549-8367

Address:

call for location

Time:

call to verify

Website:

<http://hirschwellnessnetwork.org>

Cost:

none





Cancer Survivor Toolbox

Program:

*** No Cost**

The Cancer Survival Toolbox is a free, self-learning audio program that has been developed by leading cancer organizations to help people develop important skills to better meet and understand the challenges of their illness. The program contains a set of basic skills to help navigate a diagnosis and special topics on key issues faced by people with cancer. It is given to newly diagnosed patients as well as those transitioning off treatment.

Serves: men and women who have been affected by cancer

Phone: 888.650.9127 (toll-free)

Address: 1010 Wayne Ave, Suite 770, Silver Spring, MD 20910

Hours: 8:30 AM - 5:30 PM Eastern
closed on the following holidays: New Year's Day, Martin Luther King, Jr. Day, President's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day

e-mail: programs@canceradvocacy.org - for the Toolbox
info@canceradvocacy.org - for general questions

Website: www.canceradvocacy.org

Languages: multiple



Kid's Path *(Hospice of Greensboro)*

Program:

*** No Cost**

The program provides one-on-one and group counseling for children and teen-agers coping with the illness or loss of a loved one.

Serves: children and teenagers

Contact: Meghan Davis, mdavis@hospicegso.org

Phone: 336-544-5437

Address: 2500 Summit Avenue, Greensboro, NC

Hours: Monday through Friday 8:30 a.m. to 5:00 p.m. (office)
(after hours available based on individual client need)

Languages: yes and a multilingual phone answering line

Transportation Provided: yes, not guaranteed and is usually covered by volunteers

Public Transportation: yes

Childcare Provided: no

Referral Required: no

Website: www.hospicegso.org



Hospice and Palliative Care of Greensboro *(counseling and education center)*

Program:

*** No Cost**

Program provides individual bereavement counseling and community education programs on grief and loss. The staff at the Counseling and Education Center consists of licensed, clinical social workers. One staff member has a doctorate in divinity.

Serves: adults who may be facing an illness, or have a friend or family member who is facing a serious illness and are seeking information, education and counseling

Contact: Diane McLaughlin, dmclaughlin@hospicegso.org

Phone: 336-621-5565

Address: 2500 Summit Avenue, Greensboro, NC

Hours: Monday through Friday 8:30 a.m. to 5:00 p.m. (office)
counseling and educational seminar times vary based on need

Languages: yes and a multilingual phone answering line

Transportation Provided: yes, not guaranteed and is usually covered by volunteers

Public Transportation: yes

Childcare Provided: no

Referral Required: no

Website: thecenter@hospicegso.org



Camp Carefree

Program:

*** No Cost**

Camp Carefree provides a free, one-week, camp experience with the same recreational and craft activities associated with most camp programs and is for youngsters with a disabled or a seriously ill parent.

Provides children with the needed freedom to play, learn, and have fun with others who are encountering the same family situation. The psychological, recreational, and physical benefits of camping with their peers give them the opportunity to share their feelings and experience with other children in the same situation.

Program Structure:

- program focus is fun and normalcy (not psychological therapy)
- counselors are volunteers
- physicians and nurses are on staff
- registration begins in February and goes until the session is filled (because of the nature of this week often the slots are filled just a few days before the week's session begins)
- each year the specific week for this camp can change but will most likely be in the month of July

Serves: children ages 6 to 16

Contact: Michelle and Scott Richardson, Camp Program Directors

Phone: 336-427-0966

Address: 275 Carefree Lane, Stokesdale, NC 27357

Website: www.campcarefree.org

E-mail: campcarefree@triad.rr.com



Connect to a Survivor

These programs are listed for your convenience. The Alight Foundation is not responsible for their services. These programs were last verified in April 2010.

A breast cancer survivor can provide great one-on-one emotional support. However, if you are offered medical advice please verify this information with a medical professional on your medical team.

Reach to Recovery



*** No Cost**

Program:

Newly diagnosed breast cancer patients are matched with breast cancer survivors in a mentoring relationship according to age. All mentors must participate in a mentoring training class before they can mentor.

Serves: all cancer patients

Contact: American Cancer Society; Cancer Information Specialist

Phone: 336-834-0844

Address: 4-A Oak Branch Dr., Greensboro, NC

Hours: Monday through Friday, 8:00 a.m. to 5:00 p.m. (*office*)
determined between the new patient and the survivor they are matched with

Website: www.cancer.org

Languages: no

Referral: no



Your Shoes *(Network of Strength, formerly Y-me)*

*** No Cost**

Program:

Provides immediate emotional relief. Callers (and e-mail requests) are matched with a survivor, patient, and/or supporter who have had a similar experience with breast cancer and know first-hand what it is like to walk in the shoes of someone who is facing breast cancer. Program is staffed exclusively by trained peer counselors who are breast cancer survivors.

Serves: any one touched by or concerned about breast cancer

Phone: **Hotline** 1-800-221-2141 (English) interpreters in 150 languages

Hotline 1-800-986-9505 (Español)

Office 312-986-8338

Address: 135 S. LaSalle St., # 2000, Chicago, IL 60603

Hours: **seven days a week, 24 hours a day**

Website: www.networkofstrength.org

e-mail: e-mail **Hotline** go to the website, select the *YourShoes*, select *send an e-mail* you will be contacted in less than an hour to a survivor that matches your situation

Languages: interpreters in 150 languages on the Hotline

Referral: no



Sisters Network



Program:

*** No Cost**

Sisters Network Greensboro NC is an affiliate chapter of Sisters Network Inc, a national breast cancer survivorship organization for African American women. Provides emotional support to women in a group setting and one-on-one. The group meets monthly and engages in many outreach activities in the Greensboro area.

Serves: African American women who have experienced breast cancer and those persons who support the mission of Sisters Network

Contact: Nora Jones, Affiliate Chapter President

ONLY BREAST CANCER

Phone: 336-272-0092

e-mail: greensboronc@sistersnetworkinc.org

AFRICAN AMERICAN WOMEN

Time: 6:30 p.m., 3rd Thursday of the month (excluding Dec.)

Location: Providence Baptist Church, 1106 Tuscaloosa St., Greensboro

Website: <http://www.sistersnetworkinc.org/>



Sharsheret



Program:

*** No Cost**

Offers a community of support to women, of all Jewish backgrounds, diagnosed with breast cancer or at increased genetic risk, by fostering culturally-relevant individualized connections with networks of peers, health professionals, and related resources.

Link-Peer Support Network program matches breast cancer patients on a one-to-one basis with a peer supporter who can address the patients' specific concerns. Links communicate at their convenience on an ongoing basis via telephone. All information is confidential.

Serves: Women of Jewish heritage and their families

Phone: 866-474-2774

ONLY BREAST CANCER

e-mail: info@sharsheret.org

Time: 7 days a week, 24 hours a day

JEWISH HERITAGE WOMEN ONLY

Website: www.sharsheret.org



Imerman Angels

Program:

*** No Cost**

- connects a person fighting cancer today with someone who has beaten the same type of cancer; the relationship provides an opportunity to ask personal questions and receive encouragement from someone who is uniquely familiar with the situation
- cancer caregivers also receive one-on-one connections with other caregivers and survivors; these one-on-one relationships inspire hope and offer the chance to ask personal questions

Serves: anyone touched by cancer, anywhere in the world, any cancer type, any stage

Phone: 1-877-274-5529 (toll free)

Address: 400 W. Erie Street, Suite #405, Chicago, IL 60654

Hours: Monday through Friday, 8:00 a.m. to 6:00 p.m. (office)

e-mail: info@imermanangels.org

Website: <http://www.ImermanAngels.org>

Languages: connection specialists at the office speak English
survivors speak Spanish and French in addition to English

Referral: no



Pink-Link

Program:

*** No Cost**

Connects breast cancer survivors online. After joining the website, you complete a breast cancer profile, including any surgeries, adjuvant treatments, demographics, etc. You can then search the online database for another member who has a similar breast cancer pathology and you can also search by zip code to connect with someone local. The membership has over 3,800 members in all 50 states as well as internationally.

Serves: any breast cancer patient or survivor

Phone: 310-995-5204

Address: 149 S. Barrington Ave., #734, Los Angeles, CA 90049-3310

Hours: N/A (web based)

Website: www.pink-link.org

Cost: none but must complete an online registration first

Languages: no

Referral: no





Living Beyond Breast Cancer

Program:

*** No Cost**

A helpline to talk to a breast cancer survivor. Also a one-on-one matching service connecting breast cancer patients to a survivor with similar circumstances. The Helpline can be by phone or by internet.

Serves: all breast cancer patients

Phone: 888-753- 5222

Hours: live on Tuesdays from 11:00 am to 3:00 pm EST

Website: <http://www.lbbsc.org/programs-consumer.asp>

Languages: Spanish



Cancer Hope Network

Program:

*** No Cost**

Matches cancer patients with a volunteer who has recovered from the same or similar cancer experience that you are facing. Matches are based on the type of cancer, the similarity of treatment(s), the side effects experienced, and overall demographics (age, gender, etc.)

You can be connected to the program and matched to a volunteer by phone or online with the use of the form "Get Support" on the web site. You may have your doctor, nurse, social worker, family member, or a friend, call for you, and you will be contacted.

Someone will try to get back to you in less than 24 hours.

Serves: all cancer patients and their loved ones from anywhere in the United States

Phone: 1-800-552-4366

Address: n/a

Hours: Monday through Friday, 8:00 a.m. to 5:30 p.m. EDT
at other times please leave a message, we will return your call during business hours

Website: <http://www.cancerhopenetwork.org>

Languages: some

