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People Connected By Cancer

Dedicated to ensuring that all those touched by cancer in Oklahoma are aware of the statewide resources available to support and serve them through their cancer journey.

Oklahoma Cancer Resource Guide

A comprehensive directory of national,
statewide & local resources for cancer
patients and their loved ones

People Connected By Cancer

www.okpcbc.org

When I was diagnosed with breast cancer at only 32, it was the furthest thing from my mind! Unbelievably, I didn't even know anyone first hand with cancer and no one in my family had experienced it either. Then suddenly people were coming out of the woodwork with their experiences and advice - some good, some bad.

I was one of the many patients, family members and concerned friends that set out searching on the internet for information upon hearing a cancer diagnosis. Sometimes what we find out there is disheartening, outdated, or plain incorrect. How do we filter through all that in the middle of dealing with the diagnosis itself? What resources are available before, during and after treatment? What is out there to support families and caregivers?

*As a coalition of Oklahoma health care professionals, cancer-related societies and organizations, survivors, and others whose lives have been touched by cancer, **People Connected By Cancer** wants to give you and your loved ones a head start by providing good, reputable resources to include web links and hotline numbers. This booklet has been developed with support from the Oklahoma Comprehensive Cancer Control Network in conjunction with inputs from medical professionals and support groups all over the state.*

*We will be continually updating this guide, so visit the **People Connected By Cancer** links page at www.okpcbc.org for the most current version and more weblinks.*

We wish you the best on your cancer journey, and hope this guide provides a little bit of comfort as you connect with the resources and support available in our great state of Oklahoma.

*Sandi Troup
Breast Cancer Survivor & Support Group Chair
People Connected By Cancer*

This resource guide was developed by People Connected By Cancer

Last update: Monday, March 24, 2008

For any updates, corrections, or suggestions,
please e-mail: guide@okpcbc.org

or call: 405-962-9012

Expressive Arts

Cancer Journaling Group

Newcomers are always welcome. Topics vary each month.

When: 1st Saturday of month, 9:30-11:30 am

Where: Troy & Dollie Smith Cancer Center Library, 1st floor Bulding D / INTEGRIS Baptist Hospital / 3300 NW Expressway / Oklahoma City, OK 73112

Information: (405) 943-4673

Expressive Arts Whole Family Group

An art therapy group for individuals & families affected by cancer.

When: Call for schedule

Where: St. Anthony Hospital / 1000 N. Lee / Oklahoma City, OK 73101

Information: Kelley O'Neal (405) 231-3002

Stitching For Sanity

For beginners & experienced at knitting and crochet. Bring scrap yarns, patterns to exchange, or just bring yourself!

When: 1st and 3rd Monday of the month, 2:30-2:30pm (call to verify)

Where: Troy & Dollie Smith Cancer Center Library, 1st floor Bulding D / INTEGRIS Baptist Hospital / 3300 NW Expressway / Oklahoma City, OK 73112

Information: Pat Lynn Moses or Andi Berry (405) 949-3775

Wings of Hope

Practice the ancient art of origami and add folded, paper butterflies

When: 1st and 3rd Monday of the month, 12:30-2:30pm (call to verify)

Where: Troy & Dollie Smith Cancer Center Library, 1st floor Bulding D / INTEGRIS Baptist Hospital / 3300 NW Expressway / Oklahoma City, OK 73112

Information: Pat Lynn Moses or Andi Berry (405) 949-3775

Monthly Creative Experience Workshop

For anyone affected by cancer, including caregivers. No art talent needed to attend; only desire to play creatively.

When: 2:00-4:00 pm, 2nd Thursday each month

Where: Troy & Dollie Smith Cancer Center Library, 1st floor Bulding D / INTEGRIS Baptist Hospital / 3300 NW Expressway / Oklahoma City, OK 73112

Information: Register at (405) 943-HOPE (4673)

Expressive Writing

Learn how to use writing to combat stressful times.

When: Mondays, 2-3pm (Call to register)

Where: Mercy Cancer Resource Ctr / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

Musical Discoveries

Learn how to use music to combat stressful times.

When: Tuesdays, 2-3pm (Call to register)

Where: Mercy Cancer Resource Ctr / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

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Patient Advocacy and Financial Aid

Patient Advocate Foundation

<http://www.patientadvocate.org>

A national non-profit organization that seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability.

Address: 700 Thimble Shoals Blvd, Suite 200 / Newport News, VA 23606

Phone: 1-800-532-5274

E-mail: help@patientadvocate.org

NCI: Financial Assistance and Other Resources for People with Cancer

<http://www.cancer.gov/cancertopics/factsheet/Support/financial-resources>

Comprehensive list of financial support available from government and non-profit organizations.

National Coalition for Cancer Survivorship

<http://www.canceradvocacy.org/resources>

Addresses health insurance issues, employment rights and financial help

Phone: 1-877-NCCS-YES (1-800-622-7937)

CancerCare Assist

http://www.cancer.org/get_help/assistance/cc_financial.php

Limited grants for certain expenses related to treatment.

Phone: 1-800-813-HOPE (4673)

Website address or e-mail

United Way

<http://www.unitedwayokc.org>

Information on local and national assistance available.

Phone: For most areas in Oklahoma, dial 2-1-1

National Children's Cancer Society

http://nationalchildrenscancersociety.com/we_help/program.html

Provides direct financial assistance for medical and non-medical expenses related to treatment for children with cancer, including: bone marrow transplantation, cancer treatments, meals during treatment, health insurance premiums, lodging, pharmaceuticals and transportation.

Phone: 1-800-5-FAMILY

National Patient Travel Center

www.PatientTravel.org

Based on a patient's needs and condition, the center provides referrals to free or specially discounted medical air transport services.

Phone: 1-800-296-1217

Smoking Cessation

Fresh Start

Free smoking cessation classes. Reservations are required.

When: Four weekly sessions on Tuesdays, 6-7 pm

Where: Locations alternate between INTEGRIS Baptist & SW Medical Center

Information: (405) 951-2277

Smoke Stoppers

Ongoing smoking cessation group program.

When: Call for date and time

Where: St Francis Hospital Education Center, 6161 S Yale

Information: (918) 494-4400

Fitness and Wellness

Mind/Body medicine

Different topics each week pertaining to stress management, dealing with depression, overcoming anxiety, fighting fatigue, mind/body skills, etc.

When: 1:00 p.m. each Monday

Where: Cancer Treatment Centers of America - Conference Room A - 10109 E. 79th Street (81st Street & Highway 169) Tulsa, Oklahoma 74133

Information: (918) 286-5585

Relaxation and Imagery

Relaxation, a state of reduced tension and increased mental energy, is useful imagery to enhance healing.

When: 1:00 p.m. each Wednesday

Where: Cancer Treatment Centers of America - Conference Room A - 10109 E. 79th Street (81st Street & Highway 169) Tulsa, Oklahoma 74133

Information: (918) 286-5585

Labyrinth Gathering

Walk the labyrinth and feel the stress melt away with this group!

When: Wednesdays, 2-3pm (Call to register)

Where: Mercy Cancer Resource Ctr / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

Relaxation Relief

Learn how to cope with stress with mind and breathing techniques

When: Thursdays, 2-3pm (Call to register)

Where: Mercy Cancer Resource Center / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

Humor Therapy

Good things happen to us physically, mentally, and emotionally when we laugh. Humor is a choice, and laughter is used for its healing benefits in this class.

When: 1:00 p.m. each Friday

Where: Cancer Treatment Centers of America - Conference Room A 10109 E. 79th Street (81st Street & Highway 169) Tulsa, Oklahoma 74133

Information: (918) 286-5585

Dare to Care Fitness & Yoga

Did you know that you can have a BLAST while Exercising? Fitness & Yoga (for anyone affected by Cancer; classes are Coed). Offered to you FREE by Integris Troy & Dollie Smith Cancer Center.

When: See below (Mon, Tues, Wed & Thurs)

Mondays: 6:45 pm, Studio 2 Fitness / Tuesdays: 5:45 pm, Studio 3, Yoga

Wednesdays: 10:30 am, Studio1, Fitness / Thursdays: 9:00 am, Studio 2, Yoga

Where: Pacer Fitness Center / 5520 N. Independence / Oklahoma City, OK 7311

Information: Sign up with Pat Lynn Moses or Andi Barry at (405) 949-3775

Patient Advocacy and Financial Aid (Cont)

Hill-Burton Free and Reduced-Cost Health Care Program

<http://www.hrsa.gov/osp>

Information about how to access facilities that provide free and reduced-cost services.

Phone: 1-800-638-0742

Partnership for Prescription Assistance

<https://www.pparx.org>

The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them.

Phone: 1-888-4PPA-NOW (477-2669)

Rx Assist

<http://www.rxassist.org>

RxAssist offers a comprehensive database of these patient assistance programs run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine. Also provides practical tools, news, and articles so that health care professionals and patients can find the information they need.

Address: Volunteers in Health Care

111 Brewster Street / Pawtucket, RI 02860

Phone: 401-729-3284

Email: info@rxassist.org

Resources for all Cancers

National Cancer Institute

<http://www.cancer.gov>

Cancer-specific information, cancer topics like support and resources, clinical trials, etc.

Address: NCI Public Inquiries Office

6116 Executive Boulevard / Room 3036A / Bethesda, MD 20892-8322

Phone: 1-800-4-CANCER (1-800-422-6237) Monday through Friday 9:00 a.m. to 4:30 p.m.

American Cancer Society

<http://www.cancer.org>

Links to cancer-specific information, treatment decision tools, info for survivors and family

Phone: 1-800-ACS(227)-2345 (1-866-228-4327 for TTY) 24 hours a day

National Comprehensive Cancer Network (NCCN)

<http://www.nccn.org/patients/default.asp>

The National Comprehensive Cancer Network (NCCN) is a not-for-profit alliance of 21 of the world's leading cancer centers dedicated to improving the quality and effectiveness of care provided to patients with cancer. Source for treatment guidelines, clinical trials, cancer resource links.

Phone: 1-888-909-6226

American Society of Clinical Oncology – People Living With Cancer

<http://www.plwc.org/portal/site/PLWC>

Comprehensive guides to 120+ types of cancer and cancer-related symptoms, survivorship, clinical trials, diagnosis and treatment, coping.

Address: American Society of Clinical Oncology

1900 Duke Street, Suite 200

Alexandria, VA 22314

Attn: Communications and Patient Information Department

Phone: 703-519-2927 or 888-651-3038

CancerCare

<http://www.cancer.org>

A national nonprofit organization that provides free, professional support services for anyone affected by cancer. Includes education, counseling and assistance.

Address: CancerCare National Office

275 Seventh Ave, Floor 22 / New York, NY 10001

Phone: 1-800-813-HOPE (4673)

Email: info@cancer.org

Nutrition and Complementary Medicine Resources

American institute for Cancer Research

<http://www.aicr.org>

A cancer charity that fosters research on diet and cancer prevention and educates the public about the results. Information to help make better informed decisions and reduce risk of secondary tumors and recurrence.

Phone: 1-800-843-8114 (Free nutrition hotline, talk to a registered AICR dietitian)

Cancer Information: Nutrition

<http://www.caring4cancer.com/go/cancer/nutrition>

Good nutrition can be your ally in the fight against cancer, helping to manage symptoms and aid healing and recovery. Through the links in the column to the right, find practical advice on nutrition before, during, and after treatment, including guidance on what to eat (and when), easy recipes, and useful tips.

National Center for Alternative and Complementary Medicine

<http://nccam.nih.gov>

The National Center for Complementary and Alternative Medicine is the Federal Government's lead agency for scientific research on complementary and alternative medicine (CAM).

Memorial Sloan-Kettering: Herbs & Botanicals

<http://www.mskcc.org/mskcc/html/11570.cfm>

An information resource presented by Memorial Sloan-Kettering Integrative Medicine Service. Provides evidence-based information about herbs, botanicals, supplements, and more.

Nutrition and Complementary Medicine Groups

Nutrition - Battling Cancer with Better Nutrition

Information on cancer prevention with nutrition and coping techniques for treatment side effects.

When: 1st Tuesday of month (every other month), 12:00 pm

Where: St. John LaFortune Cancer Center, 1st Floor Holliman Building, 1705 E. 19th / Tulsa, OK 74104

Information: Julie Kinzie (918) 744-2300 or www.stjohncancercenter.com

Nutrition and Cancer Class

A class focusing on the use of food and nutrients to improve outcome in cancer treatment. Family and friends welcome.

When: 11:00 a.m. each Thursday

Where: Cancer Treatment Centers of America - Conference Room D, 1st floor 10109 E. 79th Street (81st Street & Highway 169) Tulsa, Oklahoma

Information: (918) 286-5585

Skin Cancer Resources and Support

Melanoma International Foundation

<http://www.melanomaintl.org>

The mission of the Melanoma International Foundation is to ease the burden and bring hope to the journey of melanoma through patient support, early detection education and advocacy. We provide hope and guidance to melanoma patients and families by empowering them with correct up-to-date information.

Phone: Toll-Free 1-866-463-6663 or 610-942-3432

E-mail: info@melanomaintl.org

The Skin Cancer Foundation

<http://www.skincancer.org>

Provide accurate, up-to-date, and essential information on all forms of skin cancer, sun protection strategies, skin cancer prevention, and self-examination.

Phone: 1-800-SKIN-490 (800-754-6490)

E-mail: info@skincancer.org

Thyroid Cancer Resources and Support

ThyCa: Thyroid Cancer Survivors Association, Inc.

<http://www.thyca.org>

A network of services that link thyroid cancer survivors and health care professionals around the world..

Toll-Free: 1-877-588-7904

E-mail: thyca@thyca.org

ThyCa OKC

The only support group in Oklahoma for survivors of thyroid cancer.

When: 1st Monday of the month, 5:30-7pm

Where: Mercy Cancer Resource Ctr / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

Liver Cancer Resources

About Liver Tumors

<http://www.aboutlvertumors.com>

A resource for liver patients and concerned persons that includes FAQ's, definitions, as well as a portal to contact physicians and support groups.

Phone: (502) 629-3380

E-mail: info@AboutLiverTumors.com

American Liver Foundation

<http://www.liverfoundation.org>

Support and referrals for people with liver cancer and liver diseases.

Phone: 1-800-GO-LIVER

E-mail: info@liverfoundation.org

Resources for all Cancers (Continued)

LIVESTRONG – Lance Armstrong Foundation

<http://www.livestrong.org>

Will help you understand what to expect, teach you what questions to ask and give you one-on-one support along the way for survivors, caregivers, family members or friends. Source for LIVESTRONG notebook and other resources.

Phone: 1-866-467-7205

Oncolink

<http://www.oncolink.com/oncolife>

Information on nutrition, side effects, fertility; develop a comprehensive survivor care plan

Cancer Survivor Toolbox

<http://www.cancersurvivaltoolbox.org>

Cancer resources and links, plus an audio program designed to help cancer survivors and caregivers develop practical skills to deal with the diagnosis, treatment and challenges of cancer. (Access online, or call to order a free CD)

Address: National Coalition for Cancer Survivorship

1010 Wayne Avenue, Suite 770

Silver Spring, MD 20910

Phone: 1.877.TOOLS.4U (1-800-866-5648)

National Coalition for Cancer Survivorship – Resource Guide

<http://www.canceradvocacy.org/resources/guide>

A super resource! Use drop down menus to search for organizations and resources based on cancer type, cancer-related information, and essential care.

CancerConsultants.com – Oncology Resource Center

<http://www.patient.cancerconsultants.com>

Provides interested individuals, cancer patients, and their families and caregivers with access to the most current information about the prevention, screening, treatment, and overall management of cancer.

American Psychosocial Oncology Society – Helpline

<http://www.apos-society.org/survivors/helpline/helpline.aspx>

A toll-free Helpline through which cancer patients, caregivers and advocacy organizations may obtain referrals for local counseling services throughout the United States to connect cancer patients and their caregivers to professionals skilled in the management of cancer-related distress.

Phone: Toll Free 1-866-276-7443 (1-866-APOS-4-HELP)

E-mail: sspencer@apos-society.org (Please put "Helpline Inquiry" in subject line)

CancerQuest

<http://www.cancerquest.org>

This educational website teaches the biology of cancer. It assumes no previous knowledge on the topic, but goes into a fair amount of detail with 3-D graphics and audio. Site also has a Spanish option.

Resources for all Cancers (Continued)

Oncology Nursing Society - Cancer Symptoms.org

<http://www.cancersymptoms.org>

Information to learn about and manage symptoms that patients undergoing treatment for a cancer diagnoses commonly experience: anorexia, cognitive dysfunction, depression, dyspnea, fatigue, hormonal disturbances, neutropenia, pain, peripheral neuropathy, and sexual dysfunction.

Cancer-Pain.org

<http://cancer-pain.org>

This Association of Cancer Oncology Resources site contains information about cancer pain, its causes and available treatments.

Cancer Hope Network

<http://www.cancerhopenetwork.org>

Free, confidential, one-on-one support to people with cancer and their families; match patients with trained volunteers who have themselves undergone a similar experience. Provides support and hope, to help patients and families look beyond the diagnosis, cope with treatment, and start living life to its fullest once again.

Address: 2 North Road - Suite A / Chester, NJ 07930

Phone: Toll Free 1-877-467-3638

Cancer and Careers.org

<http://www.cancerandcareers.org>

A great resource for working women with cancer. Also has educational seminar materials, resources and tips for employers & coworkers, and suggestions on professional appearance while going through chemotherapy.

Gilda's Club

<http://www.gildasclub.org>

Cancer support for the whole family, the whole time. Mission is to provide meeting places where men, women and children living with cancer, along with their families and friends, can join with others to build a personal network of social and emotional support as an integral part of cancer treatment. Very extensive online resource section for cancers.

Address: Gilda's Club Worldwide / 322 Eighth Avenue, Suite 1402 / New York, NY 10001

Phone: 1-888-GILDA-4-U

Caring 4 Cancer

<http://www.caring4cancer.com>

Comprehensive cancer information through the entire journey, survivor stories, online message boards, support groups. Also create a Caring Connections page to keep an online journal and share with others.

Head and Neck Cancer Support Groups

Sooner Nu-Voice Laryngectomy Club

When: 2:00 PM 2nd Sunday of each month

Where: Bellevue Rehab & Nursing Center, ActivityCenter
6430 N. Portland / Oklahoma City, OK

(Use the far south entrance with the green awning.)

Information: Julie Bornhorn, President, 405-834-9321, soonernuvoice1@cox.net
Ann Miller, 405-282-4740 / Tracy Grammer, SLP, OUHSC 405-271-7559

SPOHNC - Support for People with Oral, Head & Neck Cancer

This group is patient-directed. For patients with challenges when confronted with head, throat, nose and neck cancer. Only 4 to 5 per cent of all diagnosed cancers are oral, head and neck, but the problems associated with these cancers present unique challenges.

When: 6:30 - 8:30 p.m., First Tuesday of each month

Where: Hardesty Public Library, 8316 E 93rd St.

Information: Christine Griffin, a registered nurse (retired) at (918) 271-2483
or write:

SPOHNC of Tulsa, c/o C. Griffin, 6528 E 101st St, Suite D-1, PMB#256, Tulsa, OK 74133

New Voice Club - Head & Neck

Support, information and education for laryngectomy, and head and neck cancer patients with communication problems, and their families.

When: 11:30 a.m. to 1:00 p.m. - 2nd Thursday each month

Where: Mary K Chapman Health Plaza, 5th Floor, 1819 E. 19th - Bernsen
Conference Rm

Information: (918) 744-0123 or www.stjohncancercenter.com

Facilitator: Barbara King (918) 543-3833

Head & Neck Cancers - Support & Education

When: 1st Wednesday of each month, 6:00-7:30 p.m.

Where: Troy & Dollie Smith Cancer Center Library, 1st floor Bulding D /
INTEGRIS Baptist Hospital / 3300 NW Expressway / Oklahoma City, OK 73112

Information: Brad Quillen (405) 842-3222

Head and Neck Cancer Resources

International Association of Laryngectomees (IAL)

<http://www.larynxlink.com>

An association of over 230 laryngectomee clubs. Clubs provide pre- and post-operation visits to laryngee cancer patients and continuing support education for laryngectomees and families.

Phone: Toll-free 1-866-425-3678 (1-866-IAL-FORU)

E-mail: IAL@larynxlink.com

Web Whispers

<http://www.webwhispers.org>

Provides practical and educational information and support by way of the Internet to laryngectomees and to all persons diagnosed with or treated for cancer that affects the larynx or those who have suffered damage to the vocal cords.

Support is directed toward creating understanding, providing educational opportunities and rehabilitation assistance.

Address: Terry Duga / 6115 North Park Ave. / Indianapolis, IN 46220

E-mail: listmgr@webwhispers.org (E-mail list manager)

Mouth Cancer Foundation

<http://www.mouthcancerfoundation.org>

Aims to help patients and health professionals find free information on mouth, head & neck cancers easily. It provides direct links to the relevant sections of existing cancer websites and includes patient stories as well as an active message board, which acts as an easily accessible online support group.

E-mail: info@mouthcancerfoundation.org

Support for People with Oral and Head and Neck Cancers, Inc. (SPOHNC)

<http://www.spohnc.org>

Offers a program of support and information addressing the emotional, psychological and humanistic needs of oral and head and neck cancer patients.

Phone: 1-800-377-0928

E-mail: info@spohnc.org

Support Groups for all Cancers

Understanding Cancer

Answers to many questions about the nature, causes, diagnosis, treatment, and prevention of cancer.

When: 2:00 p.m. each Tuesday

Where: Cancer Treatment Centers of America - Conference Room A - 10109 E. 79th Street (81st Street & Highway 169) Tulsa

Information: (918) 286-5585

St. Francis Educating/Support Group

Support for St. Francis Hospital Radiation Oncology patients and family members

When: 11:30 a.m. each Thursday

Where: St. Francis Hospital, Radiation Therapy Lobby / 6161 S. Yale / Tulsa, OK

Information: Jolene Sanditen (918) 494-1585

Recurrence (Second Diagnosis)

When: 6:00-7:30 pm, First Monday each Month

Where: Y-ME office, 4606 E. St -- Building 7, Suite 314

Information: Y-ME (918) 481-3482

Reach to Recovery

Volunteer Program one-on-one Call for more information

Information: American Cancer Society (405) 782-1106

Radiation - What You Need to Know

What you need to know about radiation

When: 11:00 a.m. each Wednesday

Where: Cancer Treatment Centers of America - Conference Room A - 10109 E. 79th Street (81st Street & Highway 169) Tulsa

Information: 1-918 286-5585

Look Good... Feel Better

Licensed volunteer cosmetologists demonstrate techniques for enhancing appearance while undergoing cancer treatment with tips on wigs, turbans, makeup, skin care, etc.

When: 6:30 p.m. - 1st Tuesday each month except December

Where: Mary Kay Chapman Health Plaza, 1819 E. 19th / Tulsa, OK

Information: American Cancer Society, (918) 743-6767

Chemo Class

An informal class explaining the action of various chemotherapy drugs, possible side effects, and symptom management. Learn what you can do to manage and improve your experiences before, during, and after receiving chemotherapy, and the action of various chemotherapy drugs; and possible side effects.

When: 2:00 p.m. each Thursday

Where: Cancer Treatment Centers of America - Conference Room A - 10109 E. 79th Street (81st Street & Highway 169) Tulsa

Information: (918) 286-5585

Support Groups for all Cancers (Cont)

Thursday's Friends

Support group for cancer survivors and their families.

When: Call for schedule.

Where: Midwest Regional Medical Ctr / 2825 Parklawn Drive / Midwest City, OK 73110

Information: (405) 610-3627

Safe Haven Support Group

General cancer support group.

When: Call for schedule.

Where: St. Anthony Hospital / 100 N. Lee Oklahoma City, OK 73101

Information: Kelley O'Neal (405) 231-3002

Cancer Support Group

When: 3rd Tuesday of month, 7:00 P.M.

Where: Norman Regional Hospital Education Ctr / 901 N. Porter Ave Norman, OK

Information: Mike Baumgartner, (405) 307-1037

Coping With Cancer

A general cancer support group.

When: 2nd Monday of month, 6:30 pm.

Where: Mercy Health Ctr / 4300 W. Memorial Road / Oklahoma City, OK 73120

Information: (405) 752-3694

Cancer Support Group

When: Tuesdays, 6:30 pm.

Where: Grady Memorial Hospital / 2220 Iowa Avenue Chickasha, OK 73018

Information: Allison Kopycinski (405) 779-2163, Maggie Griffith (405) 222-2551

Living Life with Cancer

An all-cancer support group for Greater OKC. A time to share and make new friends while learning from professionals in the field of radiation therapy, oncology, and psychosocial cancer support.

When: 3rd Thursday of each month, 5:30-7:00 p.m.

Where: Troy & Dollie Smith Cancer Center Library, 1st floor Bulding D / INTEGRIS Baptist Hospital / 3300 NW Expressway / Oklahoma City, OK 73112

Information: (405) 943-4673

I Can Cope

"Cancer 101" education – learn the basics here!

When: Quarterly on Thursdays, call for times and dates

Where: Mercy Cancer Resource Ctr / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

Brain and CNS Cancer Support Groups

Tulsa Strong Mind, Strong Body, Strong Spirit Support group

For brain tumor patients and caregivers.

When: 4th Thursday of every month, 6:00-7:00 pm

Where: Various locations in Tulsa

Information: (405) 843-4673

Please confirm location and RSVP your attendance by the Wednesday before

Oklahoma City Strong Mind, Strong Body, Strong Spirit Support group

For brain tumor patients and caregivers.

When: 2nd Thursday of every month, 6:00-7:00 pm

Where: Various locations in Oklahoma City

Information: (405) 843-4673

Please confirm location and RSVP your attendance by the Wednesday before

Brain and CNS Cancer Resources

National Brain Tumor Foundation

<http://www.braintumor.org>

Comprehensive site offers Information about brain tumors, treatment information, survivor stories, support groups, and publications. Resources also available in Español.

Phone: 1-800-934-2873

Oklahoma Brain Tumor Foundation

<http://www.okbtf.org>

OKBTF is dedicated to meeting the needs of Oklahoma families, caregivers and patients affected by primary brain or central nervous system tumors. We work to provide for needs through education, advocacy, research and service. Whatever your needs, whether financial, physical, mental or spiritual, we will work with you to fight the battle.

Address: 820 N.E. 63rd Street / Oklahoma City, OK 73107

Phone: (405) 843-HOPE (4673)

E-mail: okbtf@okbtf.org

American Brain Tumor Association

<http://www.abta.org>

Offers free publications, educational programs, social service consultations by telephone, a mentorship program, support group lists, a resource list of physicians, a pen pal program and funds research. Also has a special website for kids.

Address: 2720 River Road, Des Plaines, IL 60018

Phone: 1-800-866-2282

E-mail: info@abta.org

The Brain Tumor Society

<http://www.tbts.org>

Provides individualized patient/family information, publishes educational materials, sponsors professional and patient conferences, and funds research. Website offers offer the latest information for the entire brain tumor community, from newly diagnosed patients, to survivors, families and healthcare professionals.

Phone: 1-800-770-8287

E-mail: info@tbts.org

The Guardian Brain Foundation

The mission of The Guardian Brain Foundation is to help advance neuroscience research, provide support services and to improve quality of life for adults and children diagnosed with injuries and tumors of the brain.

(516) 679-5075

E-mail: info@guardianbrain.com

Support Groups for all Cancers (Cont)

New Days Cancer Support Group

When: 1st Monday each month, 6:30pm

Where: First United Methodist Church – Church Parlor / 600 E. Okmulgee, Muskogee, OK

Information: Cindy Culver (918) 682-3368

Cancer Support Group

When: 2nd Friday each month, 1:00 pm

Where: First Baptist Church – Community First Center / 111 S. 7th, Muskogee, OK

Information: (918) 682-3496

Cancer Support Group

When: 1st and 3rd Thursday each month, 5:00pm

Where: Muskogee Regional Medical Center / 300 Rockefeller Dr., Muskogee, OK 74403

Information: Martha Owens (918) 686-0351

McAlester Cancer Support Group

When: 3rd Thursday each month, 1:00pm

Where: Van Buren House / 1800 Van Buren, McAlester, OK

Information: Joyce McNally (918) 423-8583

Mindful Chatter

Cancer Support Serving Multiple Counties in Southeast Oklahoma

When: 1st Tuesday each month, 5:30pm

Where: Millenium's Close to You
3305 NE Loop 286, Suite E, Paris, TX

Information: Toni Finch, Paris, TX (903) 785-0031

Cancer Support Group

When: 3rd Thursday each month, 2pm

Where: First United Methodist Church 100 E. Greenwood, Mannford, OK

Information: JoAnn Black (918) 865-2676

Cancer Support Group- "Just In Time", Owasso

When: 3rd Thursday each month, 6:30pm

Where: Owasso Community Center

Information: Dora Johnson 1-918 371-2242

Cancer Support Group- Ponca City

When: 2nd Tuesday of each month, 11:30am-1pm

Where: Ponca City Dearing House

Information: Contact Shelley Simon 1-580-762-9126

Support Groups for all Cancers (Cont)

Mayes County Support Group

When: 4th Thursday each month, 7:00pm

Where: Integris Mayes County Medical Center, Pryor, OK

Information: Darla Thompson 1-918 825-2747 or 1-918 637-6038

Mustard Seed

Support for cancer patients and family/friends

When: 11:30 a.m. - 2nd Saturday each month

Where: 6991 E. 72nd St. (site may change)

Information: Rosanna Pasco (918) 492-4953 or Betty Scrivner (918) 299-3413

Pinkey Promise

Where: Lawton, Oklahoma

Very new group, they meet in individual's homes, so far includes mostly family and friends. Meetings held mid-month, nothing set as of yet.

Information: Monica Gonzales (580) 647-7688

Woodward General Cancer Support

When: Monthly

Where: Woodward Regional Hospital

Information: Mary Swafford (580) 256-5511

Stillwater Support Group

When: Monthly

Where: Honska Room, Stillwater Medical Center

Information: Barbara Bell (405) 372-1775

Valley View Regional Hospital Cancer Support

When: Monthly

Where: Valley View Regional Hospital, Ada, Oklahoma

Information: Cathy Hennessey (580)-421-1175

Grove Cancer Support Group

When: 2nd Tuesday of the month at 7:00pm

Where: Integris Grove General Hospital – Dining Room 1310 S. Main Grove, OK

Information: Barbara Ott (918) 786-7159 or Billie Parker, (918) 786-6625

Oklahomans for Independent Living

Offering support to individuals and those affected by cancer

When: 8:00 a.m. - 5:00 p.m. weekdays

Where: 321 S. 3rd, Suite 2

Information: John Wilkinson (918) 426-6220 x105

Blood Cancer Support Groups (Cont)

Childrens' Support Group

Sponsored by the Leukemia and Lymphoma Society, but open to any diagnosis

When: 1st and 3rd Monday of every month, 5:00 pm

Where: 10 West

Children's Hospital at OU Medical Center, 1200 Everett Dr, OKC, OK 73104

Facilitators: Alisia Davis, MSW (405) 271-8001 / Sharelle Hushbeck, MSW / Ralisha Johnson, MSW

Spanish-Speaking Support Group

Sponsored by the Leukemia and Lymphoma Society, but open to any diagnosis

When: 1st Tuesday of every month, 6:00 pm

Where: Cancer Center Waiting Room

INTEGRIS Southwest Medical Center / 700 NE 13th St / Oklahoma City, OK 73109

Facilitator: Maria Aymat (405) 636-7560

Spanish-Speaking Support Group

Sponsored by the Leukemia and Lymphoma Society, but open to any diagnosis

When: 1st Wednesday of every month, 5:00 pm

Where: Presbyterian Tower, 7th Floor Conference Room

OU Medical Center / 700 NE 13th St / OKC, OK 73104

Facilitator: Carmen Soriano, RN (405) 271-79304

Blood Cancer Support Groups

All About Your Blood

Learn about the connection between blood and cancer, and blood cancers.

When: 2:00 p.m. each Thursday

Where: Cancer Treatment Centers of America, 10109 E 79th St, 1st Floor, Conf Rm A

Information: (918) 286-5585

Momentum

Support group for cancer survivors who have had or will have a bone marrow, stem cell, or cord blood transplant.

When: 2nd Tuesday of the month, 5:30-7pm

Where: Mercy Cancer Resource Center / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

Family Support Group

For anyone impacted by blood cancers.

When: 1st Wednesday of month, 7:00pm

Where: Radiation Oncology Waiting Area
Saint Francis Hospital / 6161 S Yale Ave / Tulsa, OK 74136

Facilitator: Peg Andre, RN, OCN (918) 639-7495

Myeloma Support Group

When: 3rd Wednesday of the month, 1:30 pm

Where: Mary K Chapman Health Plaza – Jaris Room
St. John Medical Center / 1819 E 19th St / Tulsa, OK 74104

Facilitator: Julie Kinzie, LCSW (918) 744-3189, www.stjohncancercenter.com

Family Support Group

For anyone impacted by blood cancers.

When: 1st Thursday of month, 6:00pm

Where: Troy & Dollie Smith Cancer Center Library, 1st floor Building D /
INTEGRIS Baptist Hospital / 3300 NW Expressway / Oklahoma City, OK 73112

Facilitator: Barbara Underwood, RN, OCN (405) 943-9988

Myeloma Support Group

When: 3rd Thursday of month, 6:00 pm

Where: Presbyterian Tower, 7th Floor Conference Room
OU Medical Center / 700 NE 13th St / OKC, OK 73104

Facilitator: Charlotte Coffey, MSW (405) 271-6557

Parents' Support Group

Sponsored by the Leukemia and Lymphoma Society, but open to any diagnosis

When: 2nd Wednesday of the month, 12:00 pm

Where: Conference Room, Jimmy Everest Cancer Center
Children's Hospital at OU Medical Center / 740 NE 13th St / OKC, OK 73104

Facilitator: Danny Cavett, Chaplain (405) 271-5758

Support Groups for all Cancers (Cont)

New Days Cancer Support Group

Support group for patients, survivors, families and caregivers of cancer patients.

When: 6:30 p.m. - 1st Monday each month

Where: First United Methodist Church - Church parlor, 600 E. Okmulgee

Information: Brian Matthews (918) 682-3368

Living with Cancer Challenge

Open discussion and support for patients and survivors.

When: 10:00-11:30 a.m. every Tuesday

Where: St. John LaFortune Cancer Center / 1st Floor Holliman Building,
1705 E. 19th / Tulsa, OK 74104

Information: Call (918) 744-0123 or www.stjohncancercenter.com

Just in Time

General cancer support group for patients & family/friends

When: 6:30 p.m. - 3rd Thursday each month

Where: Owasso Community Center

Information: Susan Kimball 918-272-2519 or 918-272-1146

Graduate Group

Therapy support group. Self examination and assist each other. Please call for more information to determine if this group might be helpful to you.

When: 2nd & 4th Tuesdays

Where: 3035 NW 63rd St, Ste. 151N

Information: Roseanna Smith (405) 842-0003

Rosanna Smith is a licensed family therapist, a licensed professional counselor, and a cancer survivor.

General Cancer Support Group

When: 1:00 p.m. 3rd Thursday of each month

Where: Van Buren House (across from McAlester Clinic), McAlester

Information: Franke Rayburn (918) 423-5081 or Mita Milligan (918) 421-8182

Christ United Methodist Church - Cancer Support Group

Support for cancer patients & family/friends

When: Call for date and time

Where: Christ United Methodist Church, 3515 S. Harvard

Information: (918) 747-8601

Cancer Support Group

Support Group for patients, survivors, families and caregivers of cancer patients.

When: 1:00 p.m. - 2nd Friday each month

Where: First Baptist Church - Community First Center 111 S. 7th

Information: Dr. Linda Platt (918) 687-4871 or (918) 310-0331

Cancer Support Group

Support group for cancer patients, their families/friends.

When: 12:00 - 1:00 - 4th Thursday each month

Where: Stillwater Hospital, 3123 W. 24th Ave

Information: Barbara Bale (405) 372-1775

Support Groups for all Cancers (Cont)

Asbury United Methodist Support Group

A support group for those living with cancer, their family and friends.

When: 4:00-6:00 p.m. 2nd Sunday each month (April & May - 3rd Sunday)

Where: 6767 S. Mingo, Parlor/Kitchen

Information: (918) 492-1771

American Cancer Society - Mayes county Support Group

Support for those with cancer

When: 1st Thursday each month

Where: First Baptist Church

Information: Darla Thompson 918-825-4224

PUSH: Positively Uniting Survivors through Hope

A support group open to the survivors of any type of cancer

When: 2nd Monday of the month, 6:30-8pm

Where: Mercy Cancer Resource Center / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

Been There Done That (Stem Cell Recipients)

When: 6:30 - 8:30 p.m. 1st Monday of each month

Where: Y-Me Office, 4606 E 67th St, Bldg 7, Suite 314, Tulsa

Information: Y-Me (918) 494-8808 Beth Bordingley

Look Good, Feel Better

Licensed volunteer cosmetologists demonstrate techniques for enhancing appearance while undergoing cancer treatment with tips on wigs, turbans, makeup, skin care, etc.

When: Offered 4 times a year, call for dates and times

Where: Troy & Dollie Smith Cancer Center Library, 1st floor Bulding D / INTEGRIS Baptist Hospital / 3300 NW Expressway / Oklahoma City, OK 73112

Information: (405) 943-4673

Free Counseling and Support Services

Support for persons affected by cancer in Oklahoma. Topics of concern addressed may include: grief, anxiety, medical phobias, sexual and reproductive health, effects on family, stress, relaxation techniques, and skills for survivorship.

Where: Troy & Dollie Smith Cancer Center, 1st floor Bulding D / INTEGRIS Baptist Hospital / 3300 NW Expressway / Oklahoma City, OK 73112

Information: (405) 943-4673

For Appointment: Andi Berry, MHR, ATR-BC, LPC, NCC and Pat Lynn Moses MHR,MAAT, ATR-BC, LPC (405) 949-3775

Blood Cancer Resources

The Leukemia and Lymphoma Society

The goal of the society is to find cures for leukemia, lymphoma, Hodgkin's disease, and multiple myeloma and to improve the quality of life of patients and their families. The society provides patient financial aid for specified treatment expenses and transportation, family support groups, First Connection (a professionally supervised peer support program), referrals and school re-entry materials.

Address: 500 N. Broadway, Suite 250, Oklahoma City, OK 73102

Phone: (405) 943-8888 / 1-888-828-4572 (Toll Free)

E-mail: sherry.martin@ils.org

International Myeloma Foundation (IMF)

<http://www.myeloma.org>

Supports education, treatment, and research for multiple myeloma. They provide a toll-free hotline, seminars, and educational materials for patients and their families. Assistance is provided in many languages.

Phone: 1-800-452-CURE (800-452-2873)

E-mail: theIMF@myeloma.org

Lymphoma Research Foundation (LRF)

<http://www.lymphoma.org>

The LRF website offers a wide range of support services and programs for patients and loved ones affected by lymphoma. Whether you are newly diagnosed, want detailed information about lymphoma, looking for ongoing support, or seeking help with long-term survivorship, LRF is here to help.

Phone: 1-800-500-9976

E-mail: helpline@lymphoma.org

The Multiple Myeloma Research Foundation (MMRF)

<http://www.themmr.org>

Detailed explanations of myeloma, treatment options and clinical trials. Free informational booklets is designed to help newly diagnosed patients and their friends and families to better understand multiple myeloma and its complications.

Address: 383 Main Avenue, 5th floor, Norwalk, CT 06851

Phone: (203) 972-1250

E-mail: info@themmr.org

Pancreatic Cancer Resources

Pancreatic Cancer Action Network (PanCAN): Patient and Liaison Services

Connect with other survivors and caregivers, attend support groups and educational meetings, and request assistance with financial or insurance issues. Complete list of educational and support resources, inspirational stories, and tips from other survivors.

Address: 2141 Rosecrans Ave., Suite 7000 / El Segundo, CA 90245

Phone: 1-877-272-6226

Email: pals@pancan.org

Pancreatica.org

<http://www.pancreatica.org>

A worldwide gathering point on the Internet for the latest news and information in regard to clinical trials and other medical care in the treatment of pancreatic cancer. Comprehensive links page, plus frequently asked questions about pancreatic cancer, clinical trials database, medical literature and survivor stories.

Address: 149 Bonifacio Place / Monterey, California 93940

Phone: (831) 658-0600

Southwest Program for Pancreatic Cancer

<http://w3.ouhsc.edu/surgery/pancan/index.htm>

A program to establish a network consisting of every pancreatic cancer patient and survivor who resides in Oklahoma, as well as their families, friends, and supporters. Places specific emphasis on: organized advocacy, facilitated access to physicians and other health care providers, education regarding the disease process, decision-making support, participation in clinical trials using state-of-the-art therapeutic interventions, and follow-up support groups.

Address: Daniel J. Brackett / Surgery / OUHSC, PO Box 26901, OKC, OK 73190

Phone: (405) 271-2108

E-mail: daniel-brackett@ouhsc.edu

The Lustgarten Foundation for Pancreatic Cancer

<http://www.lustgartenfoundation.org>

Foundation to advance the scientific and medical research related to the diagnosis, treatment, cure and prevention of pancreatic cancer; provides informational support for pancreatic cancer patients, their families, and friends.

Download "Understanding Pancreatic Cancer" from the patient resources.

Phone: 1-866-789-1000

Pancreatic Cancer Support Groups

Pancreatic Cancer Support Group

When: Last Thursday of each month, 6:00 pm

Where: O'Donoghue Research Building, 3rd Floor Surgery Research

Conference Room, 1122 NE 13th Street, Oklahoma City, OK

Information: Daniel Brackett, (405) 271-2108, daniel.brackett@ouhsc.edu

Website: <http://w3.ouhsc.edu/surgery/pancan/index.htm>

Family and Caregiver Resources

Lotsa Helping Hands

<http://www.caringconnections.lotsahelpinghands.com>

A great online resource to distribute the burden of caregiving among a community of volunteers. Define volunteer activities using the supplied templates, and begin inviting members to the community. Volunteers can then easily view and sign up for any number of available tasks, review their current commitments, and will automatically be sent email reminders of upcoming obligations.

Net of Care

http://www.netofcare.org/content/getting_started

Information and resources for caregivers. Site also provides a downloadable Caregiver Resource Directory intended to help family caregivers feel less alone and overwhelmed. It offers resources, facts, and advice about caring for a loved one, as well as the caregiver.

National Alliance for Caregiving

<http://www.caregiving.org>

Dedicated to providing support to family caregivers and the professionals who help them and to increasing public awareness of issues facing family caregivers.

National Family Caregivers Association

<http://www.nfcares.org>

Educates, supports, empowers and speaks up for the more than 50 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age.

Phone: 1-800-896-3650

Kids Connected

<http://www.kidsconnected.org>

Kids Connected's mission is to provide friendship, understanding, education, and support for the children who have a parent with cancer, or have lost a parent to cancer. Children's camps, books, youth leadership program.

24-Hour Hotline for Kids to call: 1-800-899-2866

E-mail: info@kidsconnected.org

KidsCope

<http://www.kidscope.org>

Mission is to help children and families understand the effects of cancer or chemotherapy on a loved one, to provide suggestions for coping, and to develop innovative programs and materials that communicate a message of hope to diverse families coping with this crisis.

Children's Treehouse Foundation

<http://www.childrenstreehousefdn.org/ourbook.html>

Interactive workbook to help kids cope with news that parents have cancer

Family and Caregiver Support Groups

Parents' Support Group

Sponsored by the Leukemia and Lymphoma Society, but open to any diagnosis

When: 2nd Wednesday of the month, 12:00 pm

Where: Conference Room, Jimmy Everest Cancer Center

Children's Hospital at OU Medical Center / 740 NE 13th St / OKC, OK 73104

Facilitator: Danny Cavett, Chaplain (405) 271-5758

Grupo De Apoyo De Cancer Para Toda La Familia (Whole Family Support)

When: Call for schedule.

Where: Integris SW Medical Center / 1001 S.W. 44th Street / OKC, OK 73109

Information: En Español (405) 636-7650 or (405) 636-7982

Strength For Caring

Education & support for family cancer caregivers.

When: Call to schedule

Where: Troy & Dollie Smith Cancer Center Library, 1st floor Bulding D /

INTEGRIS Baptist Hospital / 3300 NW Expressway / Oklahoma City, OK 73112

Information: (405) 943-4673

Palliative Care and End of Life Resources

Oklahoma Palliative Care Resource Center

<http://okpalliative.nursing.ouhsc.edu>

A comprehensive resource for palliative and end of life care. Numerous local and national links are available on the Resources page.

Address: OU College of Nursing / 1100 N Stonewall Ave / OKC, OK 73117

Phone: (405) 271-1491, ext 49194

E-mail: ok-palliative@ouhsc.edu

Caring Connections

<http://www.caringinfo.org>

A wide range of resources about end-of-life care to include hospice info, palliative care, advance directives, caregiving, pain, grief, financial planning, and issues relating to the workplace.

Phone: 1-800-658-8898 (Spanish helpline 1-877-658-8896)

E-mail: caringinfo@nhpco.org

National Pain Foundation – Cancer Pain and Palliative Care

http://www.nationalpainfoundation.org/MyPain/contentdirectory_Cancer.asp

Education and resources for cancer pain for patients with cancer.

Address: 300 E Hampden Avenue, Suite 100 / Englewood, CO 80113

AARP – End of Life

http://www.aarp.org/families/end_life

Educational sections for estate planning, financial powers of attorney, hospice, communicating wishes, and resources for family members coping with end of life issues.

Prostate and Testicular Cancer Support Groups

Us Too!

Prostate cancer support group.

When: 3rd Tuesday of each alternating month, 6:00 pm.

Where: Location alternates between Deaconess and INTEGRIS Baptist

Information: Deaconess (405) 604-4298 or INTEGRIS Baptist (405) 943-4673

Us Too!

Prostate cancer support group

When: 3rd Tuesday of the month, 6-7:30pm

Where: Mercy Cancer Resource Ctr / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

Us Too!

Prostate cancer support group

When: 7:00 p.m. - 2nd Thursday each month

Where: St. John Health Plaza, 1819 E. 19th St.

Information: Julie Kinzie (918) 744-2300

Us Too! Shawnee Regional

Prostate cancer support group

When: 3rd Mon 6 - 7:30 pm

Where: Unity North Shawnee Cancer Ctr, 1102 W. MacArthur

Information: Marla Mauldin RN BSN OCN (405) 878-3445

"Man to Man" Prostrate Cancer Support Group

Prostate cancer support group for men and their spouses.

When: 7:00 p.m. - 2nd Monday each month

Where: Cancer Treatment Centers of America - Conference Room C, 1st floor - 10109 E. 79th Street (81st Street & Highway 169) Tulsa

Information: (918) 286-5585

Man to Man Prostate Cancer Support Group

Group education, discussion and support for men and their families that are touched by prostate cancer.

When: 6:00-8:00 p.m. 3rd Tuesday of each month

Where: Health Education Center: Corner of Elk and Whisenant, Duncan, OK

Information: Elton March 1-580-439-5052, OR 1-580-251-8557 / 8844

Man to Man

Prostate cancer support group for men and their spouses

When: call for meeting information

Information: Mike McGowan (918) 424-6453

The Testicular Cancer Resource Center

TC-NET is a testicular cancer email support group with 600-700 subscribers. On average, the list generates 15-25 emails a day, less on weekends. Visit address below to subscribe to the listserve.

Information: <http://www.acor.org/TCRC/tc-net.html>

Prostate and Testicular Cancer Resources

Men's Cancer Resource Group

A support network that runs a 24-hour information line serving prostate cancer survivors and concerned professionals.

Phone: 1-800-227-2345

National Prostate Cancer Coalition

<http://www.fightprostatecancer.org>

The National Prostate Cancer Coalition (NPCC) sets the standard for rapidly reducing the burden of prostate cancer on American men and their families through awareness, outreach, and advocacy.

Address: 1154 Fifteenth Street NW, Washington, DC 20005

Toll-free: 1-888-245-9455 / Phone: (202) 463-9455

E-mail: info@fightprostatecancer.org

US TOO! Prostate Cancer Education & Support

<http://www.ustoo.org>

Dedicated to communicating timely and reliable information enabling informed choices regarding detection and treatment of prostate cancer. Strives to enhance the quality of life for all those affected by prostate cancer.

Address: 5003 Fairview Avenue, Downers Grove, IL 60515

Toll-Free: 1-800-80-UsTOO (1-800-808-7866) / Phone: (630) 795-1002

E-mail: ustoo@ustoo.org

Prostate Cancer Institute

<http://www.prostate-cancer-institute.org>

Information regarding prostate cancer and treatment options for prostate cancer patients and their families.

Address: 10250 Valley View Road, Suite 145 / Eden Prairie, MN 55344

Toll-Free Nurse Line: 1-866-469-7733 / Phone: (952) 852-5560

E-mail: publisher@prostate-cancer-institute.org

The Testicular Cancer Resource Center

<http://www.acor.org/TCRC>

A comprehensive site with online support and resources including specific information on surgery, testing, treatment, reconstruction and fertility.

Address: 1385 Kenilwood Lane / Riverwoods, IL 60015

Bereavement and Grief Support

New Horizons

This is a group open to anyone experiencing grief.

When: 2nd & 4th Mondays of the month, call for times

Where: Mercy Cancer Resource Center / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

The Tristesse Center

Grief counseling center for both children and adults. Children, teens, and adult group sessions offered. Art therapy and individual counseling also available.

When: call for times

Where: The Tristesse Center, 1709 S. Baltimore

Information: (918) 587-1200, www.thetristessecenter.org

Grief and Life Changes Support Group

Help in dealing with life's changes, with the loss of a friend or family, or dealing with cancer

When: 6:15 pm to 8:15 p.m. each Wednesday

Where: Nick Reynolds Funeral Home, 1916 S Sheridan, Tulsa (call for other locations)

Information: Lynda Alford, Vista Care Family Hospice, (918) 622-4828

Grief and Life Changes Support Group

Help dealing with life's changes, the loss of a friend or family, or dealing with cancer.

When: Call for schedules

Where: Tulsa Jewish Retirement & Health Center 2025 E 71, Zarrow Manor (Residential side - 2nd floor); call for other locations

Information: Lynda Alford, Vista Care Family Hospice, (918) 622-4828

Bereavement and Grief Services

Offering support and/or services to those who are grieving the death of a loved one. Call to have your name added to the mailing list.

When: every Tuesday from 5:30-7 p.m. and Thursday from 3:30-4:30 p.m.

Where: St. John Medical Building, 4720 S. Harvard, Tulsa

Information: Bereavement Coordinator (918) 747-7901

American Cancer Society - Bereavement and Grief Services

Support and/or services to those who are grieving the death of a loved one.

When: 7:00 p.m. - 2nd Tuesday each month

Where: Mayes County Medical Center

Information: Susan Johnson (918) 825-1600

Bereavement Support Group - Owasso

For people who have lost loved ones

When: 4:00 p.m. each Thursday

Information: Suzanne Davis or Don McAllister (918) 747-7901

Pediatric Cancer Resources

Pediatric Oncology Resource Center

<http://www.acor.org/ped-onc>

A web site for parents, friends, and families of children who have or had childhood cancer. This resource center was created by and for people who know young people who are recovering from cancer.

Candlelighters Childhood Cancer Foundation

<http://www.candlelighters.org>

Committed to providing support, education and advocacy for children and adolescents with cancer, survivors of childhood/adolescent cancer, their families and the professionals who care for them.

Starlight StarBright Children's Foundation

<http://www.starlight.org>

Help seriously ill children and their families cope with their pain, fear and isolation through entertainment, education and family activities.

Phone: 1-800-315-2580

E-mail: info@starlight.org

Pediatric Cancer Support Groups

Parents' Support Group

Sponsored by the Leukemia and Lymphoma Society, but open to any diagnosis

When: 2nd Wednesday of the month, 12:00 pm

Where: Conference Room, Jimmy Everest Cancer Center

Children's Hospital at OU Medical Center / 740 NE 13th St / OKC, OK 73104

Facilitator: Danny Cavett, Chaplain (405) 271-5758

Childrens' Support Group

Sponsored by the Leukemia and Lymphoma Society, but open to any diagnosis

When: 1st and 3rd Monday of every month, 5:00 pm

Where: 10 West

Children's Hospital at OU Medical Center, 1200 Everett Dr, OKC, OK 73104

Facilitators: Alisia Davis, MSW (405) 271-8001 / Sharelle Hushbeck, MSW / Ralisha Johnson, MSW

Gynecological Cancer Support Groups

HOPE in Oklahoma

A support group for women with gynecological cancers.

When: 1st Saturday of the month

Where: OU Physicians Building, 5th floor lobby / 825 10th Street OKC, OK 73701

Information: (405) 271-8001, Ext. 48165

Website: <http://www.hope.ouhsc.edu>

"Anna's Belles" Ovarian Cancer Support Group

Support for ovarian cancer patients

When: Once a month on Saturday

Where: Cancer Treatment Center of Tulsa, 10109 D 79th St, Conference Room D, 1st Floor

Information: Anna Schlichting, RN (918) 247-6308 or anna@intcon.net

SHARE

<http://www.sharecancersupport.org>

A NY-based organization that offers toll-free survivor-led support to those affected by breast or ovarian cancer to ensure that no one faces cancer alone.

Ovarian Hotline: 1-866-537-4273 (Also available in Español and other languages)

Gynecological Cancer Resources (Cont)

Gynecologic Cancer Foundation - Women's Cancer Network

<http://www.wcn.org>

Keeps women informed and to enable them to be their own health advocates. Assists women who have developed cancer, as well as their families, to understand more about the disease, learn about treatment options, and gain access to new or experimental therapies.

Address: 230 W. Monroe, Suite 2528 / Chicago, IL 60606

Phone: 1-800-444-4441

E-mail: info@thegcf.org

Eyes on the Prize

<http://www.eyesontheprize.org>

Online support and information for gynecologic cancer survivors.

Facing Our Risk of Cancer Empowered (FORCE)

<http://www.facingourrisk.org>

Mission is to improve the lives of individuals and families affected by hereditary breast and ovarian cancer. Information on latest research, and resources to determine whether they are at high risk for breast and ovarian cancer due to genetic predisposition, family history, or other factors.

Address: 16057 Tampa Palms Blvd. W, PMB #373 / Tampa, FL 33647

Phone: 1-866-288-7475 (RISK) Toll free helpline

E-mail: info@facingourrisk.org

CONVERSATIONS: The International Ovarian Cancer Connection

<http://www.ovarian-news.org>

An international newsletter for those fighting ovarian cancer providing hope, humor, support and information about treatment options and coping tips.

Survivor-to-fighter matching service available.

(806) 355-2565

Young Adult Cancer Resources

Ulman Cancer Fund for Young Adults

<http://www.ulmanfund.org>

Addresses areas of cancer support, advocacy, and education specific to young adults dealing with cancer.

Address: PMB #505 / 4725 Dorsey Hall Drive, Suite A / Ellicott City, MD 21042

Phone: 1-888-393-FUND (3863)

Email: info@ulmanfund.org

I'm Too Young For This! Cancer Foundation for Young Adults

<http://imtooyoungforthis.org>

A global support community for young adults affected by cancer who get busy living and rock on. Our mission is to end isolation and improve quality of life by providing one-stop access to hard to find resources, peer support and social networks.

Planet Cancer

<http://www.planetcancer.org>

Young adults with cancer slip into a lonely no-man's land. Too old for the instant community of a children's hospital, they still don't fit in with the over-50 community that overwhelmingly populates adult cancer wards. Because young adults with cancer are a relatively small group, the difficulty of finding peer support is increased exponentially, forcing many to deal in isolation with issues specific to this age and stage of life: dating with cancer, disclosure to a potential employer, long-term insurance issues, moving back home, loss of fertility, or having to quit school or a newly-launched career. Planet Cancer exists so that no young adult will have to endure such isolation again.

LIVESTRONG Young Adult Alliance

http://www.livestrong.org/site/c.jvKZLbMRIsG/b.865471/k.B49/Young_Adult_Alliance.htm

A coalition of organizations with the goal to improve the survival rates and quality of life for young adults with cancer between the ages of 15 and 40.

Young Survival Coalition

<http://www.youngsurvival.org>

Dedicated to the concerns and issues that are unique to young women and breast cancer. YSC also serves as a point of contact for young women living with breast cancer.

Fertile Hope

<http://www.fertilehope.org>

Fertile Hope is a national, nonprofit organization dedicated to providing reproductive information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility. Information on insurance coverage and financial assistance for fertility preservation and parenthood after cancer.

Young Adult Support Groups

SHOUT Young Women Cancer Survivors

(Strength, Healing, Optimism, Understanding, Together)

When: Usually 4th Thursday of month, 6:30pm (check website for events)

Where: Locations vary, call ahead or check website

Information: Sandi Troup: (405) 962-9012 or Molly Fritch (405) 740-7705

Website: www.shout-okc.org

Young Women's Group

When: 6:30-8:30pm, First Tuesday

Where: 4606 E. 67 Street - Building 7, Suite 314, Tulsa, OK 74136

Information: (918) 494-8808

Zenith

This unique group offers networking opportunities for all young adult cancer survivors.

When: 1st Tuesday of the month, 5:30-7pm

Where: Mercy Cancer Resource Center / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

Gynecological Cancer Resources

Take Charge!

<http://www.health.state.ok.us/program/cds/breastcervical.html>

Oklahoma's Breast and Cervical Cancer Early Detection program. The mission of Take Charge! is to provide women with information and access to screening services in order to reduce morbidity and mortality from breast and cervical cancer.

Phone: Oklahoma State Health Department 1-866-550-5585

Oklahoma Cares

<http://www.health.state.ok.us/program/cds/ocare.html>

Oklahoma Breast and Cervical Cancer Treatment Program. The State of Oklahoma will provide Medicaid benefits to uninsured women under 65, who are identified through the National Breast and Cervical Cancer Early Detection Program (NBCCEDP) and are in need of treatment for breast or cervical cancer (including pre-cancerous conditions and early stage cancer).

Phone: Oklahoma State Health Department 1-866-550-5585

National Ovarian Cancer Coalition (NOCC)

<http://www.ovarian.org>

NOCC raises awareness about ovarian cancer and promotes education about the disease. Offers publications for newly diagnosed, support groups, a database of gynecologic oncologists searchable by state, and other educational materials.

Address: 500 NE Spanish River Blvd., Suite 8 / Boca Raton, Florida 33431

Phone: 1-888-OVARIAN (1-888-682-7426)

E-mail: nocc@ovarian.org

National Cervical Cancer Coalition (NCCC)

<http://www.nccc-online.org>

A grassroots nonprofit organization dedicated to serving women with, or at risk for, cervical cancer and HPV disease.

Ovarian Cancer National Alliance (OCNA)

<http://www.ovariancancer.org>

Works to increase public and professional understanding of ovarian cancer and to advocate for research. The Alliance distributes materials and sponsors an annual advocacy conference for survivors and families.

Address: 910 17th Street, N.W., Suite 1190 / Washington, D.C. 20006

Phone: 1-866-399-6262 (Toll Free)

E-mail: ocna@ovariancancer.org

The Ovarian Cancer Research Fund (OCRF)

<http://www.ocrf.org>

An organization devoted to the formulation of early diagnostic treatment programs and research towards the ultimate conquest of ovarian cancer. Supports patients and their loved ones in understanding this disease and its treatment as well as to provide outreach programs and raise public awareness.

Phone: 1-800-873-9569

E-mail: info@ocrf.org

Colorectal Cancer Resources (Cont)

United Ostomy Associations of America

<http://www.uoaa.org>

UOAA is an association of affiliated, nonprofit, support groups who are committed to the improvement of the quality of life of people who have, or will have, an intestinal or urinary diversion.

American Society of Colon & Rectal Surgeons

<http://ascrs.affiniscap.com>

Patients & Consumers link provides patients and the general public with up-to-date and useful information about diseases of the colon, rectum and anus.

ASCRS offers a variety of educational materials and informational brochures.

Colorectal Cancer Support Groups

United Ostomy Association Support Group

When: Call for schedule

Where: Mercy Health Center / 4300 W. Memorial Road / Oklahoma City, OK 73120

Information: Nancy Dobbs: (405) 752-3183

Ostomy Support Group

Support Group for ostomy patients and their family and/or friends.

When: 4:00 p.m. - 4th Monday each month

Where: McAlester Regional Health Center One Clark Bass Blvd.

Information: Connie Davis RN 918-426-1800

Tulsa Ostomy Association

UOA Mission: The United Ostomy Association is a volunteer-based health organization dedicated to providing education, information, support, and advocacy for people who have had or will have intestinal or urinary diversions.

When: 4th Thursday each month (except Nov. & Dec.) 7:00-8:30 p.m.

Where: University Village, West Meeting Room, 8555 S. Lewis

Information: Kay Pugh 918-446-8542 Rick Stephens 918-437-1317

<http://www.ostomyok.org/tulsa/>

En Español - Resources in Spanish

Instituto Nacional del Cáncer

Brindamos información para aumentar su conocimiento sobre el cáncer y contestamos las preguntas más frecuentes; entre ellas, ¿qué es el cáncer? Nuestro enfoque es la comunidad de habla hispana en los Estados Unidos. Usted encontrará una lista de los mitos y creencias más comunes en la comunidad hispana o latina y sus explicaciones. <http://www.cancer.gov/espanol>
Teléfono: 1-800-422-6237 / (1-800-4-CANCER)

Sociedad Americana del Cáncer

http://www.cancer.org/docroot/ESP/ESP_0.asp

Convivir con el cáncer, PLWC

En este sitio Web puede buscar información para ayudar a los pacientes y las familias a tomar decisiones informadas sobre el cuidado de la salud. Toda la información en PLWC cuenta con la aprobación de oncólogos.

<http://www.plwc.org/portal/site/PLWC> (select [PLWC En Español](#))

Teléfono: 1- 888-651-3038

NCCN

Guías de Tratamiento para los Pacientes Versiones en Español

http://www.nccn.org/patients/patient_gls.asp

Teléfono: 1-888-909-NCCN (6226)

CancerCare

La misión de CancerCare es asegurar de que las personas que tienen cáncer y sus seres queridos tengan el apoyo que necesitan para sobrellevar los retos emocionales, físicos y financieros de vivir con cáncer.

<http://www.cancercarespanol.org/espanol>

Teléfono: 1-800-813-4673

La Patient Advocate Foundation

La Patient Advocate Foundation procura defender los derechos del paciente a traves de una mediación eficaz para asegurar su atención médica, la conservación de su empleo y la preservación de su estabilidad financiera.

<http://www.patientadvocate.org/index.php?p=279>

Teléfono: 1-800-516-9256 ext. 1417

National Coalition for Cancer Survivorship – Resource Guide

<http://www.canceradvocacy.org/resources/guide>

A comprehensive list of over 25 sites with Spanish support. Select Spanish Resources in the Cancer-Related Information pull-down menu.

CancerConsultants.com - Centro de Recurso por Oncología

<http://patient.spanish.cancerconsultants.com>

Tipos de cáncer, Tratamiento del cáncer, diagnosticado nuevamente

En Español - Hispanic Support Groups

Integris Health Grupo de Apoyo de Cáncer 2007

Las reuniones se llevan a cabo en la sala de espera del Centro de Cáncer de INTEGRIS Southwest Medical de las 6:00 pm a las 7:00 pm. Para más información favor llamar al Integris HealthLine (405) 951-2277 marcando # 2 para Español

When: Las reuniones son el primer lunes del mes

Where: del Centro de Cáncer dell Integris SW Medical

Information: María Aymat (405) 636-7560

Spanish-Speaking Support Group

Sponsored by the Leukemia and Lymphoma Society, but open to any diagnosis

When: 1st Tuesday of every month, 6:00 pm

Where: Cancer Center Waiting Room

INTEGRIS Southwest Medical Center / 700 NE 13th St / Oklahoma City, OK 73109

Facilitator: Maria Aymat (405) 636-7560

Spanish-Speaking Support Group

Sponsored by the Leukemia and Lymphoma Society, but open to any diagnosis

When: 1st Wednesday of every month, 5:00 pm

Where: Presbyterian Tower, 7th Floor Conference Room

OU Medical Center / 700 NE 13th St / OKC, OK 73104

Facilitator: Carmen Soriano, RN (405) 271-7930

Colorectal Cancer Resources

Colon Cancer Alliance (CCA)

<http://www.ccalliance.org>

Dedicated to ending the suffering caused by colorectal cancer through patient support, education, research and advocacy. The CCA website includes information about screening, treatment, clinical trials, quality of life, financial issues, "buddies program" and much more.

Survivor Helpline: 1-877-422-2030 / Phone: (877) 422-2030

E-mail: info@ccalliance.org

Colorectal Cancer Coalition (C3)

<http://www.fightcolorectalcancer.org>

Colorectal cancer is preventable, treatable, and beatable. Website offers a guide to aid you in understanding your diagnosis and treatment options and to provide you with a range of resources to help you move through your journey with colorectal cancer.

Address: 1225 King Stret, 2nd Floor, Alexandria, VA 22314

Phone: 703-548-1225

E-mail: info@fightcolorectalcancer.org

National Colorectal Cancer Research Alliance

<http://www.eifoundation.org/national/nccra>

Co-founded by Katie Couric and Lily Tartikoff, the NCCRA is dedicated to the eradication of colon cancer by harnessing the power of celebrity to promote education, fundraising, research, and early medical screening. The site offers information on screening tests, a health checklist, a factsheet, and information on clinical research.

Phone: 1-800-872-3000

Colorectal Cancer Network

<http://www.colorectal-cancer.net>

Mission is to eliminate colon cancer and support patients. Hosts a comprehensive website with information, resources and support.

Phone: (301) 879-1500

E-mail: CCNetwork@colorectal-cancer.net

The Susan Cohan Kasdas Colon Cancer Foundation

The foundation aims to educate everyone about screenings and ensure that no individual is unable to access proper screening, providing psychological support for those with the disease and aiding clinical trials and cutting-edge research. Information about screening, colostomy, and illustrations of surgical options.

Phone: (410) 244-1778

E-mail: info@coloncancerfoundation.org

Lung Cancer Support Groups

Better Breathers

A group for those coping with chronic lung disease.

When: Call for schedule.

Where: Mercy Health Center / 4300 W. Memorial Road / Oklahoma City, OK 73120

Information: (405) 943-5644

Better Breathers

A group for those coping with chronic lung disease.

When: Call for schedule.

Where: Deaconess Medical Office North / 5401 N. Portland Oklahoma City, OK 73112

Information: Contact: (405) 604-6000

Better Breathers

A group for those coping with chronic lung disease.

When: Call for schedule.

Where: Midwest Regional Medical Center / 825 Parklawn Drive Midwest City, OK 73110

Information: (405) 610-3627

Sooner Nu-Voice Laryngectomy Club

When: Call for schedule.

Where: Support group and patient visitation.

Information: Larry Bisel: (405) 720-0884 / Julie Bornhorn (405) 947-4008

American Indian Cancer Resources

National Office of Native Cancer Survivorship

<http://www.oncs.org>

Dedicated to improving the quality of cancer care and survivor support for American Indians and Alaska Natives (AI/AN) facing a cancer diagnosis.

Address: Office of Native Cancer Survivorship – ONCS
13790 Davis, Anchorage, AK 99516

Phone: 1-800-315-8848 (Toll free Cancer Survivor help line), (907) 333-2071 for more info

E-mail: info@oncs.org

Native Cancer Information Resource Center and Learning Exchange (C.I.R.C.L.E)

<http://www.mayo.edu/nativecircle>

Native C.I.R.C.L.E. exists to stimulate, develop, maintain and disseminate culturally appropriate cancer information materials for American Indian/Alaska Native educator, healthcare leaders and students.

Address: Native C.I.R.C.L.E

Northwest Building, Suite, Suite 521

200 First Street SW, Rochester, MN 55905

Native American Cancer Research

<http://www.natamcancer.org>

Resources for survivors, caregivers and educators.

NACES Quality of Life Tree

<http://www.natamcancer.org>

Addresses quality of life and survivorship issues: spirituality, communication, treatment, clinical trials, treatment side effects, other health problems (also called "co-morbidities", like diabetes and cancer/arthritis and cancer) and other resources.

Phone: 1-800-537-8295 to talk to a patient advocate

American Indian Cancer Support Groups

Sister Circles (Native-American Survivors)

When: 6:00 p.m. 3rd Thursday of each month

Where: Hastings Hospital Dining Room, Tahlequah, OK

Information: Y-ME (918) 494-8808

Breast Cancer Support Group

When: 2nd Tuesday of month, 5:00pm.

Where: Oklahoma City Indian Clinic

4913 W. Reno Oklahoma City, OK 73127

Information: (405) 948-4900

Breast Cancer Resources

Take Charge!

<http://www.health.state.ok.us/program/cds/breastcervical.html>

Oklahoma's Breast and Cervical Cancer Early Detection program. The mission of Take Charge! is to provide women with information and access to screening services in order to reduce morbidity and mortality from breast and cervical cancer.

Phone: Oklahoma State Health Department 1-866-550-5585

Oklahoma Cares

<http://www.health.state.ok.us/program/cds/ocare.html>

Oklahoma Breast and Cervical Cancer Treatment Program. The State of Oklahoma will provide Medicaid benefits to uninsured women under 65, who are identified through the National Breast and Cervical Cancer Early Detection Program (NBCCEDP) and are in need of treatment for breast or cervical cancer (including pre-cancerous conditions and early stage cancer).

Phone: Oklahoma State Health Department 1-866-550-5585

Project Woman Coalition

<http://www.projectwoman.org>

Project Woman Coalition is a nonprofit collaborative organization of representatives from area hospitals, mammography facilities, city, county and state agencies, community-based organizations, physicians, nurses, and breast cancer survivors who share a common goal: To increase breast cancer awareness, to provide access to screening and diagnostic services and to improve the breast health of Oklahoma women.

Address: P.O. Box 21784, Oklahoma City, OK 73156

Phone: (405) 752-8487

Tulsa Project Woman

<http://www.tulsaprojectwoman.com>

In cooperation with medical facilities and concerned individuals, Tulsa Project Woman, Inc. is dedicated to providing breast health education, and access to breast health care. This includes surgical consultations, free mammography, diagnostic procedures and surgical services that will facilitate the early diagnosis of breast cancer for women with no health insurance and limited financial resources.

Address: P.O. Box 470764, Tulsa, Oklahoma 74147

Phone: (918) 834-7200

The American Breast Cancer Foundation

<http://www.abcf.org>

Provides financial assistance to uninsured and underinsured women and men of all ages for breast cancer testing. This includes annual screenings for women over 40, as well as support services for breast cancer patients.

Phone: 1-877-Key-2-Life (1-877-539-2543)

Lung Cancer Resources

American Lung Association

<http://www.lungusa.org>

Dedicated to preventing lung disease and promoting lung health. Website has interactive decision support tools to answer the question "What does the clinical information mean to me?" You will receive a personalized treatment options report tailored to your diagnosis. Your report will provide the pros and cons of each treatment, side effects, questions to ask your physician, plus access to relevant summaries of clinical studies.

Also in Español.

Phone: 1-800-548-8252

E-mail: info@lungusa.org

Lung Cancer Alliance

<http://www.alcase.org>

Dedicated solely to patient support and advocacy for people living with lung cancer and those at risk for the disease. Offers programs designed to help improved the quality of life of people with lung cancer and their families.

Programs include education about the disease, psychosocial support, and advocacy about issues that concern lung cancer survivors.

Phone: 1-800-298-2436

E-mail: info@alcase.org

It's Time to Focus on Lung Cancer

<http://www.lungcancer.org>

Site contains relevant and easy to understand information about lung cancer such as Lung Cancer 101, facts about clinical trials, survivor stories and support resources.

Phone: 1-877-646-LUNG (1-877-646-5864)

E-mail: info@cancercare.org

Lung Cancer Information Center

<http://www.meds.com/lung/lunginfo.html>

An electronic library of comprehensive educational materials on cancer for healthcare professionals and patients.

Breast Cancer Support Groups (Cont)

Promise

Breast cancer support for women, nearing 20 years of service to survivors

When: 3rd Monday of the month, 7-9pm

Where: Mercy Cancer Resource Ctr / 4300 W Memorial Rd / OKC, OK 73120

Information: (405) 752-3388

Pink Ribbon Sisters (Newly Diagnosed & Survivors)

When: 2nd Monday of month 6:45-8:00pm, and 3rd Tuesday of month 6:45-8:00

Where: 4606 E. 67 Street - Building 7, Suite 314, Tulsa, OK 74136

Information: Y-ME (918) 494-8808

Norman Regional Breast Cancer Support Group

Meetings are a 30-minute educational topic followed by open discussion.

When: 7:00 p.m. - 1st Tuesday each month

Where: Norman Regional Hospital, Education Ctr, 901 N. Porter, Norman 73071

Information: Karen Saunkeah (405) 307-2620

Breast Cancer Support Groups

Includes support for stem-cell recipient, lymphedema, newly diagnosed, recurrence & support groups for ethnic specified populations. Groups added regularly.

When/Where: Call for dates & times

Information: Y-ME (918) 494-8808 Beth Bordingly

Breast Cancer Support Group (Breast Imaging of Oklahoma)

For any woman diagnosed with breast cancer, of any age

When: 7 p.m. first Thursday of the month

Where: Breast Imaging Oklahoma, 2601 Kelley Pointe Parkway

Information: Melissa Craft, R.N., PhD mcraft@breastok.com

or call (405) 844-2601 ext. 1031

SOS - Strength Optimism and Support

Breast Cancer Survivor Support Group

When: 6:00-7:30 p.m., 2nd Monday of each month

Where: Integris Southwest Medical Center

Information: Lezlie Brown (405) 636-7982

Young Women's Group

When: 6:30-8:30pm, First Tuesday

Where: 4606 E. 67 Street - Building 7, Suite 314, Tulsa, OK 74136

Information: (918) 494-8808

“Lunch Bunch” – Breast Cancer Support Group

Includes educational information, sharing, moments for relaxation and laughter.

When: 1st Wednesday of the month, 12:00-2:00pm, reservations required

Where: Troy & Dollie Smith Cancer Center Library, 1st floor Bulding D / INTEGRIS Baptist Hospital / 3300 NW Expressway / Oklahoma City, OK 73112

Information: (405) 943-4673

Breast Cancer Resources (Cont)

Breast Cancer.org

<http://www.breastcancer.org>

Dedicated to providing the most reliable, complete, and up-to-date information about breast cancer. Offers survivor stories, chat rooms, pictures of breast cancer and reconstruction, online conferences and other great links.

Living Beyond Breast Cancer

<http://www.lbbc.org>

A nonprofit organization dedicated to empowering all women affected by breast cancer to live as long as possible with the best quality of life.

Helpline: 1-888-753-5222

Imaginis

<http://www.imaginis.com>

A breast cancer and women's health resource. Within our thousands of pages of physician-edited information, we explain complicated medical terms in everyday language to assist you in making informed decisions.

Dr. Susan Love Research Foundation

<http://www.susanlovemd.org>

Website provides comprehensive information about breast cancer, women's health, and the Foundation's work to eradicate breast cancer. Use the “Health Watch” blog to share thoughts and ask questions.

National Breast Cancer Foundation

<http://www.nationalbreastcancer.org>

Mission is to save lives by increasing awareness of breast cancer through education and by providing mammograms for those in need. Complete resource library, and online educational video “Beyond the Shock.” (Also in Español.)

Susan G. Komen Foundation

<http://cms.komen.org/komen/index.htm>

Comprehensive information about breast cancer, to include treatment, survivorship, complementary therapies, and breast cancer research.

Helpline: 1-800-I'M-AWARE (1-800-462-9273) Se habla español.

National Alliance of Breast Cancer Organizations (NABCO)

<http://www.nabco.org>

NABCO provides information about breast cancer and acts as an advocate for the legislative concerns of breast cancer patients and survivors.

Phone: 1-888-806-2226

Breast Cancer Resources (Cont)

Y-ME National Breast Cancer Organization

<http://www.yme.org>

The mission of Y-ME National Breast Cancer Organization is to ensure, through information, empowerment and peer support, that no one faces breast cancer alone. 24/7 support through national hotline; interpreters available for 150 languages. Site has information on breast cancer, quality of life and local affiliates / support groups.

Hotline: English 1-800-221-2141 / Español 1-800-986-9505

Facing Our Risk of Cancer Empowered (FORCE)

<http://www.facingourrisk.org>

Mission is to improve the lives of individuals and families affected by hereditary breast and ovarian cancer. Information on latest research, and resources to determine whether they are at high risk for breast and ovarian cancer due to genetic predisposition, family history, or other factors.

Phone: 1-866-288-7475 (RISK) Toll free helpline

E-mail: info@facingourrisk.org

FDA - Information on Breast Implants

<http://www.fda.gov/cdrh/breastimplants/index.html>

Site provides information on both approved breast implants and investigational (under study for safety and effectiveness) breast implants to aid in reconstruction decisions.

American Society of Plastic Surgeons

http://www.plasticsurgery.org/patients_consumers/index.cfm

Information on breast reconstruction procedures, 3-D animation, photo gallery

Camp Hope: A day camp for breast cancer survivors, friends and family

Pamper yourself and bring a friend for a day away!

When: 2 sessions in Fall, 2 sessions in Spring

Where: Log Cabin Hope Unitarian Property 82nd and Sheridan

Information: Call the Y-ME office at (405) 494-8808 to register or Email: bethyme@sbcglobal.net

Breast Cancer Support Groups

Reach To Recovery

One-on-one volunteer visitation program for women with breast cancer.

When: Call to arrange a visit

Where: American Cancer Society

6525 N. Meridian, Suite 110 Oklahoma City, OK 73116

Information: Sue Ellis (405) 843-9888

Breast Cancer Wellness Group

When: Monthly (5:00-6:15 pm)

Where: Frank C. Love Center

Information: Kelly O'Neil 405-231-3002

SHOUT Young Women Cancer Survivors

(Strength, Healing, Optimism, Understanding, Together)

Group is open to all cancers, but largely young breast cancer survivors

When: Usually 4th Thursday of month, 6:30pm (check website for events)

Where: Locations vary, call ahead or check website

Information: Sandi Troup: (405) 962-9012 or Molly Fritch (405) 740-7705

Website: www.shout-okc.org

Monday's Friends

Breast cancer support group.

When: Call for schedule

Where: Breast Care Center, Midwest Regional Medical Center

2825 Parklawn Drive Midwest City, OK 73110

Information: (405) 620-3527

Breast Cancer Awareness & Support Group

When: 1st Monday of the month, 7:00pm.

Where: Eastside Church of Christ / 916 S. Douglas Blvd. Midwest City, OK 73127

Information: Judy Hays, (405) 723-0393 or (405) 672-2147

Breast Cancer Support Group

When: 2nd Tuesday of month, 5:00pm.

Where: Oklahoma City Indian Clinic

4913 W. Reno Oklahoma City, OK 73127

Information: (405) 948-4900

SOS - Support Our Survivors

Breast cancer support group

When: 12:00 - 1:00 p.m. - 3rd Thursday each month

Where: OU Breast Institute, 3rd Floor OU Physicians Building

825 NE 10th Street, Suite 350 Oklahoma City, OK

Information: Tonya Hughes (405) 271-8001, Ext. 48527