

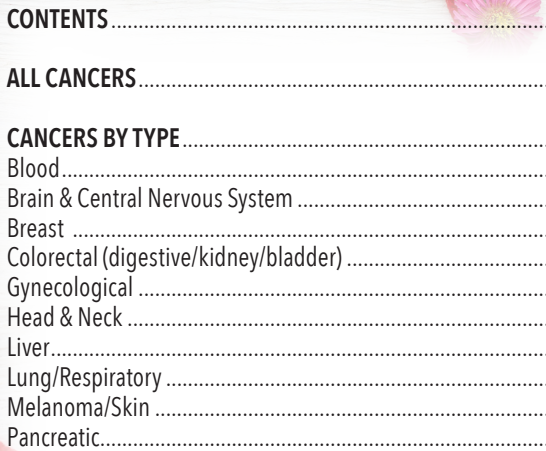


Threads of
SUPPORT

OKLAHOMA CANCER RESOURCES



**ALTHOUGH THREAD HAS THE
ILLUSION OF BEING FRAGILE,
IT'S ACTUALLY QUITE STRONG.
IN IT'S MOST COMMON USE,
THREAD HOLDS TWO OR MORE
PIECES OF FABRIC TOGETHER.
MORE SYMBOLICALLY, IT IS
THE ELEMENT THAT BINDS
CANCER PATIENTS, FAMILY
MEMBERS, HEALTH AGENCIES,
MEDICAL PROFESSIONALS AND
RESEARCHERS IN THE EFFORT
TO ERADICATE CANCER.**



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211 Oklahoma

Offers information and referral across the spectrum of human need, including but not limited to rental assistance, food pantries, affordable housing, health resources, child care, after-school programs, caregiver support, financial programs, literacy, and job programs.

OKC HEARTLINE (TF) 24/7

211 or 877.362.1606

TULSA HELPLINE

211 or 877.836.2111

<http://www.211oklahoma.org>

Air Charity Network

National charitable aviation network provides access for people who are seeking free air transportation to specialized health care facilities or distant destinations due to family, community, or national crisis.

877.621.7177 (TF)

Email: info@angelflightsc.org

<http://aircharitynetwork.org>

American Cancer Society (ACS)

Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.

800.227.2345 (TF) 24/7

Para Español oprima nueve

LOCAL RESOURCE LISTINGS:

405.843.9888 - Oklahoma City

918.477.5400 - Tulsa

<http://www.cancer.org>

American Childhood Cancer Organization (ACCO)

Advocacy foundation providing information and support to children and adolescents with cancer and their families.

855.858.2226 (TF)

Email: staff@acco.org

<http://www.acco.org>

**American Institute for Cancer Research (AICR)**

Provides cancer patients, survivors, researchers and health professional's educational materials and information on: estate planners, nutrition, and the research grant program

800.843.8114 (TF)

Email: aicrweb@aicr.org

<http://www.aicr.org>

American Psychosocial Oncology Society (APOS)

Free, confidential, phone counseling service for those affected by cancer. Provides professional counselors, emotional support and resource referrals.

866.276.7443 (TF)

Email: info@apos-society.org

<http://www.apos-society.org>

American Society of Clinical Oncology (ASCO)

Provides resources on cancer related symptoms, survivorship, clinical trials, diagnosis, treatment, and coping with cancer. Comprehensive guides on 120 cancer types are also available.

8:30 am-5:00 pm - Monday-Friday

888.273.3508 (TF)

Email: contactus@cancer.net

<http://www.cancer.net>

Angel Flight

Primarily serves patients needing transportation to or from the heartland region.

1515 East 71st Street, Ste. 312

Tulsa, OK 74128

918.749.8992

Email: angel@angelflight.com

<http://angelflight.com>

Assistance in Health Care

Offers financial assistance to cancer patients receiving treatment in the Tulsa area. Money is provided for emergency non-medical expenses such as rent, utilities, car payments, etc.

PO Box 700392

Tulsa, OK 74170-0392

918.286.5699

<http://www.assistanceinhealthcare.org>

Association of Cancer Online Resources (ACOR)

Collection of online communities providing timely, accurate information in a supportive environment.

173 Duane Street, Ste. 3A

NY 10013-3334

212.226.5525

Email: feedback@acor.org

<http://www.acor.org>

Be The Match

Foundation offering people the opportunity to donate bone marrow or umbilical cord blood to patients with leukemia or other life-threatening diseases.

888.999.6743

Email: patientinfo@nmdp.org

<http://www.marrow.org>

Calm Waters

Free grief support groups and resources to children and their families. To join a group, complete online registration form and mail/fax to the below address.

4334 NW Expressway, Ste. 101

Oklahoma City, OK 73116

405.841.4800

Email: info@calmwaters.org

<http://www.calmwaters.org>

Cancer & Careers

Online resources for working women with cancer: educational seminar materials, tips for employers and coworkers, and suggestions on professional appearance during treatment.

646.929.8032

Email: cancerandcareers@cew.org

<http://www.cancerandcareers.org>

Cancer Caregivers/Mercy Health Center

Support and resource group for caregivers. Meets at the same time as the "PUSH" support group for survivors.

6:30-8:00 pm - Second Monday each month
(Call to enroll)

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100

4205 McAuley Blvd.

Oklahoma City, OK 73120

405.752.3388

<http://www.mercyok.net>

CancerCare

Free support from professional oncology social workers to those affected by cancer: counseling and support groups, education and financial assistance.

800.813.4673 (TF)

Email: info@cancercare.org

<http://www.cancercare.org>

CancerCare Copayment Assistance Foundation

Provides financial assistance to those who cannot afford their insurance co-payment.

866.552.6729 (TF)

Email: information@cancercarecopay.org

<http://www.cancercarecopay.org>

Cancer Hope Network

Free, confidential, one-on-one support to patients and their families. Patients are matched with trained volunteers who have had a similar experience.

877.467.3638 (TF)

Email: info@cancerhopenetwork.org

<http://www.cancerhopenetwork.org>

"We have two options, medically and emotionally: give up or fight like hell."

— Lance Armstrong

Cancer Treatment Centers of America (Tulsa)

Provides weekly classes on a variety of cancer topics. Classes are free and available to patients, caregivers, and the general public.

10109 East 79th Street
Tulsa, OK 74133
918.286.5000 - GaryAnn Tomkalski
<http://www.cancercenter.com/southwestern>

Cancer Centers of Southwest Oklahoma

Through a group effort, three hospitals in SW Oklahoma provide individualized care and support groups.

<http://www.cancercentersswok.com>

ALTUS

6:00 pm - Third Tuesday each month

JACKSON COUNTY MEMORIAL HOSPITAL

1200 East Broadway
Altus, OK 73521
580.397.6000

DUNCAN

6:30 pm - Last Monday each month

TAYLOR-LENORMAN MCCASLAND CENTER

2110 Duncan Regional Loop
Duncan, OK 73533
580.251.6600

LAWTON

6:00 pm - Second Monday each month.

LEAH M. FITCH CANCER CENTER

104 NW 31st Street
Lawton, OK 73505
580.536.2121

Caring Connection

Resources regarding end-of-life care: hospice, palliative care, advance directives, care-giving, pain, grief, and workplace issues.

800.658.8898 (TF)
877.658.8896 (TF) **Multi-lingual**
Email: caringinfo@nhpco.org
<http://www.caringinfo.org>

CaringBridge

Create a free, private, personalized patient website to keep family and friends connected during a serious health event.

651.452.7940
Email: customercare@caringbridge.org
<http://www.caringbridge.org>

Centers for Disease Control and Prevention (CDC)

Cancer Prevention and Control Division works with national cancer organizations, state health agencies, and other key groups to develop, implement and promote effective strategies for preventing and controlling cancer.

<http://www.cdc.gov/cancer>

Childhood Cancer Guides

Nonprofit organization providing emotional support, information and resources to those with childhood cancer and survivors.

Bellingham, WA
www.childhoodcancerguides.org

The Children's Treehouse Foundation

Nonprofit organization providing hospital based, cancer-focused, psychosocial intervention training and programming to improve the emotional health of children whose parent has cancer.

303. 322.1202
Email: achildstreethouse@aol.com
<http://childrenstreethousefdn.org>

"You never know how strong you are until being strong is the only choice you have."

— Cayla Mills

Cleaning for a Reason

Free professional housecleaning services for women undergoing cancer treatment. See website for locations and application.

211 S. Stemmons, Ste. G

Lewisville, TX 75067

877.337.3348

Email: info@cleaningforareason.org

<http://www.cleaningforareason.org>

Community Food Bank of Eastern Oklahoma (Tulsa)

Distributes food to 450 partner programs located in 24 counties of eastern Oklahoma.

TULSA OFFICE:

1304 N. Kenosha Ave.

Tulsa, OK 74106

918.585.2800

MCALESTER BRANCH:

8:00am-4:30pm Monday-Friday

2119 N. Main Street

McAlester, OK 74501

Please call in advance before visiting the Food Bank to make sure the appropriate person is there to help you.

918.429.7755

<http://okfoodbank.org>

Corporate Angel Network, Inc.

Arranges free air transportation for patients traveling to treatment, using empty seats on corporate jets.

WESTCHESTER COUNTY AIRPORT

One Loop Rd

White Plains, NY 10604-1215

914.328.1313

Email: info@corpangelnetwork.org

<http://corpangelnetwork.org>

EmergingMed

Free clinical trial matching, referral and navigation service to patients and physicians.

8:30am-6:00pm - Monday-Friday

877.601.8601

https://www.emergingmed.com/pub_home_page.asp

Expressive Arts

Class for cancer patients and their families and friends. Learn how to use writing to relieve stress associated with cancer. No previous writing experience needed.

10:00 am - 12 noon - Every Tuesday

CANCER RESOURCE CENTER/COLETTA BUILDING

4401 McAuley Blvd., Ste.1400

Oklahoma City, OK 73120

405.752.3388

<http://www.mercy.net>

Fertile Hope

Nonprofit organization providing information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility. For cancer support call LIVESTRONG at 855.220.777.

2201 E. Sixth Street

Austin, TX 78702

877.236.8820

<http://www.livestrong.org/we-can-help/fertility-services>

Free Counseling & Support

Support to those affected by cancer in these areas: grief, anxiety, sexual and reproductive health, effects on family, stress, relaxation techniques, and survivorship.

INTEGRIS CANCER INSTITUTE OF OKLAHOMA

5911 West Memorial Rd

Oklahoma City, OK 73142

405.773.6617

877.811.4246 (TF)

<http://www.integrisOk.com/tds>

MERCY CANCER RESOURCE CENTER

4401 W McAuley Blvd, Ste 1400 - OKC

73120 752-3388

Cancer Support Community

Support to those with cancer and their families and friends.

888.793.9355 - Cancer support help line

<http://www.cancersupportcommunity.org>

Griefshare

Support group for those who have lost a loved one to cancer.

*Meets Monday nights at 6:30pm
on second floor room 202*

FIRST BAPTIST CHURCH OF MOORE

301 NE 27th St., Rm.W202
Moore, OK 73160
405.793.2600

Email: info@firstmoore.com
<http://firstmoore.com>

Guide to Finding Health Insurance Coverage

Online resource providing information on rights regarding medical coverage by state.

Monday-Friday - 8:45 am-5:00 pm

ROBERT WOOD JOHNSON FOUNDATION

Rt. 1 and College Road East
P.O. Box 2316
Princeton, NJ 08543-2316
877.843.7953

Email: Info@covertheuninsured.org
<http://www.rwjf.org/en/about-rwjf.html>

HealthWell Foundation

Nonprofit organization that assist patients living with chronic and life altering illnesses in paying their share of prescription drug co-payments, deductibles, and health insurance including hospitals, nursing homes, and other health care premiums.

9:00 am-5:00 pm - Monday-Friday

Gaithersburg, MD 20877
800.675.8416
Email: info@healthwellfoundation.org
<http://healthwellfoundation.org>

Hill-Burton Free & Reduced-Cost Obligated Health Care Program

Learn how to access Hill-Burton facilities including hospitals, nursing homes, and other health care facilities. To qualify for services, applicant's income must fall within the annually published poverty guidelines of the U.S. Department of Health and Human Services.

800.638.0742
800.492.0359 - Additional number for Maryland residents
<http://www.hrsa.gov/gethealthcare/affordable/hillburton>

Hope For Two

Nonprofit organization providing information, support and hope to pregnant women diagnosed with cancer. Language translation link available on website.

HOPE FOR TWO...THE PREGNANT WITH CANCER NETWORK

Amherst, NY 14288
800.743.4471
Email: info@hopefortwo.org
<http://hopefortwo.org>

I'm Too Young For This!

Online support community for young adult survivors in their late teens, 20s and 30s.

877.735.4673 (TF)
Email: contact@stupidcancer.org
<http://stupidcancer.org>

Imerman Angels

501 ©(3) non-profit organization with one-on-one support, connecting cancer fighters, survivors and caregivers.

877.274.5529
Email: info@imermanangels.org
<http://www.imermanangels.org>

Cancer didn't bring me to my knees, it brought me to my feet.
— Michael Douglas



Insure Oklahoma

Provides qualified Oklahomans with access to affordable health care.

8:00 am-5:00 pm - Monday-Friday

888.365.3742 (TF)

Email: insureok@okhca.org

<http://www.insureoklahoma.org>

Just in Time

Support group for cancer patients and their families and friends.

Call for date/time.

OWASSO COMMUNITY CENTER

301 South Cedar St.

Owasso, OK 74055

Dora Johnson

918. 371.2242

Kids Connected

501(c)(3) non-profit corporation designed to provide a supportive environment to children so to share their feelings with other kids going thru the same thing.

949.582.5443

Email: info@kidsconnected.org

<http://www.kidsconnected.org>

KIDSCOPE

501 (c)(3) non-profit organization that helps children and families understand the effects of cancer and chemotherapy, provides suggestions for coping, and develops innovative programs and materials for diverse families.

<http://kidscope.org>

Labyrinth Gathering/Mercy Health Center

Weekly exercise/support class for cancer patients and their families and friends. Low-impact walking has emotional benefits.

2:00-3:00 pm - Wednesdays (call to enroll)

COLETTA BUILDING

4401 West McAuley Blvd.

Oklahoma City, OK 73120

405.752.3388

<http://www.mercyok.net>

LIVESTRONG - The Lance Armstrong Foundation

Helping you live stronger, healthier and happier.

866.673.7205 (TF)

866.927.7205 (TF) **Español**

<http://www.livestrong.org>

Look Good, Feel Better/American Cancer Society

Free, non-medical program helping women offset changes to appearance from cancer treatment. Also offers programs for men and teens, self-help mailer kits, and a 24-hour hotline.

800.395.5665 (TF) 24/7

Para Español oprima uno

405. 843.9888 - Oklahoma City

918.743.6767 - Tulsa

<http://www.lookgoodfeelbetter.org>

Lotsa Helping Hands

Create a free, private, web-based community to organize family, friends, neighbors, etc. Coordinate activities, manage volunteers with the group calendar, communicate and share information using announcements, message boards, and photos.

118 North Peoria Street, 3rd floor

Chicago, IL 60607

[n://www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

AllianceHealth Pryor

Support and services to those grieving the death of a loved one.

7:00 pm Second Thursday each month.

INTEGRIS MAYES COUNTY MEDICAL CENTER

129 North Kentucky

Pryor, OK 74361

Susan Johnson

918.825.1600 x503

The MetaCancer Foundation

Support and resources for metastatic cancer survivors and their caregivers.

Email: info@metacancer.org

<http://www.metacancer.org>

Pearlpoint Cancer Support

Offers one-on-one guidance to adults impacted by any cancer from the moment of diagnosis. Services are free.

2817 West End Ave. #126-263

Nashville, TN 37203-1453

877.467.1936 (TF)

Email: guidance@pearlpoint.org

<http://www.pearlpoint.org>

Expressive Arts/Mercy Health Center

Weekly class for cancer patients and their families and friends. Learn how to use music to combat stress associated with cancer. No previous musical experience needed.

Tuesdays - 2:00 pm-3:00 pm (call to enroll)

COLETTA BUILDING

4401 West McAuley Blvd.

Oklahoma City, OK 73120

405.752.3388

<http://www.mercyok.net>

Muskogee Caregiver Support

Support group for caregivers.

1:00 pm - Last Wednesday each month.

FIRST BAPTIST CHURCH OF MUSKOGEE

111 South 7th St.

Muskogee, OK 74401

918.682.3496

<http://www.muskogee.va.gov/services/caregiver/index.asp>

National Alliance for Caregiving

Nonprofit coalition of national organizations focused on improving the lives of caregivers.

301.718-8444 PH

Email: info@caregiving.org

<http://www.caregiving.org>

National Cancer Institute (NCI)

Website provides extensive information on cancer prevention, diagnosis, treatment, statistics, research, and clinical trials, financial resources and news, and links to other NCI websites.

800.422.6237 (TF)

<http://www.cancer.gov>

National Center for Complementary and Integrative Health

Group of diverse health care systems, practices, and products not generally considered part of conventional medicine. Conducts and supports research; trains Complementary & Alternative Medicine researchers; provides evidence-based information.

888.644.6226 (TF)

Email: info@nccam.nih.gov

<http://www.nccih.nih.gov>

The National Children's Cancer Society

Financial, emotional, educational and medical resources for every stage of illness and recovery. Direct financial assistance for medical and non-medical expenses related to treatment for children with cancer.

800.532.6459 (TF)

Email: programs@thencs.org

<http://www.thencs.org>

National Coalition for Cancer Survivorship (NCCS)

Survivor-led organization, advocating for quality cancer care.

877.622.7937

Email: info@canceradvocacy.org

<http://www.canceradvocacy.org>

National Comprehensive Cancer Network (NCCN)

NCCN.com is the consumer website of the NCCN, a nonprofit alliance of the world's leading cancer centers. The site educates patients on how to have more informed conversations with health care providers.

215.690.0300

<http://www.nccn.org>

Caregiver Action Network

Educates supports, empowers and advocates for more than 65 million Americans who care for loved ones with a chronic illness, disability or the frailties of old age.

202.454.3970

Email: info@caregiveraction.org

<http://www.caregiveraction.org>

National Patient Travel Center

Provides information about charitable, long-distance medical air transportation as well as referrals to appropriate sources of help available in the national charitable medical air transportation network.

800.296.1217 (TF)

Email: info@nationalpatienttravelcenter.org

<http://www.patienttravel.org>

Native American Cancer Research

Website provides resources for survivors, caregivers and educators. The survivor tab sends you to an interactive "Quality of Life Tree," where storytelling is used to share survivor stories and explain health information.

800.537.8295 (TF)

Email: info@natamcancer.org

<http://www.natamcancer.org>

Native CIRCLE Resource Center

Online resource center providing cancer-related materials to health care professionals and those who are involved in the education, care and treatment of American Indians and Alaska Natives.

877.372.1617 (TF)

Email: nativecircle@mayo.edu

<http://www.nativeamericanprograms.org>

Needy Meds

501(c)(3) non-profit information resource devoted to helping people in need to find assistance programs to help them afford their medications and costs related to health care.

987.865.4115

Email: info@needymeds.org

<http://www.needymeds.org>

Net of Care

Website providing information and resources to caregivers.

212.844.1713

Email: findhelp@netofcare.org

<http://www.netofcare.org>

New Days Cancer Support Group

Provides a place for those affected by cancer to learn, laugh, cry, and affirm that each new day is a blessing.

6:30 pm First Monday each month.

FIRST UNITED METHODIST CHURCH

Church Parlor FH-5

600 East Okmulgee St.

Muskogee, OK 74401

918.682.3368

Email: info@fumcmuskogee.org

<http://www.fumcmuskogee.org>

Mercy Health Center**COLETTA BUILDING**

4401 West McAuley Blvd.

Oklahoma City, OK 73120

McAuley Bldg., Ste. 100

405.752.3388

<http://www.mercyok.net>

SURVIVORSHIP - CENTERPOINT SERIES**MERCY CANCER RESOURCE****CENTER AT COLETTA**

4401 West McAuley Blvd.

Oklahoma City, OK 73120

405.752.3388

Ongoing educational series for patients who have completed treatment. Call to enroll.

WELLNESS WEDNESDAY - MERCY**DEMONSTRATION KITCHEN AT COLETTA**

4401 West McAuley Blvd.

Oklahoma City, OK 73120

Ongoing Wednesdays through the year except for holidays, 11:30-noon.

Healthy cooking demonstrations, healthy movement demonstrations, and healthy lifestyle demonstrations designed for patients who are in treatment and who have completed treatment. Call for weekly content, 405.752.3388.

*"Courage does not always roar.
Sometimes courage is the quiet
voice at the end of the day saying,
I will try again tomorrow."*

— Mary Anne Radmacher

Norman Cancer Support Group

Provides a confidential, safe atmosphere where patients, survivors, families and friends can discuss the challenges cancer creates. Resources available to learn about the disease and cope with the changes it creates. Call for date and time.

NORMAN REGIONAL HOSPITAL EDUCATION CENTER

901 North Porter Ave.
Norman, OK 73071
405.307.1705 - Cecyle Haley
<http://www.normanregional.com/en/contact.html>

OASIS Statewide Referral Center

Statewide resource center providing information, referral and assistance for Oklahomans with disabilities and special health care needs.

877.441.0434 (TF)
Email: sooner-success@ouhsc.edu
<http://www.oasis.ouhsc.edu>

Oklahoma Cancer Control Network

A statewide coalition working towards the common goal to "cut out cancer." Website provides meeting information, current state cancer plan, resources, partners, and ongoing activities.

405.271.4072

Oklahoma Palliative Care Resource Center

Comprehensive resource for palliative care, from legal forms to information on hospice and end-of-life care.

UNIVERSITY OF OKLAHOMA

College of Medicine, Department of Family, Preventive Medicine
900 NE 10th Street
Oklahoma City, OK 73190
405. 271.1491 x49194 - Annette Prince
Email: ok-palliative@ouhsc.edu
<https://www.oumedicine.com/familymedicine/opccr>

Oklahoma Primary Care Association (OKPCA)

Dedicated to improving access to affordable community-based healthcare. See website for community health centers.

405.424.2282
www.okpca.org

Oklahoma Tobacco Helpline

A free program which helps people create an easy-to-follow quitting plan.

405.784.8669
800.QUITNOW (TF)
<http://www.okhelpline.com>

Oklahomans for Independent Living (OIL)

Support and resources for those affected by cancer. Resources include: legal concerns, social services, attendant services, equipment loans, support groups, and counseling.

601 East Carl Albert Pkwy
McAlester, OK 74501
918. 426.6220
800.568.6821 (TF)
Email: info@oilok.org
<http://www.oilok.org>

Patient Advocate Foundation (PAF)

Assists patients with specific issues they are facing with their insurer, employer, and/or creditor regarding insurance, job retention and/or debt crisis matters relative to their diagnosis or life threatening or debilitating diseases.

800.532.5274 (TF)
866.512.3861 (TF) - Co-Pay Relief
<http://www.patientadvocate.org>

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

— Albert Einstein

Partnership for Prescription Assistance

Helps qualifying patients without prescription drug coverage get medicines for free or at a reduced cost. A directory of prescription assistance programs is also available.

8:00 am-4:00 pm - Monday-Friday

888.477.2669 (TF)

<http://www.pparx.org>

People Connected by Cancer

Dedicated to assuring Oklahoma cancer survivors, caregivers, families and friends are aware of available resources.

405.271.2108 - Dan Brackett

Email: info@okpcbc.org

<http://www.okpcbc.org>

Livestrong - Young Adults

Online community of peer support for young adults (15-40) with cancer. Provides a place to share insights, explore fears and laugh with others.

2201 East Sixth Street

Austin, TX 78702

855.220.7777

<http://www.livestrong.org/we-can-help/young-adults>

Regional Food Bank of Oklahoma (OKC)

Distributes food through 825 charitable feeding programs and elementary schools. Located in 53 counties of central and western Oklahoma. Use website to enter your zip code and find a distribution center in your area.

8:00 am-5:00 pm - Monday-Friday

405.972.1111

Email: info@regionalfoodbank.org

<http://www.regionalfoodbank.org>

**Ronald McDonald House**

Provides a place to stay at little or no cost for families who travel far from home to get treatment for their children. Facilities include home-cooked meals, private bedrooms, and playrooms.

OKLAHOMA CITY

1301 NE 14th St.

405. 424.6873

<http://rmhc-okc.org>

TULSA

6102 South Hudson Ave.

918.496.2727

<http://rmhc-tulsa.org>

RX Assist Patient Assistance Center

Provides free medications or low cost to eligible patients. Offers a comprehensive database of assistance programs, practical tools, news, and articles to health care professionals and patients

Email: info@rxassist.org

<http://www.rxassist.org>

SHOUT

Provide peer support to young women who are cancer survivors through fellowship and outreach programs, and to increase awareness of cancer and other young women's health issues through community education.

Molly Fritch

405.740.7705

Email: info@shout-okc.org

<http://www.shout-okc.org>

Starlight Children's Foundation

Provides support to families with seriously ill children by helping them cope with pain, fear and isolation through entertainment, education and family activities.

310.479.1212

Email: info@starlight.org

<http://www.starlight.org>

Stitching for Sanity

Open to anyone interested in knitting and/or crocheting lap robes and afghans to be given to those currently in treatment for cancer. Donated yarn and instruction available.

12:30 pm - (call for dates)

LOCATED IN INTEGRIS CANCER INSTITUTE OF OKLAHOMA

5911 West Memorial Rd.
Oklahoma City, OK 73114
405.773.6617
877.811.4246 (TF)
<http://www.integrisok.com/cancer-institute-oklahoma>

Strength for Caring

Comprehensive website providing family caregivers a broad range of expert information, an on-line community, daily inspiration, and support.

866.466.3458 (TF)
<http://www.strengthforcaring.com>

Strong & Healthy Oklahoma

Statewide effort to improve the health of all Oklahomans by sharing quick and simple ways to make healthy choices where we live, work and learn. Search statewide database for resources on physical activity, nutrition and tobacco.

<https://www.ok.gov/strongandhealthy>

The Tristesse Grief Center

Nonprofit organization providing professional, independent and affordable services to include counseling, training, education and support groups.

4646 South Harvard Ave, Ste. 200
Tulsa, OK 74135
918.587.1200
<http://www.thegriefcenter.org>

United Way

Worldwide network advancing the common good and creating opportunities for better life for all by focusing on education, income and health.

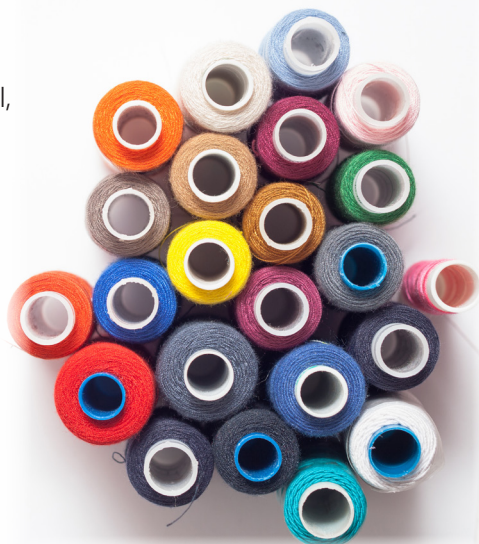
Dial 2-1-1 for an office near you.
<http://www.liveunited.org>

Yoga/Integris

Yoga for those affected by cancer. Wear comfortable exercise clothing and bring your own yoga mat. Always get your doctor's approval before beginning any type of exercise program. Call for date/time/location.

INTEGRIS CANCER INSTITUTE OF OKLAHOMA

5911 West Memorial Rd
Oklahoma City, OK 73142
405.773.6617
877.811.4246 (TF)
<http://www.integrisok.com>



BLOOD

Be The Match

Fundraising foundation offering people the unique opportunity to donate bone marrow or umbilical cord blood to patients with leukemia or other life-threatening diseases. Thousands depend on The Match Registry.

<http://www.bethematch.org>

ExploreBMT.org

One-stop resource for patients, families and caregivers impacted by a marrow or cord blood transplant (BMT).

888.999.6743 (TF)

Email: explorebmt@nmdp.org

<http://www.explorebmt.org>

International Myeloma Foundation

Supports education, treatment and research for multiple myeloma. Also provides a hotline, seminars, and educational materials for patients and their families.

800.452.2873 (TF)

<http://www.myeloma.org>

Lymphoma Research Foundation

Programs and services include a helpline, local chapters, clinical trials information, patient education, public policy initiatives, publications, radio broadcasts, support network and webcasts.

800.500.9976 (TF)

Email: helpline@lymphoma.org

<http://www.lymphoma.org>

Momentum

Support and resource group for survivors of leukemia, lymphoma and myeloma.

6:00 pm-7:30 pm

Second Tuesday each month - (call to enroll)

MERCY HEALTH CENTER - COLETTA BUILDING

4401 West McAuley Blvd.
Oklahoma City, OK 73120
405.752.3388

<http://www.mercyok.net>

Multiple Myeloma Research Foundation

Educational information for patients regarding treatment options, clinical trials, and research programs

203.229.0464

Email: info@themmrf.org

<http://www.themmrf.org>

The Leukemia & Lymphoma Society (LLS)

Provides patients with financial aid for specified treatment expenses, transportation, support groups and clinical trials.

OKLAHOMA CHAPTER

500 North Broadway, Ste. 250

Oklahoma City, OK 73102

405.943.8888

800.955.4572 (TF)

<https://www.lls.org>

BRAIN & CENTRAL NERVOUS SYSTEM

American Brain Tumor Association (ABTA)

Comprehensive information and compassionate support for patients, families and caregivers.

800.886.2282 (TF)

773.577.8750

Email: info@abta.org

<http://www.abta.org>

Children's Brain Tumor Foundation (CBTF)

Improving the treatment, quality of life and long-term outlook for children with brain and spinal cord tumors. Programs available: Kids Cruise, Brain Tumor Week at Camp Sunshine and the Family 2 Family Network.

866.228.4673 (TF)

<http://www.cbtf.org>

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do."

— Eleanor Roosevelt

National Brain Tumor Society

Comprehensive website offering information about brain tumors, treatment, survivor stories, support groups, and publications.

HEADQUARTERS

55 Chapel Street, Ste. 200
 Newton, MA 02458
 Phone: 617.924.9997
 Fax: 617.924.9998
 800.934.2873 (TF)
 Email: info@braintumor.org
<http://braintumor.org>

Oklahoma Brain Tumor Foundation (OKBTF)

Provides education, advocacy and support for Oklahomans with brain tumors and their families.

Monday-Thursday - 9:00am-5:00pm
Friday - 9:00am-1:00pm

OKLAHOMA BRAIN TUMOR FOUNDATION

730 West Wilshire Blvd., Ste. 114
 Oklahoma City, OK 73116
 405.843.4673
 Email: okbtf@okbtf.org
<http://okbtf.org>

OKBTF - Strong Mind, Strong Body, Strong Spirit

Support group for patients and caregivers. Live web streaming of meetings is available. Adult Support Group.

720 West Wilshire Blvd., Ste. 101 #A
 Oklahoma City, OK 73116
 405.843.4673
<http://okbtf.org>

BREAST

American Breast Cancer Foundation

Provides men and women in financial need and loved ones with education, support, and early detection screenings.

10400 Little Patuxent Parkway, Ste. 480
 Columbia, Maryland 21044
 410.730.5105
 Email: info@abcf.org
<http://www.abcf.org>

Breast Cancer Assistance Program

Nonprofit organization providing temporary financial assistance for rent/mortgage and utilities to qualified breast cancer patients in NE Oklahoma.

BREAST CANCER ASSISTANCE PROGRAM

PO Box 470065
 Tulsa, OK 74147
 918.637.8627
 Email: bcapfund@bcapfund.org
<http://bcapfund.org>

BreastCancer.org

Provides reliable, complete, and current breast cancer information, including: symptoms and diagnosis materials, treatment and side effects, day-to-day matters, lowering risk, community knowledge (blogs, chat rooms, etc.) and a breast cancer coach.

120 E. Lancaster Ave. Ste. 201
 Ardmore, PA 19003
 610.642.6550
<http://www.breastcancer.org>

Breast Health Network/Central

Support group for cancer patients, survivors and their families and friends. Lunch provided. RSVP required.

First Thursday each month at 12 noon.

OU BREAST INSTITUTE - OU PHYSICIANS BLDG

825 NE 10th Street, Ste. 3500
 Oklahoma City, OK 73104
 405.271.4514 x48592
 866.241.9546 (TF)

Metastatic Support Survivors (SOS)

2nd Thursday - 12 noon-1:00 pm

STEPHENSON CANCER CENTER

800 NE 10th St., Suite 5058
 Oklahoma City, OK 73104

“At any given moment you have the power to say this is NOT how the story is going to end.”
 — Author Unknown

Support group for survivors and their supporters.

6:00 pm - Second Thursday each month

BREAST HEALTH NETWORK

2601 Kelley Pointe Pkwy, Ste. 101
Edmond, OK 73013
405.844.2601

Dr. Susan Love Research Foundation

Works to eradicate breast cancer and improve the quality of women's health through innovative research, education, and advocacy.

310.828.0060

Email: info@SusanLoveResearch.org

Facing Our Risk of Cancer Empowered (FORCE)

Improving the lives of individuals and families affected by hereditary breast and ovarian cancer. Website provides: chat room, peer support, information on latest research, resources, clinical trials, and advocacy.

866.288.7475 (TF)

Email: info@facingourrisk.org

<http://www.facingourrisk.org>

Imaginis

Comprehensive website providing in-depth women's health information.

25 East Court St., Ste. 301

Greenville, SC 29601

864.209.1139

Email: learnmore@imaginis.com

<http://www.imaginis.com>

Living Beyond Breast Cancer

National organization providing support and education to those with cancer and their families and friends as well as health care providers.

855.807.6386

610.645.4567 (TF)

484.708.1550

Email: mail@lbcc.org

<http://www.lbcc.org>



National Breast Cancer Foundation, Inc.

Provide help and inspire hope to those affected by breast cancer through early detection, education, and support services
<http://www.nationalbreastcancer.org>

Norman Breast Cancer Support Group

Provides education and emotional support to patients.

*7:00 pm - First Tuesday each month
September 2016 thru June 2017*

NORMAN REGIONAL HOSPITAL EDUCATION CENTER

901 North Porter Ave.

Norman, OK 73071

405.307.2620

<http://www.normanregional.com>

Oklahoma Cares

Oklahoma's Breast & Cervical

Cancer Treatment Program provides Medicaid benefits to eligible women for breast/cervical cancer (including pre-cancerous conditions and early stage cancer). Call or visit website to see if you are eligible.

405.271.4072

866.550.5585 (TF)

<http://www.okcares.health.ok.gov>

Project 31

Contact: Sarah McLean

Email: sarah@project31.com

Reach to Recovery

Through face-to-face visits or by phone, trained volunteers help women and men through their breast cancer experience.

AMERICAN CANCER SOCIETY

800.227.2345 (TF)

<http://www.cancer.org>

SHARE Cancer Support

The leading ovarian and breast cancer organization offering support for women with breast cancer, metastatic breast cancer and ovarian cancer.

844.275.7427 (TF) - English & Español

<http://www.sharecancersupport.org>

Susan G. Komen for the Cure

The world's largest grassroots network of breast cancer survivors and activists, working together to save lives, empower people, ensure quality care for all and energize science to find cures. Contact your local affiliate for grantees near you.

877.465.6636 (TF)
<http://ww5.komen.org>

SUSAN G. KOMEN CENTRAL & WESTERN OKLAHOMA AFFILIATE

101 Park Avenue, Ste. 225
 Oklahoma City, OK 73102
 405.526.2873
 Email: cure@komencwok.org
<http://www.komencentralwesternok.org>

TULSA AFFILIATE

1560 East 21st Street, Ste. 202
 Tulsa, OK 74114
 918.392.2745
<http://www.komentulsa.org>

Oklahoma Take Charge! Program

Information and access to screening services for those who qualify. Services include pap test, pelvic exam, HPV test, clinical breast exam, and a free mammogram (if eligible).

888.669.5934 (TF)
<http://www.ok.gov>

Oklahoma Project Woman

Oklahomans of any age with no insurance and limited free financial resources may be eligible for breast health education, free mammogram, diagnostic procedures and surgical services.

918.834.7200 - Tulsa
 405.605.1228 - Oklahoma City
 Email: mayab@oklahomaprojectwoman.org
<http://www.oklahomaprojectwoman.com>



Young Survival Coalition (YSC)

Dedicated to the critical issues unique to young women who are diagnosed with breast cancer. YSC offers resources, connections, and outreach so women feel supported, empowered, and hopeful.

877.972.1011 (TF)
<http://www.youngsurvival.org/connect-with-ysc>

COLORECTAL DIGESTIVE/KIDNEY/BLADDER

American Society of Colon & Rectal Surgeons

Association of colon and rectal surgeons and professionals dedicated to assuring high quality patient care. Website includes: educational materials about colorectal conditions, registries and advocacy opportunities.

847.290.9184
 Email: ascrs@fascrs.org
<http://www.fascrs.org/patients>

Colon Cancer Alliance (CCA)

Championing prevention, funding cutting-edge research, and providing the highest quality patient support services.

877.422.2030 (TF)
<http://www.ccalliance.org>

Colorectal Cancer Coalition (C3)

Nonprofit advocacy organization Championing education, awareness and early screening of colon cancer.

952.378.1237
<http://www.coloncancercoalition.org>

My cancer scare changed my life. I'm grateful for every new, healthy day I have. It has helped me prioritize my life.

— Olivia Newton-John

Ostomy 2-1-1

Ostomy 2-1-1 is a 501 © (3) organization dedicated to provide support/supplies to those undergoing ostomy or bowel/bladder surgeries.

The clinic is open on Mondays from 2:00 pm-7:00 pm

1201 NW 10th Street - OKC
405-243-8001
Email: ostomy211@gmail.com
www.ostomy211.com

OstomyOK.org

Website for Ostomy Association chapters in Oklahoma Inclusive of an Alliance of Oklahoma Ostomy support groups
<http://www.ostomyok.org>

Ostomy Support Group of Lawton - Ft. Sill, OK

1:00 pm, Second Sunday of March, June, September and December.

COMANCHE COUNTY MEMORIAL HOSPITAL

3401 West Gore Blvd.
Lawton, OK 73505
580.248.3535 - Mel Springborn (Group President)
http://www.ostomy.org/asg_pages_asg_009.html

Ostomy Support Group of Oklahoma City

7:00 pm - Second Saturday of the odd months (Call for meeting location)

405.341.5330 - Laverna Reid
<http://www.ostomyok.org/OKC>

Ostomy Support Group of North Central Oklahoma

7:00 pm - Third Monday each month.

LOCATIONS:

Ponca City, Stillwater and Enid.
Call for location.
580.401.3124 - Bob Baumel
<http://www.ostomyok.org/oanco>

Ostomy Support Group of Tulsa

7:00 pm - Fourth Thursday each month

UNIVERSITY VILLAGE THEATHER

8555 South Lewis Ave.
Tulsa, OK 74137
918.446.8542 - Kay Pugh
<http://www.ostomyok.org/tulsa>

The Susan Cohan Kaldas Colon Cancer Foundation

Resources and education about screening, aid in clinical trials and family psychological support.

410.244.1778
Email: info@coloncancerfoundation.org
<http://www.coloncancerfoundation.org>

Ulman Cancer Fund for Young Adults

Leading voice in the young adult cancer movement, working at a grassroots level to support, educate, connect and empower young adult cancer survivors.

888.393.3863 (TF)
Email: info@ulmanfund.org
<http://www.ulmanfund.org>

United Ostomy Associations of America

Provides support, information and advocacy to ostomates and their caregivers.

800.826.0826 (TF)
Email: info@uooa.org
<http://www.ostomy.org>

GYNECOLOGICAL

Foundation for Women's Cancer

Informs and enables women to be their own health advocates by providing information about the disease treatment options, and access to new therapies.

312.578.1439
Email: info@foundationforwomenscancer.org
<http://www.foundationforwomenscancer.org>

Imaginis

Comprehensive health network website. Independent award-winning comprehensive resource for information on women's health and wellness.

864.209.1139

Email: learnmore@imaginis.com

<http://www.imaginis.com>

National Cervical Cancer Coalition

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

800.685.5531 (TF)

Email: info@nccc-online.org

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

National Ovarian Cancer Coalition

Raises awareness and promotes ovarian cancer education. Offers publications, support groups, and a database of gynecologic oncologists searchable by state.

800.685.5531

Email: nccc@ashasexualhealth.org

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

Oklahoma Cares

Oklahoma's Breast & Cervical Cancer Treatment Program provides Medicaid benefits to eligible women for breast/cervical cancer (including pre-cancerous conditions and early stage cancer). Call or visit website to see if you are eligible.

405.271.4072

866.550.5585 (TF)

<http://okcares.health.ok.gov>

Ovarian Cancer National Alliance

Works to increase public and professional understanding of ovarian cancer and advocates for research. Distributes materials and sponsors an annual advocacy conference for survivors and families.

866.399.6262 (TF)

Email: ocna@ovariancancer.org

<http://www.ovariancancer.org>

Ovarian Cancer Research Fund

Supports patients and their families and friends in understanding ovarian cancer and its treatment. Also provides outreach programs to raise public awareness.

800.873.9569 (TF)

Email: info@ocrf.org

<http://www.ocrf.org>

SHARE

Organization led by breast and ovarian cancer survivors, providing emotional support and practical advice to women facing breast, metastatic breast or ovarian cancer by phone.

866.891.2392 (TF) English & **Español**

<http://www.sharecancersupport.org>

Take Charge!

Information and access to screening services for those who qualify. Services include Pap test, pelvic exam, HPV test, clinical breast exam, and a free mammogram (if applicable).

888.669.5934 (TF)

<http://takecharge.health.ok.gov>

HEAD & NECK**International Association of Laryngectomy (IAL)**

Nonprofit organization composed of member clubs and regional organizations known as "Lost Chord" or "New Voice" clubs. Purpose is to assist these clubs in their efforts towards total rehabilitation of the laryngectomy, including research links, forums, stories and poetry.

866.425.3678 (TF)

<http://theial.com>

IAL-Sooner Nu-Voice Laryngectomy Club

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

2:00 pm - Second Sunday each month

BELLEVUE REHAB CENTER ACTIVITY ROOM

6430 North Portland Ave.
Oklahoma City, OK 73116
405.348.1287 - Bill Finch

Mouth Cancer Foundation

Online organization providing direct links to relevant cancer websites, including patient stories and an active message board.

Email: info@mouthcancerfoundation.org
<http://www.mouthcancerfoundation.org>

New Voice Club

Support, information and education to laryngectomy, and head/ neck cancer patients with communication problems, and their families.
Call for date/time.

ST. JOHN LAFORTUNE CANCER CENTER

1923 South Utica Ave.
Tulsa, OK 74104
918.744.0123
<http://www.stjohnhealthsystem.com/cancer>

Support for People with Oral, Head & Neck Cancers (SPOHNC)

Nonprofit organization dedicated to raising awareness and meeting the needs of oral, head and neck cancer patients.

800.377.0928 (TF)
Email: info@spohnc.org
<http://www.spohnc.org>

SPOHNC Support Group

Patient-directed support group for patients with head, neck, throat and nose cancer.
6:30 pm - First Tuesday each month.

HARDESTY PUBLIC LIBRARY

8316 East 93rd St.
Tulsa, OK 74133
918.261.8858 - Christine Griffin
Email: beritgriffin@att.net
<http://www.spohnc.org>

Web Whispers

Online support group providing practical, educational information and support to laryngectomy survivors of larynx and other throat cancers.
<http://www.webwhispers.org>

LIVER

American Liver Foundation

Facilitates, advocates and promotes education, support and research for the prevention, treatment and cure of liver disease. Website offers resources and latest news for patients and caregivers.

212.668.1000
800.465.4837 (Helpline)
Email: info@liverfoundation.org
<http://www.liverfoundation.org>

LUNG/RESPIRATORY

American Lung Association

Dedicated to preventing lung disease and promoting lung health. Website provides interactive decision support tools.

7:00 pm-9:00 pm - Monday-Friday

800.548.8252 (TF)
Email: info@lungusa.org
<http://www.lungusa.org>

Better Breathers

Support groups for patients with COPD (chronic obstructive pulmonary disease) and their families.

Second Friday each month - (call to enroll)

MERCY HEALTH CENTER - COLETTA BLDG.

4401 West McAuley Blvd.
Oklahoma City, OK 73120
405.752.3388
<http://www.mercyok.net>

*Feed your faith and your fears
will starve to death.*

— Author Unknown

American Lung Association/Oklahoma

(405) 748.4674 Oklahoma City
(918) 747.3441 Tulsa

**CARING AMBASSADORS LUNG
CANCER PROGRAM**

Support and information including treatment, coping/survivorship, resources, and clinical trials.
503.632.9032

<http://www.lungcancercap.org>

Lung Cancer Alliance

Support and advocacy for those with or at risk for lung cancer. Website provides information on: treatment, clinical trials, resources and support.

800.298.2436 (TF)

Email: info@lungcanceralliance.org

<http://www.lungcanceralliance.org>

LungCANCER.org

Nonprofit organization offering support and information to patients and their families and friends, including online support groups, education workshops, co-pay help and a clinical trials matching service.

8:00 am-6:00 pm - Monday-Thursday

8:00 am-4:00 pm - Friday

800.813.4673 (TF)

Email: info@cancercare.org

<http://www.lungcancer.org>

LUNgevity Foundation

Website hosts the Lung Cancer Support Community. Provides latest lung cancer information, 24-hour online support, a telephone buddy program, personal CarePages webpage to blog your cancer journey, lung cancer advocacy opportunities and clinical trial matching.

312.407.6100

Email: info@lungevity.org

<http://www.lungevity.org>

National Lung Cancer Partnership

Provides educational materials, inspirational stories, information on clinical trials and an "Ask the Expert" forum.

608. 833.8068

<http://www.NationalLungCancerPartnership.org>

The Mesothelioma Center

Website offers comprehensive, updated information on asbestos exposure and mesothelioma. Provide resources on all asbestos issues ranging from occupational exposure to treatment options.

844.306.8068

<http://www.asbestos.com>

MELANOMA/SKIN

Aim at Melanoma Foundation

Provides information, support, advocacy, education symposiums, a nurse-on-call and clinical trials matching.

877.246.2635 (TF) Nurse on Call

Email: NurseOnCall@AIMatMelonoma.org

<http://www.aimatmelanoma.org>

American Academy of Dermatology

Provides free educational materials and information about skin care, sun safety and skin cancer exams.

8:00 am-5:00 pm - Monday-Friday

866.503.7546 (TF)

<http://www.aad.org>

Melanoma International Foundation (MIF)

Nonprofit organization created to provide the scientifically sound guidance and support. Personalized strategies with patients so they may live longer, better lives.

866.463.6663 (TF)

<http://www.melanomaintl.org>

The Skin Cancer Foundation

Non-profit organization devoted solely to education, prevention, early detection, and prompt treatment of the world's most common cancer.

212.725.5176

<http://www.skincancer.org>



PANCREATIC

Pancreatic Cancer Action Network (PanCAN)

Nationwide network of people dedicated to advancing research, supporting patients and creating hope for those facing pancreatic cancer. Provides information on research, advocacy and community outreach. Offers liaison services for patients, families, health professionals and researchers.

9:00 am-7:00 pm - Monday-Friday

877.435.8650 (TF)

Email: info@pancan.org

<http://www.pancan.org>

Oklahoma Pancreatic Cancer Support Groups

Support groups for those affected by pancreatic cancer and their caregivers.

OKLAHOMA CITY SITE

OU Health Sciences Center,
David Boren Student Union
1106 North Stonewall Rm. 214
405.271.2108

Pancreatica.org

Non-profit organization that promotes awareness, increase education, and further pancreatic cancer research.

149 Bonifacio Place
Monterey, CA 93940
831.658.0600

<http://www.pancreatica.org>

The Lustgarten Foundation

Advancing scientific and medical research related to diagnosis, treatment, cure, and prevention of pancreatic cancer; provides support to pancreatic cancer patients, family, and friends.

866.789.1000 (TF)

<http://www.lustgarten.org>

The important thing is not how many years in your life but how much life in your years.

— Edward J. Stieglitz

PEDIATRIC

National Children's Cancer Society

Helps childhood cancer survivors integrate the cancer experience into their new life as survivors and successfully handle the challenges ahead.

800.532.6459 (TF)

<http://www.thenccs.org>

Childhood Cancer Guides

Charitable organization serving the childhood cancer community by providing emotional support and access to a resource center.

Bellingham, WA

www.childhoodcancerguides.org

National Children's Cancer Society (NCCS)

Financial, emotional, educational and medical resources for every stage of illness and recovery.

800.532.6459 (TF)

<http://thenccs.org>

Parents Support Group

Support group for parents who have a child with cancer.

CHILDREN'S HOSPITAL - OU CHILDREN'S PHYSICIANS CENTER

1200 Children's Ave. #10000
Oklahoma City, OK 73104
405.271.4412

Ronald McDonald House

Provides a place to stay at little or no cost for families who travel far from home to get treatment for their children. Facilities include home-cooked meals, private bedrooms, and playrooms.

OKLAHOMA CITY

1301 NE 14th St.

405.424.6873

<http://rmhc-okc.org>

TULSA

6102 South Hudson Ave.

918.496.2727

<http://rmh-tulsa.org>

Alex's Lemonade Stand Foundation for Childhood Cancer

Comforting, encouraging, and empowering siblings during their family's battle against childhood cancer.

610.649.3034

<http://www.alexlemonade.org>

PROSTATE/TESTICULAR

Man to Man/Cancer Survivors Network

American Cancer Society (ASC) program providing education and support to patients and their families.

800.227.2345 (TF)

<http://www.cancer.org/treatment/supportprogramsservices/man-to-man>

Prostate Cancer Institute

Educational website providing up-to-date information about prostate cancer to men with the disease and their partners.

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

Testicular Cancer Resource Center

Resources for those with testicular cancer.

Includes information about surgery, testing, treatment, reconstruction, and sexual health.

Contact: Doug Bank

Email: dougbank@alum.mit.edu [tccrc.acor.org](http://www.tccrc.acor.org)

Us TOO International Prostate Cancer Education and Support Network

Provides information and peer-to-peer support to men in need of making decisions about prostate cancer.

800.808.7866

Email: ustoo@ustoo.org

<http://www.ustoo.org>

ZERO - The Project to End Prostate Cancer

Provides comprehensive treatment information to patients, education to those at risk and conducts free prostate cancer testing throughout the country. Increases research funds from the federal government to find new treatments and fund local grants to end the disease.

888.245.9455 (TF)

Email: info@zerocancer.org

<http://www.zerocancer.org>

American Cancer Society (ACS)

Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.

800.227.2345 (TF) 24/7

Para Español oprima nueve

LOCAL OKLAHOMA RESOURCE LISTINGS:

405.843.9888 Oklahoma City

918.477.5400 Tulsa

580.353.8145 Lawton

918.423.0687 McAlester

<http://www.cancer.org>

Oklahomans for Independent Living (OIL)

Support and resources for those affected by cancer. Resources include: legal concerns, social services, attendant services, equipment loans, support groups, and counseling. Serving Atoka, Coal, Haskell, Hughes, Latimer, McIntosh, Pittsburg, and Pushmataha counties.

601 East Carl Albert Pkwy

McAlester, OK 74501

918.426.6220

Email: info@oilok.org

<http://www.oilok.org>

“Attitude is a little thing that makes a big difference.”

— Winston Churchill

SOUTHCENTRAL

No resources available.

SOUTHWEST**American Cancer Society (ACS)**

Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.

800.227.2345 (TF) 24/7

Para Español *oprima nueve*

LOCAL OKLAHOMA RESOURCE LISTINGS:

405.843.9888 Oklahoma City

918.477.5400 Tulsa

580.353.8145 Lawton

918.423.0687 McAlester

<http://www.cancer.org>

NORTHWEST**Ostomy 2-1-1**

Ostomy 2-1-1 is a 501 © (3) organization dedicated to provide support/supplies to those undergoing ostomy or bowel/bladder surgeries.

*The clinic is open on Mondays from
2:00 pm-7:00 pm*

1201 NW 10th Street

OKC, OK 73106

405-243-8001

Email: ostomy211@gmail.com

www.ostomy211.com

OstomyOK.org

Website for Ostomy Association chapters in Oklahoma. Provides contacts for local support groups and information on the volunteer visiting service, offered free of charge for patients and their families before and/or after surgery.

<http://www.ostomyok.org>

Cancer Centers of Southwest Oklahoma**ALTUS**

Through a group effort, three hospitals in SW Oklahoma provide individualized care and support groups.

DUNCAN

6:30 pm Last - Monday each month

TAYLOR-LENORMAN MCCASLAND CENTER

2110 Duncan Regional Loop Rd.

Duncan, OK 73533

580.251.6600

LAWTON

6:00 pm - Second Monday each month.

LEAH M. FITCH CANCER CENTER

104 NW 31st Street

Lawton, OK 73505

580.536.2121

Cancer Centers of Southwest Oklahoma

Through a group effort, three hospitals in SW Oklahoma provide individualized care and support groups.

<http://www.cancercentersswok.com/>

ALTUS

6:00 pm - Third Tuesday each month

1200 East Pecan St.

Altus, OK 73521

JACKSON COUNTY MEMORIAL HOSPITAL

1200 East Broadway
Altus, OK 73521
580.480.4400

DUNCAN

6:30 pm - Last Monday each month.

TAYLOR-LENORMAN MCCASLAND CENTER

2110 Duncan Regional Loop Rd.
Duncan, OK 73533
580.251.6600

LAWTON

6:00 pm - Second Monday each month.

LEAH M. FITCH CANCER CENTER

104 NW 31st Street
Lawton, OK 73505
580.536.2121

NORTHEAST**A Touch of Grace**

Christian support group for women.

FIRST ASSEMBLY OF TAHLEQUAH

Sunshine Room
3229 S Muskogee Ave.
Tahlequah, OK 74464
918.431.0411
Email: asoneministries@cablelynx.com
<http://www.asoneministries.com>

American Cancer Society (ACS)

Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.

800.227.2345 (TF) 24/7

Para Español oprima nueve

LOCAL RESOURCE LISTINGS:

405.843.9888 Oklahoma City
918.477.5400 - Tulsa
580.353.8145 - Lawton
918.423.0687 - McAlester
<http://www.cancer.org>

Angel Flight

Primarily serves patients needing transportation to or from the heartland region.

1515 East 71st St.

Tulsa, OK 74128

918.749.8992

Email: angel@angelflight.com

<http://ww.angelflight.com>

Assistance in Health Care

Offers financial assistance to cancer patients receiving treatment in the Tulsa area. Money is provided for emergency nonmedical expenses such as rent, utilities, car payments, etc.

PO Box 700392 - Tulsa

918.286.5699

<http://assistanceinhealthcare.org>

Better Breathers

Support groups for patients with chronic obstructive pulmonary disease (COPD) and their families.

American Lung Association

918.747.3441 - Tulsa

Breast Cancer Assistance Program

Nonprofit organization providing temporary financial assistance for rent/mortgage and utilities to qualified breast cancer patients in NE Oklahoma.

Breast Cancer Assistance Program

PO Box 470065 - Tulsa

918.637-8627 - Angie Walters

Email: bcapfund@bcapfund.org

<http://bcapfund.org>

Breast Impressions

Donates breast casting kits to newly diagnosed women, to make a memory prior to surgery.

4645 S Vandalia Ave. - Tulsa

918.691.3874

Email: breastimpressions@cox.net

<http://breastimpressions.com>

Family Support Group

Support and resource group for survivors of leukemia, lymphoma and myeloma and their families.

7:00 pm - First Wednesday each month.

SAINT FRANCIS HOSPITAL

6161 S Yale Ave. - Tulsa
918.474.1585

<http://saintfrancis.com>

Grief Support Group

Support to those who have lost a loved one through illness.

Call for date/time.

ST. JOHN HOSPICE - HARVARD MEDICAL BUILDING

4720 S Harvard Ave, Ste. 202 - Tulsa
918.747.4428

Just in Time

Support group for cancer patients and their families and friends.

Call for date/time.

OWASSO COMMUNITY CENTER

301 S Cedar St. - Owasso
Dora Johnson
918.371.2242

Look Good, Feel Better

Free, non-medical program helping women offset changes to their appearance from cancer treatment. Also offers programs for men and teens, self-help mailer kits, and a 24-hour hotline.

800.395.5665 (TF) 24/7

Para Español oprima uno

918.743.6767 - Tulsa

<http://lookgoodfeelbetter.org>

Mayes County Cancer Support Group

Support group providing cancer patients literature, groceries, the Reach to Recovery Program and transportation to medical treatment. Free refreshments and/or light meals provided.

7:00 pm - Fourth Thursday of every month

INTEGRIS MAYES COUNTY MEDICAL

Center, 129 N Kentucky - Pryor
Darla Thompson
918.825.4727 (H)
918.637.6038 (C)

Mayes County Grief Support Group

Support and services to those grieving the death of a loved one.

7:00 pm - Second Thursday of every month

INTEGRIS MAYES COUNTY MEDICAL

Center, 129 N Kentucky Ave. - Pryor
Susan Johnson
918.825.1600 x503

Muskogee Caregiver Support

Support group for caregivers.

1:00 pm - Last Wednesday of every month

FIRST BAPTIST CHURCH OF MUSKOGEE, CHURCH PARLOR

111 S 7th St.- Muskogee
918.682.3496

<http://www.fbcmuskogee.org>

Mustard Seeds

Support group for those affected by cancer. Meetings consist of a short educational piece and potluck style lunch.

11:00-1:00 pm - Second Saturday each month (call for location).

918. 492.4953 Rosanne Pasco

New Days Cancer Support Group

Provides a place for those affected by cancer to learn, laugh, cry, and affirm that each new day is a blessing.

6:30 pm - First Monday each month.

“Time is shortening. But every day that I challenge this cancer and survive is a victory for me.”

— Ingrid Bergman

FIRST UNITED METHODIST CHURCH

Church Parlor FH-5
600 E Okmulgee - Muskogee
918.682.3368 - Cindy Culver
Email: cindyc@fumcmuskogee.org
<http://fumcmuskogee.org>

New Voice Club

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

Call for date/time.

ST. JOHN LAFORTUNE CANCER CENTER

1923 S Utica Ave. - Tulsa
918.744.0123
<http://www.stjohnhealthsystem.com/cancer>

OKBTF-Strong Mind, Strong Body, Strong Spirit

Support group for patients and caregivers. Live streaming of support group meetings is available on the website.

ADULT SUPPORT GROUP

720 W Wilshire Blvd., Ste. 101#A - OKC
<http://okbtf.org>

Ostomy 2-1-1

Ostomy 2-1-1 is a 501 © (3) organization dedicated to provide support/supplies to those undergoing ostomy or bowel/bladder surgeries.

The clinic is open on Mondays from 2:00 pm-7:00 pm

1201 NW 10th Street - OKC
405-243-8001
Email: ostomy211@gmail.com
www.ostomy211.com

OstomyOK.org

Website for Ostomy Association chapters in Oklahoma. Provides contacts for local support groups and information on the volunteer visiting service, offered free of charge for patients and their families before and/or after surgery.

<http://www.ostomyok.org>

OSTOMYOK SUPPORT GROUPS STILLWATER, PONCA CITY, ENID

7:00 pm - Third Monday of every month rotates between locations.

Call or visit website for location.
580.765.0050 Bob Baumel
<http://www.ostomyok.org/oanco>

TULSA

7:00 pm - Fourth Thursday each month.

UNIVERSITY VILLAGE

Conference Meeting Room
8555 S Lewis Ave. - Tulsa
918.446.8542 - Kay Pugh
<http://www.ostomyok.org/tulsa>

Oklahoma Pancreatic Cancer Support Group

Support groups for those affected by pancreatic cancer.

6:00 pm - Second Tuesday of every month

SCHUSTERMAN CENTER

OU Tulsa Bldg 1, Rm 2C19
4502 E 41st St., Tulsa
405.380.8236 - Daniel Brackett, Coordinator
Email: danielj.brackett@yahoo.com
<http://www.okpcbc.org>

Ronald McDonald House

Provides a place to stay at little or no cost for families who travel far from home to get treatment for their children. Facilities include home-cooked meals, private bedrooms, and playrooms.

OKC

1301 NE 14th St.
405.424.6873
<http://www.rmhc-okc.org>

TULSA

6102 S Hudson Ave
918.496.2727
<http://www.rmhtulsa.org>

SPOHNC Support Group

Patient-directed support group for patients with head, neck, throat and nose cancer.

6:30 pm - First Tuesday each month.

HARDESTY PUBLIC LIBRARY

8316 E 93rd St., - Tulsa
918.261.8858 - Christine Griffin
Email: beritgriffin@att.net

Susan G. Komen for the Cure

The world's largest grassroots network of breast cancer survivors and activists, working together to save lives, empower people, ensure quality care for all and energize science to find cures. Contact your local affiliate for grantees near you.

TULSA AFFILIATE

5110 S Yale Ave, Ste. 415 - Tulsa
918.392.2745
<http://www.komentulsa.org>

The Tristesse Grief Center

Nonprofit organization providing professional, independent and affordable services to include counseling, training, education and support groups.

THE TRISTESSE GRIEF CENTER

3930 E 31st St., Tulsa
918.587.1200
<http://www.thegriefcenter.org>

Oklahoma Project Woman

Provides breast health education, free mammograms, diagnostic procedures and surgical services to low income women. Participants must meet program guidelines.

918.834.7200
877.550.7465 (TF)
<http://www.oklahomaprojectwoman.org>

Us TOO Support Groups

Nonprofit organization providing men and their families with free information, materials, peer-to-peer support, an online community, treatment options and support groups.

9:00-5:00 pm · Monday-Friday

800.808.7866 (TF)
Email: ustoo@ustoo.org
<http://www.ustoo.org>

7:00-8:00 pm Second Thursday each month.

St. John La Fortune Cancer Center

Mary K Chapman Health Plaza
Lower level, Classroom D
1819 E 19th St., Tulsa
918.744.3189
<http://www.fbcmuskogee.org>

Young Survival Coalition (YSC)

Dedicated to the concerns and issues unique to young women and breast cancer by providing a point of contact.

877.972.1011 (TF)
Email: info@youngsurvival.org
<http://www.youngsurvival.org>

CENTRAL**American Cancer Society (ACS)**

Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.

800.227.2345 (TF) 24/7
Para Español oprima nueve

LOCAL RESOURCE LISTINGS:

405.843.9888 - OKC
918. 743.6767 - Tulsa
580.353.8245 - Lawton
918.423.0687 - McAlester
<http://www.cancer.org>

Better Breathers

Support groups for patients with COPD (chronic obstructive pulmonary disease) and their families.

American Lung Association

405.748.4674 - OKC

Breast Cancer Support

Support group for cancer patients, survivors, and their families and friends. Free lunch provided.

12:00 pm - Third Thursday each month.
RSVP Required.

OU BREAST INSTITUTE - OU PHYSICIANS BLDG

825 NE 10th St., Ste. 3500 - OKC
 405.271.4514 ext. 48592
 866.241.9546 (TF)
<http://www.oumedicine.com/body.cfm?id=1912>

Breast Cancer Support Group

Support group for survivors and their supporters.

6:00 pm - Second Thursday each month.

BREAST IMAGING OF OKLAHOMA

2601 Kelley Pointe Pkwy
 Edmond, OK
 405.705.2705

Calm Waters

Free grief support groups and resources to children and their families. To join a group, complete online registration form and mail/fax to the below address.

4334 NW Expressway, Ste. 101 - OKC
 405.841.4800
 Email: info@calmwaters.org
<http://www.calmwaters.org>

Cancer Caregivers

Support and resource group for caregivers of cancer survivors. Meets the same time as the PUSH group (see page 10), so cancer survivors and caregivers can both receive support.

*6:30-8:00 pm - Second Monday each month.
 Call to enroll.*

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100
 4205 McAuley Blvd. - OKC
 405.752.3388
<http://www.mercyok.net>

Care for Caregivers Support Group

Support group for those who share common experiences of caring for a loved one. Through regular contact with others in similar situations, members receive: emotional support, discuss frustrations, strategies for care and current information from a certified instructor.

*Third Thursday each month
 (except June & December).
 Call for time & to enroll.*

MERCY HEALTH CENTER

McAuley Bldg
 Lower Level, Conference Center
 4205 W Memorial Rd - OKC
 405.936.5821
<http://www.mercyok.net>

Chickasha Cancer Support Group

Support to those with cancer and their families and friends.

GRADY MEMORIAL HOSPITAL

2200 Iowa Ave. - Chickasha
 405.779-2150 Cindy Nichols - Call to book a room
<http://gradymem.org/getpage.php?name=index>

Edmond Caregiver Support Group

Support group for caregivers.

6:15 pm (call for date)

FIRST PRESBYTERIAN CHURCH OF EDMOND

1000 S Rankin - Edmond
 405.478.1991 - Marsha Peeler

Expressive Writing

Class for cancer patients and their families and friends. Learn how to use writing to relieve stress associated with cancer. No previous writing experience needed.

2:00-3:00 pm Mondays (call to enroll)

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100
 4205 McAuley Blvd. - OKC
 405.752-3388
<https://www.mercy.net>



Free Counseling & Support Services

Support to those affected by cancer. Topics addressed: grief, anxiety, sexual and reproductive health, effects on family, stress, relaxation techniques, and skills for survivorship.

INTEGRIS CANCER INSTITUTE OF OK

5911 W Memorial Rd - OKC
405.773-6608 - Curtis Bottoms
405.636-7982 - Barbara Snider
<http://integrisok.com/cancer-institute-oklahoma-troy-dollie-wellness-center>

Griefshare

Support group for those who have lost a loved one to cancer.

Meets Monday nights at 6:30pm on second floor room 202

FIRST BAPTIST CHURCH OF MOORE

301 NE 27th St., Rm W202 - Moore
405.793-2600
<http://firstmoore.com>

Head & Neck Cancers

Support and education to head/ neck cancer patients.

6:00 pm First Thursday each month.

OU Health Sciences Center
800 NE 10th St. - OKC
405.842.3222 - Brad Quillen

HOPE in Oklahoma

Support group for women diagnosed with gynecological cancers and their caregivers.

10:00 am First Saturday each month.

OU PHYSICIANS BUILDING

5th Floor Waiting Room
825 NE 10th St. - OKC
405.271.8663 x48165
<http://hope.ouhsc.edu>

Hope Rains

Provides financial assistance to young women in Oklahoma with cancer. Assistance provided for costs associated with out-of-pocket expenses for treatment, required medication and other related expenses. Women ages 20-45, caring for children in the home, with a demonstrated financial need are eligible.

COMMUNITIES FOUNDATION OF OK

2932 NW 122nd, Ste. D - OKC
918.743-7814

I Can Cope

Cancer education classes on different topics relating to survivorship. All are welcome. Call for time. Thursdays, Quarterly.

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC (405)
405.752.3388
<http://www.mercyok.net>

International Association of Laryngectomees (IAL)

Nonprofit organization composed of member clubs and recognized regional organizations known as "Lost Chord" or "New Voice" clubs. Purpose is to assist these local clubs in their efforts towards total rehabilitation of the laryngectomee, including research links, forums, stories and poetry.

866.425.3678 (TF)
<http://www.theial.com>

Labyrinth Gathering

Weekly exercise/support class for cancer patients and their families and friends. This low impact walking activity has great emotional benefits while on your cancer journey.

2:00-3:00 pm - Wednesdays (call to enroll).

"There is no hope unmingled with fear, no fear unmingled with hope."

— Baruch Spinoza

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752.3388
<http://www.mercyok.net>

Look Good, Feel Better

Free, non-medical program helping women offset changes to their appearance from cancer treatment. Also offers programs for men and teens, self-help mailer kits, and 24-hour hotline.

800.395.5665 (TF) 24/7

Para Español oprima uno

405.843.9888 - OKC
<http://lookgoodfeelbetter.org>

Momentum

Support and resource group for survivors of leukemia, lymphoma and myeloma.

6:00-7:30 pm - Second Tuesday each month (call to enroll).

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752.3388
<https://www.mercy.net>

Monday's Friends

Support group for patients and their families.

6:00 pm - Second Monday each month.

MIDWEST REGIONAL MEDICAL CENTER

Breast Care Center, First FL
2825 Parklawn Dr. - Midwest City
405.610.8881
<http://www.midwestregional.com>

Musical Discoveries

Weekly class for cancer patients and their families and friends. Learn how to use music to combat stress associated with cancer. No previous musical experience needed.

2:00-3:00 pm - Tuesdays (call to enroll).

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752.3388
<http://www.mercyok.net>

Native American Breast Cancer Support Group

Support group for Native American Women.
5:00 pm Second Tuesday each month.

OKC INDIAN CLINIC

4913 W Reno - OKC
405.948.4900 x161

New Horizons Support Group

Support group for those experiencing the loss of a loved one.

7:00 pm - Second & Fourth Monday each month (call to enroll).

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405-752.3388
<http://www.mercyok.net>

Meets 2nd and 4th Monday evenings of the month from 6-7:30pm

MERCY CANCER CENTER AT COLETTA

4401 W McAuley Blvd, Ste 1400
Oklahoma, OK 73012
405.752.3388

Norman Breast Cancer Support Group

Provides education and emotional support to patients.

7:00 pm First Tuesday each month.

NORMAN REGIONAL HOSPITAL

Education Center
901 N Porter Ave. - Norman
405.307.2620 - Karen Saunkeah
<http://www.normanregional.com>

“Cancer can take away all of my physical abilities. It cannot touch my mind, it cannot touch my heart, and it cannot touch my soul.”

— Jim Valvano

Norman Cancer Support Group

Provides a confidential, safe atmosphere where patients, survivors, families and friends can discuss challenges cancer creates. Resources available to learn about the disease in order to gain the skills needed to fight cancer and cope with changes.

Call for date/time.

NORMAN REGIONAL HOSPITAL

Education Center
901 N Porter Ave. - Norman
405.307.1705 - Cecyle Haley
<http://www.normanregional.com/en/classes.html>

Oklahoma Brain Tumor Foundation (OKBTF)

Provides education, advocacy and support for Oklahomans with brain tumors and their families to improve quality of life and help find a cure.

*Monday-Thursday 9:00am-5:00pm,
Friday 9:00am-1:00pm*

OK BRAIN TUMOR FOUNDATION

730 W Wilshire Blvd., Ste. 114 - OKC
405.843-4673
Email: okbtf@okbtf.org
<http://okbtf.org>

OKBTF - Strong Mind, Strong Body, Strong Spirit

Support group for patients and caregivers. Live streaming of support group meetings is available on the website.

ADULT SUPPORT GROUP

720 W Wilshire Blvd., Ste. 101#A - OKC, OK
405.843-4673
<http://okbf.org>

Oklahoma Palliative Care

Comprehensive resource for palliative care, from legal forms, information on hospice, and end-of-life care.

OKLAHOMA PALLIATIVE CARE

Resource Center
900 NE 10th - OKC
405.271.1491 x49194 - Annette Prince
Email: ok-palliative@ouhsc.edu
<https://www.oumedicine.com/familymedicine/opccr>

OstomyOK.org

Website for Ostomy Association chapters in Oklahoma. Provides contacts for local support groups and information on the volunteer visiting service, offered free of charge for patients and their families before and/or after surgery.
<http://www.ostomyok.org>

Oklahoma Pancreatic Cancer Support Groups

Support groups for those affected by pancreatic cancer in OKC

*6:00 pm - Last Thursday each month
(call to confirm location).*

405.380.8236 - Daniel Brackett, Coordinator
Email: danielj.b-rackett@yahoo.com
<http://www.okpcbc.org>

Parents Support Group

Support group for parents who have a child with cancer.

12:00 pm - Second Wednesday each month.

CHILDREN'S HOSPITAL AT OU MEDICAL CENTER

Jimmy Everest Cancer Center
Conference Room
740 NE 13th St. - OKC
405.271.5758 - Danny Cavett

Promise

Support group for those who have experienced a mastectomy or have been diagnosed with breast cancer.

*7:00-9:00 pm - Third Monday each month
(call to enroll).*

Mercy Health Center
McAuley Bldg, Ste. 100
4205 McAuley Blvd. - OKC
405.752.3388
<http://www.mercyok.net>

Regional Food Bank of Oklahoma (OKC)

Distributes food through 825 charitable feeding programs elementary schools. Located in 53 counties of central and western Oklahoma. Use website to enter your zip code and find a distribution center.

8:00-5:00 pm · Monday-Friday

405.972.1111

Email: info@regionalfoodbank.org
<http://www.regionalfoodbank.org>

Stitching for Sanity

Open to anyone interested in knitting and/or crocheting lap robes and afghans to be given to those currently in treatment for cancer. Donated yarn and instruction available.

12:30 pm, First & third Monday each month.

INTEGRIS CANCER INSTITUTE OF OK

5911 W Memorial Rd - OKC
 405.773.6600 877.811.4246 (TF)
<http://www.integrisk.com/tds>

Stress Relief Class

Educational class where cancer patients learn about tools that help cope with stress associated with cancer. Call for date/time.

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100
 4205 McAuley Blvd. - OKC
 405.752.3388
<http://www.mercyok.net>

Susan G. Komen for the Cure

The world's largest grassroots network of breast cancer survivors and activists, working together to save lives, empower people, ensure quality care for all and energize science to find cures. See your local affiliate for grantees near you.

CENTRAL AND WESTERN OK AFFILIATE

115 Park Ave. - OKC
 405.526.2873
 877.465.6636 (TF)
<http://www.komencentralwesternok.org>

Us TOO Support Groups

Nonprofit organization providing men and their families with free information, materials, peer-to-peer support, an online community, treatment options and support groups.

OKC - 9:00-5:00 pm · Monday-Friday

800.808.7866 (TF)

Email: ustoo@ustoo.org ustoo.org

Deaconess/ Integris Cancer Institute of Oklahoma

6:00 pm Third Tuesday each month
(call to confirm location).

(405) 773.6600

Integris SW Medical Center

6:00-7:30 pm First Thursday each month
(call to confirm location).

405.636.7982 - Jana Taylor
 Email: jana.taylor@integrisok.com

Mercy

6:30-8:00 pm Second Monday each month.

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100
 4205 McAuley Blvd. - OKC
 405.752.3388

Yoga

Yoga for those affected by cancer. Wear comfortable exercise clothing and bring your own yoga mat. Always get your doctor's approval before beginning any type of exercise program. Call for date/time/location.

INTEGRIS CANCER INSTITUTE OF OK

5911 W Memorial Rd - OKC
 405.773.6600
 877.811.4246 (TF)
<http://www.integrisk.com>

*"Some days there won't be a song
 in your heart. Sing anyway."*

— Emory Austin

CAREGIVERS

American Cancer Society (ACS)

Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.

800.227.2345 (TF) 24/7
 Para Español oprima nueve

LOCAL RESOURCE LISTINGS:

405.843.9888 - OKC
 918.743.6767 - Tulsa
 580.353.8245 - Lawton
 918.423.0687 - McAlester
<http://www.cancer.org>

American Brain Tumor Association (ABTA)

Comprehensive information and compassionate support for patients, families and caregivers.

800-886-2282
 773.577-8750
 Email: infor@abta.org
<http://abta.org>

Cancer Caregivers

Support and resource group for caregivers of cancer survivors. Meets the same time as the PUSH group.

6:30-8:00 pm - Second Monday each month (call to enroll).

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100
 4205 McAuley Blvd. - OKC
 405.752.3388
<http://www.mercyok.net>

CancerCare

Free support to those affected by cancer by professional oncology social workers Programs include: counseling and support groups, education and financial assistance.

800.813.4673 (TF)
 Email: info@cancercare.org
<http://www.cancercare.org>

Care for Caregivers Support Group

Through regular contact with others in similar situations, members receive emotional support, discuss frustrations, strategies for care, and current information from an instructor.

Third Thursday each month (except June & December). Call for time & to enroll.

MERCY HEALTH CENTER - MCAULEY BLDG

Lower Level, Conference Center
 4205 W Memorial Rd - OKC
 405.936.5821
<http://www.mercyok.net>

Caring Connection

Resources for end-of-life care: hospice, palliative care, advance directives, caregiving, pain, grief, financial planning and workplace issues.

800.658.8898 (TF)
 877.658.8896 (TF) **Multilingual**
 Email: caringinfo@nhpco.org
<http://www.caringinfo.org>

Colon Cancer News

Educational website providing information about colorectal cancer, patient and caregiver resources, and survivor stories.

<http://www.coloncancernews.com>

Edmond Caregiver Support Group

One-stop resource for patients, families and caregivers impacted by a marrow or cord blood transplant (BMT). Support group for caregivers.

6:15 pm - Call for date.

FIRST PRESBYTERIAN CHURCH OF EDMOND

1000 S Rankin - Edmond
 405.478.1991 - Marsha Peeler
<http://www.ExploreBMT.org>



Lotsa Helping Hands

Create a free, private, web-based community to organize family, friends, neighbors, etc. Coordinate activities, manage volunteers with the group calendar, communicate and share using announcements, message boards, and photos.

<http://www.lotsahelpinghands.org>

MetaCancer Foundation

Support and resources for metastatic cancer survivors and their caregivers.

Email: info@metacancer.org

<http://www.metacancer.org>

Minnie Pearl Cancer Foundation

Offers one-on-one guidance to adults impacted by any cancer from the moment of diagnosis. Services are free.

877.467.1936 (TF)

<https://pearlpoint.org>

National Alliance for Caregiving

Nonprofit coalition of national organizations focusing on family caregiving issues.

Email: info@caregiving.org

<http://www.caregiving.org>

National Family Caregivers Association

Educates supports, empowers and advocates for 65 million Americans who care for loved ones with a chronic illness, disability or frailties of old age.

800.896.3650 (TF)

Email: info@thefamilycaregiver.org

<http://www.thefamilycaregiver.org>

Net of Care

Website providing information and resources to caregivers.

Email: findhelp@netofcare.org

<http://www.netofcare.org>

CHILDREN**American Brain Tumor Association (ABTA)**

Comprehensive information and compassionate support for patients, families and caregivers.

800-886-8750

773.577-8750

Email: info@abta.org

<http://abta.org>

Beyond the Cure

Helps childhood cancer survivors integrate the cancer experience into their new life as survivors and successfully handle the challenges ahead.

800.532.6459

Email: survivorship@children-care.org

<http://www.beyondthecure.org>

Candlelighters Childhood Cancer Foundation

Provides information and support to children and adolescents with cancer and their families.

800.366.2223

Email: staff@acco.org

<http://www.acco.org>

Childhood Cancer Guides

Charitable organization serving the childhood cancer community by providing emotional support and access to a resource center in Bellingham, WA

<http://www.childhoodcancerguides.org>

Children's Brain Tumor Foundation (CBTF)

Improving the treatment, quality of life and long-term outlook for children with brain and spinal cord tumors. Programs available: Kids Cruise, Brain Tumor Week at Camp Sunshine and the Family 2 Family Network.

866.228-4673

<http://www.cbtf.org>

"Cancer is a word, not a sentence."

— John Diamon

National Children's Cancer Society

Financial, emotional, educational and medical resources for every stage of illness and recovery. Direct financial assistance for medical and non-medical expenses related to treatment.

800.532.6459 (TF)

<http://www.children-cancer.org>

Parents Support Group

Support group for parents who have a child with cancer.

12:00 pm - Second Wednesday each month.

CHILDREN'S HOSPITAL AT OU MEDICAL CENTER

Jimmy Everest Cancer Center Conference Room
740 NE 13th St. - OKC
405.271.5758 - Danny Cavett

Starlight Children's Foundation

Provides support to families with seriously ill children by helping them cope with pain, fear and isolation through entertainment, education and family activities.

310.479.1212

Email: info@starlight.org

<http://www.starlight.org>

SuperSibs!

Provides information, resources, tools and events to siblings of children with cancer.

888.417.4704 (TF)

Email: info@supersibs.org

<http://www.supersibs.org>

The Tristesse Grief Center

Nonprofit organization providing professional, independent and affordable services to include counseling, training, education and support groups.

3930 E 31st St. - Tulsa

918.587.1200

<http://www.thegriefcenter.org>

CLINICAL TRIALS**Aim at Melanoma**

Provides information, support, advocacy, education symposiums, a nurse-on-call and clinical trials matching.

877.246.2635 (TF) Nurse on Call

Email: nurseoncall@aimatmelanoma.org

<http://www.aimatmelanoma.org>

Caring Ambassadors Lung Cancer Program

Support and information including treatment, coping/survivorship, resources, and clinical trials.

503.632.9032

<http://www.lungcancerap.org>

Colon Cancer Alliance (CCA)

Dedicated to ending suffering caused by colorectal cancer through patient support, education, research and advocacy.

877.422.2030

<http://www.ccalliance.org>

EmergingMed

Free clinical trial matching, referral and navigation service to patients and physicians.

8:30am-6:00pm Monday-Friday

877-601-8601

https://www.emergingmed.com/pub_home_page.asp

Facing Our Risk of Cancer Empowered (FORCE)

Improving the lives of individuals and families affected by hereditary breast and ovarian cancer. Website provides: chat room, peer support, information on latest research, resources, clinical trials, and advocacy.

866.288.7475 (TF)

Email: info@facingourrisk.org

<http://www.facingourrisk.org>

LungCANCER.org

Nonprofit organization offering support and information to patients and their families and friends, including online support groups, education workshops, co-pay help and a clinical trials matching service.

8:00-6:00 pm · Monday-Thursday
8:00-4:00 pm · Friday 800.813.4673 (TF)

Email: info@cancercare.org
<http://www.lungcancer.org>

Lung Cancer Alliance

Support and advocacy for those with or at risk for lung cancer. Website Provides information on: treatment, clinical trials, resources and support.

800.298.2436 (TF)
Email: info@lungcanceralliance.org
<http://www.lungcanceralliance.org>

LUNgevity Foundation

Website hosts the Lung Cancer Support Community. Provides members latest lung cancer information, 24-hour online support, a telephone buddy program, personal CarePages Webpage to blog your cancer journey, lung cancer advocacy opportunities and clinical trial matching.

312.464.0716
Email: info@lungevity.org
<http://lungevity.org>

LIVESTRONG The Lance Armstrong Foundation

Inspire and empower those affected by cancer, and help connect them with resources needed to fight cancer.

866.673.7205 (TF)
866.927.7205 (TF) *Español*
<http://livestrong.org>

**Melanoma International Foundation (MIF)**

Nonprofit organization providing patients and their families information and support with a special focus on leading patients to clinical trials.

866.463.6663
<http://melanomaintl.org>

National Cancer Institute (NCI)

Website provides: extensive information regarding cancer prevention, diagnosis, treatment, statistics, research, and clinical trials, financial resources and news, and links to other NCI websites.

7:00-7:00 pm · Monday-Friday
800.422.6237 *Para Español oprima dos*
Email: cancergovstaff@mail.nih
<http://www.cancer.gov>

National Lung Cancer Partnership

Provides educational materials, inspirational stories, information on clinical trials and an "Ask the Expert" forum.

608.233.7905
<http://nationallungcancerpartnership.org>

Pancreatica.org

Provides the latest news and information about clinical trials and other medical care. Site pages include: comprehensive links, frequently asked questions, survivor stories and contacts to speak with a counselor or survivor.

9:30-5:30 pm · Monday-Friday
800.525.3777 (TF)
<http://pancreatica.org>

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

— Ambrose Redmoon

DIABETES

Diabetes Self-Management Program, through cooperation of the Oklahoma Healthy Aging Institute and the University of Oklahoma: Developed by Stanford University, DSMP is designed for individuals and their caregivers who are dealing with type 2 diabetes.

https://www.ok.gov/health/Disease_Prevention_Preparedness/Chronic_Disease_Service/Diabetes_/index.html

Diabetes Self-Management Programs in Oklahoma

https://www.ok.gov/health/Wellness/Chronic_Disease_Service/Diabetes

National Diabetes Prevention Programs in Oklahoma

Centers for Disease Control and Prevention/ CDC: The purpose of the DPRP is to recognize organizations that have shown that they can effectively deliver a lifestyle change intervention program (lifestyle intervention) to prevent type 2 diabetes. These programs are designed for those who are at risk for developing type 2 diabetes. The program encourages healthy food choices and an increase of physical activity in participants and reduces the risk for type 2 by 58%. This program is recommended by the Centers for Medicaid and Medicare Services and the American Medical Association.

1600 Clifton Road
Atlanta, GA 30329-4027
800.232.4636 (TF)

<http://www.cdc.gov/diabetes/prevention/index.html>

National Diabetes Prevention

Programs in Oklahoma
<http://ok.gov/health2/documents/DiabetesNDPP20160329>

Registry of Recognized Programs Centers for Disease Control/CDC:

The national registry of recognized diabetes prevention programs lists contact information for programs that offer type 2 diabetes prevention programs in communities across the United States.

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

1600 Clifton Road
Atlanta, GA 30329-4027
800.232.4636 (TF)

<http://www.cdc.gov/diabetes/ndep/toolkits/new-beginnings.html>

FAMILY

Asbury United Methodist Support Group

Support group for those with cancer and their families and friends.

4:00 pm - Second Sunday each month.

ASBURY UNITED METHODIST - CHURCH PARLOR

6767 S Mingo Rd - Tulsa
918.492.1771 - Rod Giles
Email: rgiles21@msn.com

<http://asburytulsa.org/adults/care/support-groups>

Cancer Hope Network

Free, confidential, one-on-one support to patients and their families. Patients are matched with trained volunteers who have undergone a similar experience.

800.552.4366 (TF)

Email: info@cancerhopenetwork.org
<http://www.cancerhopenetwork.org>

Cancer Legal Resource Center

Free, confidential information and resources on cancer-related legal issues to those coping with cancer, survivors and their families and friends.

843.2572 866.999.3752 (TF) **Español**

Email: drlc@lls.edu

<http://disabilityrightslegalcenter.org>

CaringBridge

Create a free, private, personalized patient website to keep family and friends connected during a serious health event.

<http://www.caringbridge.org>

Children's Treehouse Foundation

Nonprofit organization providing hospital based, cancer-focused, psychosocial intervention training and programming to improve the emotional health of children whose parent has cancer.

Peter R. van Dernoot, Executive Director
303.322-1202

Email: achildstreehouse@aol.com
<http://childrenstreehousefdn.org>

ExploreBMT.org

One-stop resource for patients, families and caregivers impacted by a marrow or cord blood transplant (BMT).

<http://explorebmt.org>

Family Support Group

Support and resource group for survivors of leukemia, lymphoma and myeloma and their families.

7:00 pm - First Wednesday each month.

SAINT FRANCIS HOSPITAL

6161 S Yale Ave. - Tulsa
918.474.1585

<http://www.saintfrancis.com>

Just in Time

Support group for cancer patients and their families. Call for date/time.

OWASSO COMMUNITY CENTER

301 S Cedar St. - Owasso
918.371.2242 - Dora Johnson

Kids Connected

Nonprofit organization providing friendship, understanding, education, and support to kids and teens who have a parent with cancer or have lost a parent to cancer.

800.899.2866 (TF)

Email: info@kidsconnected.org
<http://kidsconnected.org>

KIDSCOPE

Helps children and families understand the effects of cancer and chemotherapy, provides suggestions for coping, and develops innovative programs and materials communicating hope to diverse families.

404.892.1437

<http://www.kidscope.org>

Lotsa Helping Hands

Create a free, private, web-based community to organize family, friends, neighbors, etc. Coordinate activities, manage volunteers with the group calendar, communicate and share using announcements, message boards, and photos.

<http://www.lotsahelpinghands.org>

Minnie Pearl Cancer Foundation

Offers one-on-one guidance to adults impacted by any cancer from the moment of diagnosis. Services are free.

877.467.1936 (TF)

<https://pearlpoint.org>

Multiple Myeloma Research Foundation

Educational information for patients regarding treatment options, clinical trials, research programs and more.

203.229-0464

National Alliance for Caregiving

Nonprofit coalition of national organizations focusing on family caregiving issues.

Email: info@caregiving.org caregiving.org

Norman Cancer Support Group

Provides a confidential, safe atmosphere where patients, survivors, families and friends can discuss the challenges cancer creates. Resources available to learn about the disease in order to gain the skills needed to fight cancer and cope with the changes it creates for everyone. Call for date/time.

NORMAN REGIONAL HOSPITAL

Education Center

901 N Porter Ave. - Norman

405.307.1705 - Cecyle Haley

<http://www.normanregional.com/en/classes.html>

Parents Support Group

Support group for parents who have a child with cancer.

12:00 pm - Second Wednesday each month.

CHILDREN'S HOSPITAL AT OU MEDICAL CENTER,

Jimmy Everest Cancer Center Conference Room
740 NE 13th St. - OKC
405.271.5758 - Danny Cavett

Ronald McDonald House

Provides a place to stay at little or no cost for families who travel far from home to get treatment for their children. Facilities include home-cooked meals, private bedrooms, and playrooms.

OKC

1301 NE 14th St.
405.424.6873
<http://www.rmhc-okc.org>

TULSA

6102 S Hudson Ave
918.496.2727
<http://www.rmhtulsa.org>

Starlight Children's Foundation

Provides support to families with seriously ill children by helping them cope with pain, fear and isolation through entertainment, education and family activities.

310.479.1212
Email: info@starlight.org
<http://starlight.org>

SuperSibs!

Nonprofit organization providing information, resources, tools and events to siblings of children with cancer.

888.417.4704 (TF)
Email: info@supersibs.org
<http://supersibs.org>

FINANCIAL ASSISTANCE**American Breast Cancer Foundation (Key to Life)**

Provides men and women in financial need and their loved ones, education, support, and access to early detection screenings.

*Monday-Thursday 9:00am-5:00pm,
Friday 9:00am-3:30pm*

104000 Little Patuxent Parkway, Suite 480
Columbia, Maryland 21044
410.730-5105
Email: info@abcf.org
Email: ABCF@abcf.org
<http://www.abcf.org>

Assistance in Health Care

Offers financial assistance to cancer patients receiving treatment within the Tulsa area. Money is provided for emergency non-medical expenses such as rent, utilities, car payments, etc.

PO Box 700392 - Tulsa
918.286.5699
<http://assistanceinhealthcare.org>

Breast Cancer Assistance Program

Nonprofit organization providing temporary financial assistance for rent/mortgage and utilities to qualified breast cancer patients in NE Oklahoma.

BREAST CANCER ASSISTANCE PROGRAM

PO Box 470065, Tulsa
918.637-8627 - Angie Walters
Email: bcaofund@bcapfund.org
<http://bcapfund.org>

CancerCare

Support to those affected by cancer. Programs include: counseling and support groups, education and financial assistance. These are provided by professional oncology social workers and are free of charge.

800.813.4673
Email: info@cancercare.org
<http://cancercare.org>



Cancer Sucks

Online forum for those who have lost a loved one to cancer.

<http://www.cancersucks.com>

GUIDE TO FINDING HEALTH INSURANCE COVERAGE

Online resource providing information on rights regarding medical coverage by state.

Robert Wood Johnson Foundation

Monday-Friday 8:45am-5:00pm

Princeton, NJ

877.843-7953

Email: info@covertheuninsured.org

<http://www.rwjf.org/en/about-rwjf.html>

HealthWell Foundation

Nonprofit organization addressing the needs of those with insurance who cannot afford copayments, coinsurance, and premiums for medical treatments.

9:00am-5:00pm Monday-Friday

Gaithersburg, MD

800.675-8416

Email: info@healthwellfoundation.org

<http://healthwellfoundation.org>

Hill-Burton Free & Reduced-Cost Health Care Program

Information about how to access facilities providing free and reduced-cost health care services.

800-638-0742

Additional number for Maryland residents

800-492-0359

<http://www.hrsa.gov/gethealthcare/affordable/hillburton>

Insure Oklahoma

Provides qualified Oklahomans with access to affordable health care.

8:00-5:00 pm - Monday-Friday

888.365.3742

Email: insureok@okhca.org

<http://insureoklahoma.org>

National Cancer Institute (NCI)

Website provides: extensive information regarding cancer prevention, diagnosis, treatment, statistics, research, and clinical trials, financial resources and news, and links to other NCI websites.

7:00-7:00 pm - Monday-Friday

800.422.6237

Email: cancergovstaff@mail.nih

<http://www.cancer.gov>

National Children's Cancer Society

Financial, emotional, educational and medical resources for every stage of illness and recovery. Direct financial assistance for medical and non-medical expenses related to treatment for children with cancer.

800.532.6459

Email: programs@thenccs.org

<http://children-cancer.org>

Oklahoma Brain Tumor Foundation (OKBTF)

Provides education, advocacy and support for Oklahomans with brain tumors and their families to improve quality of life and help find a cure.

Monday-Thursday 9:00am-5:00pm,

Friday 9:00am-1:00pm

OK BRAIN TUMOR FOUNDATION

730 W Wilshire Blvd., Ste. 114 - OKC

405.843-4673

Email: okbtf@okbtf.org

<http://okbtf.org>

"You have to fight through some bad days to earn the best days of your life."

— Author Unknown

Oklahoma Cares

Oklahoma's Breast & Cervical Cancer Treatment Program. Provides Medicaid benefits to eligible women for breast/ cervical cancer (including pre-cancerous conditions and early stage cancer). Call or visit website to see if you are eligible.

405.271.4072

866.550.5585 (TF)

<http://okcares.health.ok.gov>

Take Charge!

Information and access to screening services for those who qualify. Services include: Pap test, clinical breast exam, and a free mammogram.

888.669.5934 (TF)

<http://takecharge.health.ok.gov>

The Leukemia & Lymphoma Society (LLS)

Provides patients with financial aid for specified treatment expenses, transportation, support groups and clinical trials.

9:00-5:00 pm · Monday-Friday

LLS OKLAHOMA CHAPTER

500 N Broadway, Ste. 250 - OKC

405. 943-8888

800-955-4572

<https://www.lls.org>

Oklahoma Project Woman

Provides breast health education, free mammograms, diagnostic procedures and surgical services to low income women. Participants must meet program guidelines.

918.834.7200

877.550.7465 (TF)

<http://oklahomaprojectwoman.com>

United Way

Worldwide network advancing the common good and creating opportunities for a better life for all, by focusing on education, income and health.

Dial 2-1-1 to access an Oklahoma office near you.

<http://liveunited.org>

GRIEF**Calm Waters**

Free grief support groups and resources to children and their families. To join a group, complete online registration form and mail/fax to below address.

4334 NW Expy, Ste. 101 - OKC

405.841.4800

Email: info@calmwaters.org

<http://calmwaters.org>

Cancer Sucks

Online forum for those who have lost a loved one to cancer.

P.O. Box 1091

Bixby, OK 74008

918.695-6671

<http://cancersucks.com>

Caring Connection

Wide range of resources for end-of-life care: hospice, palliative care, advance directives, caregiving, pain, grief, financial planning and workplace issues.

800.658.8898 (TF)

Email: caringinfo@nhpco.org

<http://caringinfo.org>

Children's Brain Tumor Foundation (CBTF)

Improving the treatment, quality of life and long-term outlook for children with brain and spinal cord tumors. Programs available: Kids Cruise, Brain Tumor Week at Camp Sunshine and the Family 2 Family Network.

866.228-4673

<http://www.cbtf.org>

Free Counseling & Support Services

Support to those affected by cancer. Topics addressed: grief, anxiety, sexual and reproductive health, effects on family, stress, relaxation techniques, and skills for survivorship.

INTEGRIS CANCER INSTITUTE OF OK

5911 W Memorial Rd - OKC
 504.773-6608 - Curtis Bottoms
 405.636-7982 - Barbara Snider
<http://integrisok.com/cnacer-institute-oklahoma-troy-dollie-wellness-center>

Griefshare

Support group for those who have lost a loved one to cancer.

*Meets Monday nights at 6:30pm
 on second floor room 202*

FIRST BAPTIST CHURCH OF MOORE

301 NE 27th St. Room W202 - Moore
 405.793-2600
<http://firstmoore.com>

Mayes County Grief Support Group

Support and services to those grieving the death of a loved one.

7:00 pm - Second Thursday each month.

INTEGRIS MAYES COUNTY MEDICAL

Center, 129 N Kentucky Ave. - Pryor
 918.825.1600 x503 - Susan Johnson

New Horizons Support Group

Support group for those experiencing the loss of a loved one.

7:00 pm - Second & fourth Monday each month (call to enroll).

MERCY HEALTH CENTER

McAuley Bldg, Ste. 100
 4205 McAuley Blvd. - OKC
 405.752.3388
<http://www.mercyok.net>

Meets 2nd and 4th Monday evenings of the month from 6:00-7:30pm

MERCY CANCER CENTER AT COLETTA

4401 W McAuley Blvd, Ste 1400
 Oklahoma, OK 73012
 405.752.3388

**The Tristesse Grief Center**

Nonprofit organization providing professional, independent and affordable services to include counseling, training, education and support groups.

3930 E 31st St. - Tulsa
 918.587.1200
<http://thegriefcenter.org>

LEGAL**Cancer Legal Resource Center**

Free, confidential information and resources on cancer-related legal issues to those coping with cancer, survivors and their families and friends.

866.999.3752 (TF) **Español**
 Email: drlc@lls.org
<http://disabilityrightslegalcenter.org>

Caring Connection

Resources for end-of-life care: hospice, palliative care, advance directives, caregiving, pain, grief, financial planning and workplace issues.

800.658.8898
 877.658.8896 **Multilingual**
 Email: caringinfo@nhpco.org
<http://caringinfo.org>

Hope Rains

Provides financial assistance to young women in Oklahoma with cancer. Assistance provided for costs associated with out-of-pocket expenses for treatment, required medication and other related expenses. Women ages 20-45, caring for children in the home, with a demonstrated financial need are eligible.

“Cancer affects all of us, whether you’re a daughter, mother, sister, friend, coworker, doctor, or patient.”

— Jennifer Aniston

COMMUNITIES FOUNDATION OF OK
2932 NW 122nd, Ste. D - OKC
<http://hoperains.org>

OASIS Statewide Referral Center

Statewide resource center providing information, referral and assistance for Oklahomans with disabilities and special health care needs.

800.426.2747
Email: oasis@ouhsc.edu
<http://oasis.ouhsc.edu>

Oklahomans for Independent Living (OIL)

Support and resources for those affected by cancer. Resources include: legal concerns, social services, attendant services, equipment loans, support groups, and counseling.

601 E Carl Albert Pkwy. - McAlester
918.426.6220
Email: info@oilok.org
<http://oilok.org>

Oklahoma Palliative Care

Comprehensive resource for palliative care, from legal forms to information on hospice and end-of-life care.

OKLAHOMA PALLIATIVE CARE RESOURCE CENTER

900 NE 10th - OKC
405.271.1491 x49194 - Annette Prince
Email: ok-palliative@ouhsc.edu
<http://okpalliative-care.com>

ACCREDITED/CERTIFIED DIABETES SELF-MANAGEMENT EDUCATION PROGRAMS

American Association of Diabetes Educators (AADE) - Accredited Programs

The AADE provides a listing of diabetes education programs which have been accredited by the AADE and are listed by state. Many of these programs offer their services at multiple locations - please call the program to see if there is a location closest to you.

200 West Madison Street, Ste. 800
Chicago, IL 602606
800.338.3633 (TF)
<https://www.diabeteseducator.org>

American Diabetes Association (ADA) - Diabetes PRO, Professional Resources Online

Locate a recognized education program by state or zip code search.

1701 North Beauregard Street
Alexander, VA 22311
800.342.2383 (TF)
<https://professional.diabetes.org/?loc=bb-dorg>

American Diabetes Association

Recognized (ADA) and American Association of Diabetes Educators (AADE) Accredited Diabetes Self-Management Education (DSME) Sites for African Americans

New Beginnings: A Discussion Guide for Living Well with Diabetes

This is an on-line resource that uses stories about African Americans with diabetes to help group leaders lead discussions about the emotional side of living with diabetes, and help people with diabetes identify family and social support needs and develop goal setting, positive coping and problem solving skills. New Beginnings can be used to supplement diabetes self-management education sessions and in diabetes support groups.

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

1600 Clifton Road
Atlanta, GA 30329-4027
800.232.4636 (TF)
<http://www.cdc.gov/diabetes/ndep/toolkits/new-beginnings.html>

For more diabetes in Oklahoma data, see OK2SHARE and the Toolkit Trilogy, specifically the MONAHRQ Data Guide and the Chronic Disease in Oklahoma Data Book.

ALTERNATIVE MEDICINE

American Institute for Cancer Research (AICR)

Provides cancer patients, survivors, researchers and health professionals educational materials and information on: estate planners, nutrition, and the research grant program.

800.843.8114 (TF)

Email: aicrweb@aicr.org

<http://aicr.org>

Community Food Bank of Eastern Oklahoma (in Tulsa)

Distributes food to 450 partner programs located in 24 counties of eastern Oklahoma.

TULSA OFFICE

1304 N. Kenosha Ave.

Tulsa, OK 74106

918.585-2800

MCALESTER BRANCH

2119 N. Main Street

McAlester, Ok 74501

918.429-7755

8:00am-4:30pm Monday-Friday, please call in advance before visiting the Food Bank to make sure the appropriate person is here to help you.

<http://okfoodbank.org>

Minnie Pearl Cancer Foundation

Offers one-on-one guidance to adults impacted by any cancer from the moment of diagnosis. Services are free.

877.467.1936 (TF)

<https://pearlpoint.org>

National Center for Complementary & Alternative Medicine (NCCAM)

Group of diverse health care systems, practices, and products not generally considered part of conventional medicine.

Conducts and supports research; trains Complementary & Alternative Medicine researchers; provides evidence-based information.

7:30-4:00 pm · Monday-Friday

888.644.6226

Email: info@nccam.nih.gov

<http://nccam.nih.gov>

Regional Food Bank of Oklahoma (OKC)

Distributes food through 825 charitable feeding programs elementary schools.

Located in 53 counties of central and western Oklahoma. Use website to enter your zip code and find a distribution center in your area.

8:00-5:00 pm · Monday-Friday

405.972.1111

Email: info@regionalfoodbank.org

<http://www.regionalfoodbank.org>

LIFESTYLE RESOURCES

PRESCRIPTION ASSISTANCE

CancerCare Copayment Assistance Foundation provides assistance to those who cannot afford their insurance co-payment.

866.552.6729 (TF)

Email: information@cancercaresupport.org

<http://cancercaresupport.org>

Needy Meds

Website providing information, medicine, and health care assistance programs.

<http://needymeds.org>

Partnership for Prescription Assistance

Helps qualifying patients without prescription drug coverage get medicines for free or at a reduced cost. A directory of prescription assistance programs is also available.

8:00 am-4:00 pm · Monday-Friday

888.477.2669

<http://pparx.org>

RX Assist

Provides free medications to eligible patients. Offers a comprehensive database of assistance programs, practical tools, news, and articles.

Email: info@rxassist.org

<http://rxassist.org>

TRANSPORTATION & LODGING

Air Charity Network

National charitable aviation network connecting people in need to free flights and other travel resources.

877.621.7177 (TF)
<http://aircharitynetwork.org>

American Cancer Society (ACS)

Comprehensive website with cancer-specific information, treatment decision tools, information on clinical trials, financial concerns, survivorship, caregiver resources and support.

800.227.2345 (TF) 24/7
 Para Español oprima nueve

LOCAL RESOURCE LISTINGS:

405.843.9888 - OKC
 918.743.6767 - Tulsa
 580.353.8245 - Lawton
 918.423.0687 - McAlester
<http://cancer.org>

Angel Flight

Primarily serves patients needing transportation to or from the heartland region.

12345 E. Skelly Drive - Tulsa
 918.749.8992
 Email: angel@angelflight.com
<http://angelflight.com>

Corporate Angel Network

Arranges free air transportation for patients traveling to treatment, using empty seats on corporate jets.

WESTCHESTER COUNTY AIRPORT

One Loop Road
 White Plains, NY 10604-1215
 914.328-1313
 Email: info@corpangelnetwork.org
<http://corpangelnetwork.org>

National Patient Travel Center

Provides information about all forms of charitable, long-distance medical air transportation and referrals to sources of help in the national charitable medical air transportation network.

800.296.1217 (TF)
<http://patienttravel.org>

Ronald McDonald House

Provides a place to stay at little or no cost for families who travel far from home to get treatment for their children. Facilities include home-cooked meals, private bedrooms, and playrooms.

OKC
 1301 NE 14th St.
 405.424.6873
<http://rmhc-okc.org>

TULSA
 6102 S Hudson Ave
 918.496.2727
<http://rmhtulsa.org>

“What Cancer Cannot Do”

*Cancer is so limited...
 It cannot cripple love
 It cannot shatter hope
 It cannot corrode faith
 It cannot destroy peace
 It cannot kill friendship
 It cannot suppress memories
 It cannot silence courage
 It cannot invade the soul
 It cannot steal eternal life
 It cannot conquer the spirit”*

— Author Unknown

YOUNG ADULT

Fertile Hope

Nonprofit organization providing information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility.

2201 E. Sixth Street

Austin, TX 78702

877.236-8820

855.220-7777

For cancer support call LIVESTRONG

<http://www.livestrong.org/we-can-help/fertility-services>

Hope For Two

Nonprofit organization providing information, support and hope to pregnant women diagnosed with cancer. Language translation link available on website.

HOPE FOR TWO: THE PREGNANT WITH CANCER NETWORK

Amherst, NY

800-743-4471

Email: info@hopefortwo.org

<http://hopefortwo.org>

Hope Rains

Provides financial assistance to young women in Oklahoma with cancer. Assistance provided for costs associated with out-of-pocket expenses for treatment, required medication and other related expenses. Women ages 20-45, caring for children in the home, with a demonstrated financial need are eligible.

COMMUNITIES FOUNDATION OF OK

2932 NW 122nd, Ste. D - OKC

<http://hoperains.org>

I'm Too Young For This!

Online support community for young adult survivors in their late teens, 20s and 30s.

877.735.4673 (TF)

Email: stupidcancer@i2y.com

<http://i2y.com>

LIVESTRONG The Lance Armstrong Foundation

Inspire and empower those affected by cancer, and help connect them with resources needed to fight cancer.

866.673.7205 (TF)

866.927.7205 (TF) [Español](#)

<http://livestrong.org>

Look Good, Feel Better

Free, non-medical program helping women offset changes to appearance from cancer treatment. Also offers programs for men and teens, self-help mailer kits, and a 24-hour hotline.

800.395.5665 (TF) 24/7

[Para Español oprima uno](#)

405.843.9888 - OKC

918.743.6767 - Tulsa

<http://lookgoodfeelbetter.org>

Livestrong

Online community of peer support for young adults (15-40) with cancer. Provides a place to share insights, explore fears and laugh with others.

2201 East Sixth Street

Austin, TX

855-220-7777

<http://livestrong.org/we-can-help/young-adults>

The Tristesse Grief Center Nonprofit

Organization providing professional, independent and affordable services to include counseling, training, education and support groups.

THE TRISTESSE GRIEF CENTER

3930 E 31st S. - Tulsa

918.587.1200

<http://www.thegriefcenter.org>

Oklahoma Project Woman

Provides breast health education, free mammograms, diagnostic procedures and surgical services to low income women. Participants must meet program guidelines.

877.550.7465 (TF)

918.834.7200

<http://oklahomaprojectwoman.com>

Young Survival Coalition (YSC)

Dedicated to the concerns and issues unique to young women and breast cancer by providing a point of contact.

877.972.1011 (TF)

Email: info@youngsurvival.org

<http://youngsurvival.org>

Ulman Cancer Fund for Young Adults

Leading voice in the young adult cancer movement, working at a grassroots level to support, educate, connect and empower young adult cancer survivors.

888.393.3863 (TF)

Email: info@ulmanfund.org

<http://ulmanfund.org>



**"WHATEVER YOU DO, HOLD ON TO
HOPE. THE TINIEST THREAD WILL
TWIST INTO AN UNBREAKABLE
CORD. LET HOPE ANCHOR YOU
IN THE POSSIBILITY THAT THIS IS
NOT THE END OF YOUR STORY,
THAT CHANGE WILL BRING YOU TO
PEACEFUL SHORES." - UNKNOWN**





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