

Resources

Tennessee Oncology resources:

Financial counseling at Tennessee Oncology is staff who you can talk with about getting help with the financial costs of cancer: [Financial Counseling](#)

Integrative Oncology is supportive care for patients who want to focus on healthy lifestyle choices, quality of life improvement, and positive patient outcomes through evidence-based practices and lifestyle changes such as diet, exercise, and supplements. [Integrative Oncology](#)

The goal of **Palliative Care** is to help you have the best quality of life by relieving your symptoms like pain, nausea, and emotional distress and improving your functionality. Palliative Care providers work together with your oncologist to help achieve your goals for medical care. Although palliative care is sometimes confused with hospice care, the TO program is not hospice care. [Palliative Care](#)

Psychosocial Oncology's goal is to help patients and families with the emotional side of cancer diagnosis and treatment. We are psychotherapists who are familiar with the difficulties that our patients and families go through and can help through providing therapy and guiding patients to resources. [Psychosocial Oncology](#)

Coping with cancer:

Local Support Resources:

In-Person (and online/hybrid) Resources:

*Note: **Online support groups** (live and discussion forums) can be found at the various organizations listed under "Coping with Cancer" and support groups for specific cancers can be found below.*

East TN

Chattanooga Cancer Support Services offers programs and services including cancer patient education, prescriptions assistance, cancer prevention services, case management, nutrition program, and lodging and travel assistance: <https://chattcancer.org>

CHI Memorial Cancer Resource Center offers programs and services to cancer patients including RN Nurse Navigators, Registered Dietitians, Social Work providing support groups, psychosocial education, and case management. <https://www.memorial.org/en/services/rees-skillern-cancer-institute/cancer-support-services.html>

Welcome Home Chattanooga is a resource for those who are facing serious illness or death and are homeless, providing rest, shelter, and love to those who cannot care for themselves: <https://www.welcomehomeofchattanooga.org/>

Middle TN

All cancers:

Gilda's Club ([Gilda's Club](#)) offers free classes, seminars, fun times, and support groups for patients, families, and those who are grieving. Sisters Network for women of color meets there as well (<https://nashvillesistersnetworkinc.org/>) and Gilda's has Spanish-speaking groups as well. Gilda's Club has both in-person and online events.

Ascension St. Thomas' **Cancer Wellness Program** has onsite and online classes and services for exercise, nutrition, and emotional support. [Wellness and Health at Saint Thomas](#) They have resources at St Thomas Midtown, St Thomas West, and St. Thomas Rutherford.

Camp Bluebird provides a chance for adult cancer survivors to meet in a weekend-long camp setting complete with crafts, games, and discussion groups. National website is here: [Camp Bluebird](#) and the **Middle Tennessee Camp Bluebird**, which meets twice a year in the spring and fall, can be found here: [Nashville Bluebird](#)

For residents of Davidson and Williamson County, the **Heimerdinger Foundation** delivers free healthy meals on a weekly basis for patients who are in active treatment. Contact them through their website: <https://hfmeals.org/>

For residents of Wilson County, **Sherry's Hope** offers support groups, education, and financial support. [Sherry's Hope](#)

For residents of Bedford, Coffee, Franklin, Grundy, Lincoln, Marion, Moore and Warren counties, the **Multi-County Cancer Support Network** provides emotional, educational, and financial support. <https://www.mccsn.org/index.htm>

Hope Lodge provides housing for patients and families in Nashville. [Hope Lodge](#)

Breast Cancer:

After Breast Cancer (ABC) is a free 16-week program of supervised exercise, nutrition classes, and discussion groups held at local YMCAs. [After Breast Cancer \(ABC\)](#)

Breast Cancer Recovery in Action (BRA) With their slogan of "we are here to lift you up," BRA was designed by cancer survivors to provide support, community, and connection. They offer both in-person and online services. [BRA Groups](#)

The **Tennessee Breast Cancer Coalition** provides financial support to breast cancer patients. <https://www.tbcc.org/>

Online Support Resources:

For all cancers: These resources have **patient** and **caregiver** resources.

The **National Cancer Institute**, a division of the National Institutes of Health, has excellent information and resources about all aspects of cancer. The main website is [National Cancer Institute \(NCI\)](#). Information about coping with cancer can be found at [Coping with Cancer](#). This link will also lead you to information about caregiving. They even have a series of downloadable e-books on a huge variety of topics, which can be found here: [Ebooks from NCI](#)

The **American Cancer Society** has advocacy and patient support as two of its main missions along with research. ACS has a 24-hour helpline (800 227 2345) and under the “Programs and Services” tab you can find their ways to connect with survivors as well as their CARES app (Community Access to Resources, Education, and Support). [American Cancer Society](#)

Cancer.net is the patient-oriented information site of the American Society of Clinical Oncology. Here you can find information on Coping with Cancer, as well as trusted information on types of cancer, navigating cancer care, research, and survivorship. [Cancer.net](#)

The **Cancer Support Community** provides a wealth of resources—up-to-date information, support services, and articles on everything from the financial impact of cancer to nutritious recipes. Their MyLifeLine feature allows you to join discussion forums and find hope and support. [My Lifeline](#)

Cancer Hope Network provides free one-on-one peer support for adults and their loved ones. They match you with a cancer survivor or caregiver who has been trained to give peer support. [Cancer Hope Network](#)

Cancercare provides information, support, and resources for people with cancer, caregivers, loved ones and the bereaved. [Cancer Care](#)

Sponsored by Pfizer, **This is Living with Cancer** has a useful app, links to support, and information in Spanish and English, both print and video. [Living with Cancer](#)

Look Good, Feel Better is dedicated to improving the quality of life for cancer patients by helping them feel more confident about their appearance. They offer free workshops and resources. <https://lookgoodfeelbetter.org/>

Imerman Angels provides one-on-one support for cancer patients, survivors, and caregivers by matching with mentors who have gone through a similar journey. [Imerman Angels](#)

For patients of color:

Sisters Network is an organization dedicated to helping black women with breast cancer. They offer financial aid as well as other helpful resources. [Sisters Network](#) for the national group, [Nashville Sisters Network](#) for the Nashville chapter.

Gilda’s Club of Middle Tennessee has a Spanish-language support group for women. Many of the organizations listed in “For everyone” above also have information specific to those who are Hispanic/Latinx. [Gilda's Club Middle TN](#)

SHARE Cancer Support has online groups especially for women of African descent who are facing breast or ovarian cancer. [Share Cancer Support](#)

For younger patients (usually defined as under 40)

Elephants and Tea is the media outlet of the Steven G Cancer Foundation. They have a print and online magazine with lots of helpful information as well as sponsoring in-person and online events. [Elephants and Tea](#)

Lending Hearts is an organization that focuses on emotional and social support to those who are going through cancer, with an emphasis on children and young adults. [Lending Hearts](#)

I'm Not Done Yet has 4 areas they address: fertility preservation, peer connections, fitness, and blood drives. [I Am Not Done Yet](#)

Stupid Cancer – support program for teens and young adults dealing with cancer. [Stupid Cancer](#)

Young Survivor Coalition is a one-stop resource for young patients with breast cancer. Middle Tennessee group can be contacted through jhennick28@gmail.com or found on Facebook at YSC Nashville. They have online and in-person support, an annual conference, and excellent information. [Young Survivor Coalition](#)

A couple of organizations that have week-long retreats focused on the AYA (15-40 years old) cancer community:

- Send It: <https://senditfoundation.org/what-we-do/>
- First Descents has offerings for Caregiver specific retreats for caregivers of their alumni. <https://firstdescents.org/programs/week-long-programs/>

Cancer Support for specific cancers:

Blood Cancers:

The Leukemia and Lymphoma Society has a variety of support resources for patients and caregivers. The site is available in English and Spanish: [Leukemia and Lymphoma Society](#)

Brain Cancers:

Online Brain Tumor Support Conversations are sponsored and moderated by the National Brain Tumor Society. [Brain Tumor Support Conversations](#)

Breast and Gynecologic (Uterine, Cervical, and Ovarian):

SHARE Cancer Support's mission is to support, educate, and empower anyone diagnosed with breast or gynecological cancer. They provide zoom meetings and education specific to cancer type and the site is available in English, Spanish, and Japanese. [Share Cancer Support](#) Their national helpline is 844 275 7427.

Breastcancer.org has a website organized by topic and also by time since diagnosis, so that the information and support for someone newly diagnosed is separated from the information for those who are in treatment or finished with treatment. There is also a section for caregivers. They have a robust online community. [Managing Life With Breast Cancer](#) One special feature is a one-hour webinar on Mental Health and Cancer. [Mental Health Webinar \(Breast Cancer\)](#)

Metavivor specializes in resources for people with advanced (stage IV) breast cancer. They can be found here: <https://www.metavivor.org/>

Living Beyond Breast Cancer's mission is practical information and support for all breast cancer patients. <https://www.lbbc.org/>

The **National Breast Cancer Foundation** sends free "HOPE Kits" to patients, has support groups, and sponsors retreats for advanced breast cancer patients. Find them at <https://www.nationalbreastcancer.org/our-programs/>

Colorectal Cancers:

The **Colorectal Cancer Alliance** has many useful programs including BlueHQ which is a free, personalized support service for accessing the community and even tracking your appointments. [Colorectal Cancer Alliance](#)

Head and Neck Cancers:

The Head and Neck Cancer Alliance has resources for patients and caregivers, an online support community, and an annual survivorship meeting. <https://www.headandneck.org/>

Lung Cancers:

The American Lung Association maintains the Patient and Caregiver Network, which is a nationwide online program with disease management tools and ways to connect to other patients and caregivers. [American Lung Cancer Association](#)

Melanoma:

The Melanoma Research Alliance sponsors the **Melanoma > Exchange**, an online forum for melanoma patients and caregivers. [Melanoma Research Alliance](#)

Prostate Cancer:

The Prostate Cancer Foundation has links to several online support communities on this page: [Prostate Cancer Foundation](#)

Financial Resources:

Tennessee Oncology's Financial Counseling: [TN Oncology Financial Counseling](#)

American Cancer Society's Find Help search engine for many kinds of financial help including applying for disability can be found here: [ACS Find Help](#)

For Breast cancer patients, **Living Beyond Breast Cancer** has financial resources as well: <https://www.lbbc.org/financial-assistance>. The Tennessee Breast Cancer Coalition is a local source for financial resources: <https://www.tbcc.org/>

Also for breast cancer patients, the **Susan G Komen Foundation** provides funds that are income-based: <https://www.komen.org/financial-assistance-program/>

Career Coaching and resume review among other resources are offered by **Cancer and Careers**. [Cancers and Careers](#)

Resources for children/families:

Excellent advice from the American Academy of Child and Adolescent Psychiatry on talking to children about a parent's cancer can be found here: [Talking to Kids About a Parent's Cancer](#)

When Your Parent Has Cancer: A Guide for Teens, a National Cancer Institute booklet, can be downloaded, printed, or ordered: [When Your Parent Has Cancer](#)

A resource article for young adults caring for parents with cancer published by the Sarah Cannon Research Institute: [Caring for Parents with Cancer](#)

Cancercare has a program called **CancerCare for Kids** that is designed to provide support to children and teens affected by cancer. [Cancer Care for Kids](#)

Waves of Grace provides beach vacations and photography for families with a parent who has advanced cancer (Stage III or IV). Information is available here: <https://www.waves-of-grace.org/>

Help with Hope sends age-appropriate care packages to children whose parent has cancer, including a book to help them understand and cope. <https://helpwithhope.org/>

Family Reach helps provide financial support for families affected by cancer. <https://familyreach.org/>

With a slogan of "treating families to WOW experiences" the **Jack and Jill Foundation** funds a variety of ways for families to make memories. <https://www.jajf.org/>

Kesem bills itself as "a child's friend through and beyond a parent's cancer." They provide camps and other programs. <https://www.kesem.org/>

Ally's Wish provides memorable experiences for families affected by late stage cancer. <https://allyswish.org/>

Apps:

The Healthy Minds Program is a free app with guided meditations designed to train your mind to manage stress in healthier ways.

Mind Shift is a free app developed by **Anxiety Canada**. It has guided meditations, useful information and tools, and a community forum. [Mind Shift](#)

Cancer.net has a free app called *Cancer.Net Mobile* that allows users to track symptoms, questions for their providers, medications, and appointments.

BELONG Beating Cancer Together's goal is to help patients and caregivers get better education, support, and tools to fight cancer. It is free and anonymous.

Books and print materials:

The **National Cancer Institute** has free booklets that can be downloaded to read, printed, or ordered in print. They cover a wide range of topics including emotional support information, survivorship, and caregiving. [NCI Ebooklet on Life with Cancer](#) All publications are available in English and Spanish.

[The Neuroscientist Who Lost Her Mind](#) is Barbara Lipska's account of her experience with brain metastases from melanoma. It is an excellent description of what it is like to have personality and brain changes and is an inspiring, readable biography.

[The Emperor of All Maladies](#) is a comprehensive history of cancer and cancer treatment beginning with the ancient Egyptians.

Physical Health and Fitness:

Ascension Wellness Centers (located in Nashville and Murfreesboro) offer a **Cancer Wellness and Rehabilitation** program that includes exercise, nutrition, and meditation classes. There are also free online wellness classes on a variety of topics. [Ascension Cancer Wellness](#)

In the greater Chattanooga area, the **Livestrong** program at the YMCA is designed to help cancer patients regain strength and endurance: <https://www.ymcachattanooga.org/programs/healthy-living/livestrong>

Survivor Fitness was started by a cancer survivor to match up other survivors with personal trainers. It is widely available in the Middle Tennessee area. <https://survivorfitness.org/>

After Breast Cancer (ABC) is a free 16-week program of supervised exercise, nutrition classes, and discussion groups held at local YMCAs. [ABC Program](#)

Breast Recovery in Action offers resources for breast cancer patients including exercise and wellness. www.bragroup.org.

Caregiving: All online resources given for Coping with Cancer have sections for caregivers.

Downloadable or printable booklet from the **National Cancer Institute** on how to take care of yourself while you are a cancer caregiver. [NCI Caregiver Selfcare](#)

Short article on **caregiving** from the **Centers for Disease Control** with links to other articles: [CDC Caregiving](#)

The website **Help for Cancer Caregivers** has useful information specifically for those who are caregivers. [Help for Cancer Caregivers](#)

Caring Bridge is a website that allows patients and caregivers to set up a private, invitation-only page where they can post information. This can relieve everyone of having to repeat information multiple times. The people who you invite can then leave messages for you to read when you have time and are ready. [Caring Bridge](#) They also have a good section on caregiving. [Caring Bridge on Caregivers](#)

Being Kind to Yourself:

Kristen Neff has devoted her career to studying and encouraging self-compassion. She has information and helpful techniques to help you be more compassionate with yourself on her website, [Self Compassion](#)

Youtube video of Lending Hearts staff talking about cancer and self-compassion. [Dr. Kristen Neff on Cancer and Self-Compassion](#)



Sleep Problems:

The **American Psychological Association** has a short article with good recommendations for improving sleep [APA: Getting better sleep](#)

National Cancer Institute's excellent resource on cancer and sleep problems [Cancer and Sleep](#)

Managing Physical Side Effects/Pain:

Chemocare is a website with extensive information about practical ways to manage side effects provided by Cleveland Clinic. [Chemocare](#)

Palliative Care at Tennessee Oncology: The goal of palliative care is to help you have the best quality of life by relieving your symptoms like pain, nausea, and emotional distress and improving your functionality. Palliative Care providers work together with your oncologist to help achieve your goals for medical care. Although palliative care is sometimes confused with hospice care, the TO program is not hospice care. [Palliative Care](#)

[Managing Pain Before It Manages You](#) is an excellent workbook for using techniques to enhance your pain management. [Managing Pain Before It Manages You](#)

Brain Fog:

Cancer.net has an excellent article on attention, thinking, and memory problems [Brain Fog at Cancer.net](#)

Survivorship:

Facing Forward: Life After Cancer is a downloadable National Cancer Institute booklet.

<https://www.cancer.gov/publications/patient-education/facing-forward> There is also a companion booklet for caregivers on survivorship. <https://www.cancer.gov/publications/patient-education/make-a-difference>

In this candid **article**, a breast cancer survivor discusses some of the difficulties of surviving cancer. [Life After Breast Cancer](#)

Body Changes:

Look Good Feel Better offers virtual workshops with one-hour long live instruction and tips for women dealing with appearance-related side effects of cancer treatment:

<https://lookgoodfeelbetter.org/>

Guided Relaxation:

Eight different relaxation techniques can be found in this helpful article. [Relaxation Techniques](#)

A 10-minute video guide to mindfulness meditation for people with cancer can be found here: [Mindfulness Meditation for People Living with Cancer](#)



Ideas for 1-minute meditations that anyone can use anytime are in this video: [1-minute meditations for living with cancer](#)



Journal Writing:

Information on how and why to journal during your cancer or caregiving can be found in this article from MD Anderson. [Journaling with Cancer](#)

End of Life:

[Coping with Advanced Cancer](#) is an excellent booklet from the **National Cancer Institute** with comprehensive information. It can be downloaded, printed, or ordered at [Coping with Advanced Cancer](#)

The National Coalition for Cancer Survivorship offers some excellent audio recordings their Cancer Survival Toolbox, including one titled “Dying Well: The Last Stage of Survivorship.” <https://canceradvocacy.org/resources/cancer-survival-toolbox/>

Medicare’s information on hospice care can be found here: [Hospice Care](#)

National Institute of Health provides information on types of hospice and palliative care at this site: [NIH Hospice and Palliative Care Information](#) .

Legacy Work:

In this inspiring video, lawyer Scott Zuker makes the case for “ethical wills,” which are documents or songs or stories we write now for our loved ones to enjoy later. [Ethical Wills](#)

Local hospice **Alive** has helpful ideas about how to plan what you would like to be remembered for here: [Legacy and Remembrance](#)

A comprehensive, detailed guide to legacy work by **The Legacy Project at Stanford University** is available at this link: [Legacy Work](#)