



# Resource Guide

## Caregiving

Check out these other organizations that can help provide support on specific issues that impact the adolescent and young adult cancer community.



[4thangel.org](http://4thangel.org)

### 4th Angel

4th Angel Provides free and confidential telephone or e-mail support to cancer patients and their caregivers. Trained mentors, who are cancer survivors themselves or caregivers, offer guidance and support.



[cancer101.org](http://cancer101.org)

### Cancer 101

Cancer resources that empowers patients, survivors, caregivers through individualized organizational tools and resources.



[cancerhopenetwork.org](http://cancerhopenetwork.org)

### Cancer Hope Network

Cancer Hope Network matches cancer patients and their loved ones with cancer survivor volunteers, serving those affected in the United States and Canada.



CANCER SUPPORT  
COMMUNITY.

[cancersupportcommunity.org](http://cancersupportcommunity.org)

### Cancer Support Community

Professional support services for anyone affected by cancer with an emphasis on quality-of-life survivorship issues.



## CancerCare [for Young Adults]

Professional counseling, facilitated peer support groups, creative workshops and financial assistance for young adults with cancer.

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cancerfightclub.com

## CancerFightClub

Canada's largest bilingual online resource for young adults, caregivers, family and friends. It provides instant access to the resources and support services that help guide you through your cancer experience. The online community puts you in touch with other members, their stories and knowledge, and the support you need in your fight.

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elephantsandtea.com

## Elephants and Tea

Elephants and Tea is a media company with the mission to help adolescent and young adult (AYA) patients, survivors and caregivers experience relief through self-expression, inspiring others during their cancer journey and connecting people with supportive organizations across the nation. It has the only magazine written for and by AYA cancer patients, survivors and caregivers telling their story in their own words.

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friend4life.org

## Friend for Life Cancer Support Network

Confidential and cost free one-on-one support of newly diagnosed and/or loved ones with trained survivors of the same cancer and treatment.

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letsfcancer.com/careline

## Fuck Cancer Careline

Fuck Cancer Careline offers free patient navigation services for patients and caregivers. Their bilingual case managers can help you navigate financial, insurance, legal, medical, and psychosocial challenges, among other things.



[grythealth.com](http://grythealth.com)

## GRYT Health

GRYT Health, a digital health company, helps ensure that cancer patients, survivors and caregivers have the information to choose what's right for them at every step of the journey.

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[lacunaloft.org](http://lacunaloft.org)

## Lacuna Loft

Online support for young adult cancer patients, survivors, and caregivers to help empower them to thrive in a new normal.

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[leapsoflove.org/programs](http://leapsoflove.org/programs)

## Leaps of Love

Leaps of Love embraces families affected by childhood cancer by providing hope, strength and encouragement to meet the challenges they face today as well as the long-term effects of tomorrow.

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[lendinghearts.org/young-adultcancersupport](http://lendinghearts.org/young-adultcancersupport)

## Lending Hearts

The Lending Hearts Young Adult Integrative Oncology Wellness Program is a free and comprehensive program for young adults (up to the age 39) living with cancer or in remission and their families. They offer wellness classes, emotional support, and other activities and events that support you and your family's whole health.

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Support for spousal caregivers

[wellspouse.org](http://wellspouse.org)

## Well Spouse Association

Nonprofit membership organization providing peer-to-peer support to wives, husbands, or partners of persons with any chronic illness.