



Resource Guide

Health and Wellness

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



aircarealliance.org/patient-and-medical-transport/

Air Care Alliance

The Air Care Alliance supports the work of volunteer-based charitable organizations whose members fly to help others. The ACA helps you find a free and qualified medical transportation organization to access distant medical care or supportive services.



cancer.org

American Cancer Society

Aside from what you may already know, ACS has more than 3400 local community chapters who provide support, financial assistance and counseling for anyone affected by cancer.



annieappleseedproject.org

Annie Appleseed Project

Provides information, education and advocacy about complementary, alternative and integrative cancer care for survivors, families and providers.



cancercorerecovery.org

Cancer Core Recovery Project, INC

The Cancer Core Recovery Project is an organization whose mission is to help individuals recovering from cancer overcome their body's new limitations post surgery and treatment so they can live a better quality of life. The organization provides educational workout videos, instructional training manuals and develops exercise programs for cancer survivors to help rehabilitate their bodies after surgery.



cdc.gov/cancer

Center for Disease Control and Prevention

The work of CDC includes innovative communication approaches to promote cancer prevention, screening and early detection, research, and evidence-based programs.

Chemocare

chemocare.com

ChemoCare

Online resources about chemotherapy treatments and managing side effects featuring survivor forums, message boards, nutritional counseling and long-term concerns.



cookforyourlife.org

Cook For Your LIFE

Teaches healthy cooking to people touched by cancer. Website features hundreds of healthy recipes that can be searched based on treatment and /or dietary needs.



cookingforchemo.org

Cooking For Chemo

Our mission is to teach you HOW to adjust your cooking so your food no longer tastes disgusting! We teach common sense, practical, and easy to use cooking techniques that help you enjoy eating again

cure[®]

curetoday.com

CURE

CURE Media Group's flagship product, CURE magazine, is the indispensable guide to every stage of the cancer experience. CURE Media Group's offerings also include its online resource; live meetings; a resource guide for the newly diagnosed; and the Extraordinary Healer national nursing award. CURE Media Group combines science and humanity to make cancer understandable.



dearjackfoundation.org

Dear Jack Foundation

Through programs and strategic partnerships, the Dear Jack Foundation addresses the physical and emotional needs of AYA cancer patients and survivors. One-on-one patient outreach and peer-to-peer group wellness programs empower patients and survivors in their healing and provide assurance that they are not alone in their cancer journey.



letsfcancer.com

Fuck Cancer

Fuck Cancer is dedicated to prevention, early detection and providing emotional support and guidance to those affected by cancer. The organization runs digital and on-the-ground programs and events that seek to change the way people think and talk about cancer, ultimately improving health outcomes.



hopelab.org/product/vivibot/

Hope Lab

Combines rigorous research with innovative solutions to improve the health and quality of life of young people with chronic illness.



lendinghearts.org/youngadultcancersupport

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.



lifewithcancer.org

Life with Cancer

Offers free educational classes and consultations, support groups, counseling, and mind-body/wellness programs designed to help those affected by cancer understand and live with its impact.

LIVESTRONG

FOUNDATION

liverstrong.org

LIVESTRONG

Survivorship advocacy, support materials, grant-assistance, online community forums and national visibility to motivate and educate anyone affected by cancer.



livingwellcrc.org/forms/support-services/

LivingWell Cancer Resource Center

LivingWell exists to provide compassionate care that empowers, encourages, supports, and offers hope to patients with cancer and their families.



medifind.com/specialty/best-oncologist-near-me

MediFind

MediFind uses the power of big data to connect patients with the right doctors and treatments faster. We are constantly analyzing every new piece of medical information for nearly every health condition from around the globe to identify what you need to make the most informed treatment decisions possible. Then we simplify that information so you can actually use it.



cancer.gov/contact

National Cancer Institute's Cancer Information Service

The NCI, a component of the National Institutes of Health, is the Nation's principal agency for cancer research. Information specialists are available to help answer your cancer-related questions whether you are a patient, family member or friend, health care provider, or researcher. Our service is available in English and Spanish over the phone, by email, or through LiveHelp online chat



nccn.org

National Comprehensive Cancer Network (NCCN)

NCCN is a not-for-profit alliance of 28 leading cancer centers devoted to patient care, research, and education. NCCN is dedicated to improving and facilitating quality, effective, efficient, and accessible cancer care so patients can live better lives.



preventcancer.org

The Prevent Cancer Foundation

The mission of the Prevent Cancer Foundation is to save lives across all populations through cancer prevention and early detection. The organization aims to reduce the cancer mortality rate by focusing individual behaviors, public policy, and research on prevention and early detection, address all preventable cancers across all populations, make prevention knowledge and early detection services more accessible for people in medically underserved communities, collaborate with partners to maximize the effectiveness and reach of the prevention and early detection programs and message, and create an energizing and productive workplace that people want to join.



ulmanfoundation.org

Ulman Foundation

Supporting, educating and connecting young adults affected by cancer through on-line resources, college scholarships, advocacy and awareness. The Ulman Foundation's "Cancer to 5K" initiative provides a community of support for cancer survivors through a free 12-week training program. Regardless of age, treatment status, or physical ability, survivor participants run/walk alongside coaches & volunteer "sherpas" with the ultimate goal of completing a 5K goal race. While everyone's cancer journey is different, many individuals can benefit from a weekly exercise routine.