# Resources WELLINGTON FOUNDATION

#### <u>American CancerSociety (ACS)</u>

ACS offers support programs, health information, information on treatment options and clinical trials.

Phone: 1-888-227-6446 (local office)

#### **Cancer Family Care**

Mission: to strengthen the emotional well-being and to alleviate the suffering of children, adults and families coping with cancer. Through counseling, massage, healing touch, free wig program and more.

Phone: 513-731-3346

### Pink Ribbon Good (PRG)

Pink Ribbon Good provides free direct Cancer Support (meals, rides to treatment, peer support etc) services to those with breast and gynecological cancers throughout the program's service regions. Individuals at any stage of cancer with no age or income restrictions are served.

Facebook Page

#### The Cris Collinsworth ProScan Foundation

- -ProScan Pink Ribbon Centers + Pink Ribbon Bags
- -Mammogram Match
- -Breast MRI Program

#### St. Elizabeth Integrative Oncology

The Center for Integrative Oncology provides a calming space with holistic care options to complement St. Elizabeth's comprehensive medical care including but not limited to acupuncture, mind & body programs, massage therapy, nutrition demos, bra and wig fittings. . You do not have to be a St. Elizabeth patient to participate.

Phone: (859) 301-4157



#### Pink Is My PowerColor (PIMPC) - African American Women Breast Cancer

Pink Is My Power Color is dedicated to providing hope, awareness, education, emotional and social support to breast cancer survivors, their family members and the community. Programs include self check techniques, transportation, childcare, meal prep, errand runs, custom wigs, life coaching, dietician assessment, second opinion referral & more.

The Christ Hospital -Mind Over Matter Support Group -Metastatic Breast Cancer Connection Group (partnership with CSC, do not have to be a Christ Hospital patient, 1st Wednesday of month 12:00-2:00pm) - Tai Chi and Yoga (Partnership with CSC) -Outreach to low income seniors about mammogram guidelines after age 75

#### **Cancer Support Community**

Our community-based support designed to enhance quality of life and strengthen survivorship is at no cost to cancer patients, survivors, caregivers, and their loved ones and includes weekly support groups, healthy lifestyle activities like yoga and meditation, educational presentations, family programs, and social opportunities to connect and reduce isolation. Support groups include locations in Ohio and Kentucky.

Phone: 513-791-4060

Chicks & Chucks Chicks & Chucks mission is to provide support and assistance to local breast cancer patients and their loved ones. Various types of FUNdraising and generous donations from Chicks & Chucks in our local communities enable Chicks & Chucks to be that resource.

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#### Cincinnati Cancer Advisors

CCA is an oncology consultation practice powered by the Cincinnati Cancer Foundation. CCA provides platinum-level consultative oncology services such as secondary case review, care coordination, referrals, clinical trial navigation, financial navigation, and precision oncology services such as genetic testing and counseling to nearly 500 Greater Cincinnatians each year – all at no cost to the patient, thanks to generous donors.

#### Grace & Grit Spa - What Love Does Program

Grace & Grit provides complimentary facial and/or massage for cancer warriors + a care taker

#### **Sculpt and Glo Fitness**

Exercise has become a part of the standard care during the treatment, recovery and the survivorship of cancer clients. Individualized exercise programming will help to improve your ability to cope with the stress and the side effects following cancer diagnosis and treatment. Let's chat to find the best program for you.

### <u>Cleaning for a Reason</u>

Cleaning for a Reason understands the impact that a clean home has on a cancer patient's physical, mental, and emotional well-being. When cancer makes life at home difficult, our network of residential cleaners and volunteers support are here to support you or your loved ones battling cancer.

#### **United Breast Cancer Foundation**

**United Breast Cancer Foundation's** mission is to make a positive difference in the lives of those affected by breast cancer. Together, we are making a real difference.

# Resources WELLINGTON FOUNDATION

#### Sharsheret

Sharsheret is one of the nation's leading Jewish cancer organizations for many reasons. Our expansive support network helps those who are facing a breast cancer or ovarian cancer diagnosis with one-on-one support as well as a peer support network. We also offer resources for financial assistance and address side effects from cancer treatments. Sharsheret has resources and connections for families of those recently diagnosed and can provide genetic conversations to those who are looking to find out more about their heritage and connection to familial cancer

#### <u>Living Beyond Breast Cancer</u>

Practical resources for coping, managing, living with breast cancer.

#### Move Beyond Surviving

Breast cancer treatment may heal the disease, however, it leaves the person with physical, emotional, and mental scars. Immersion in nature offers peace of mind and emotional healing. Vigorous physical activity awakens the body. Move Beyond Surviving and other breast cancer survivors on outdoor adventures designed to rediscover yourself and your personal strength in a safe and supportive environment. Challenge yourself to uncover the power within you and reconnect with your mind, body, and spirit.

### <u>I have Wings Breast Cancer Foundation</u>

W.I.N.G.S. - With Inspiration, No One Goes Solo. At I Have Wings Breast Cancer Foundation, we believe no one should face breast cancer alone. We offer emotional and financial support to breast cancer patients and families — bringing hope, healing, and help when it's needed most.

#### **Personal Symmetrics**

Personal Symmetrics is a post-mastectomy boutique in Cincinnati that has served the needs of women in the Ohio/Kentucky/Indiana region for more than twenty-five years.

#### <u> Housley Institute</u>

Housley Institute offers the most advanced permanent makeup, 3D areola tattooing, and cutting edge esthetic services in Cincinnati.

#### **Cancer Care News**

350+ free and low-cost programs updated daily.



**Knitting for Cancer** The Gathering Place JD Breast Cancer Foundation Susan G Komen

<u>ThrivingBeyondBreastCancer</u>

CLIMB (Children's Lives Include Moments of Bravery) Pink Ribbon Good **Premier Health** 

## Resources



## Denver

<u>Susan G Komen</u> <u>Colorado Breast Cancer Awareness Foundation</u> Hope Lives

## Ft. Lauderdale

<u>Florida BreastCancer</u> <u>Cancer Support Community</u>

## Indianapolis

Cancer Support Community
Indiana Women in Need
Susan G Komen
Megan Ott Foundation

## New England

Learn, Live, Love
North of Boston Cancer Resource
Runway for Recovery
Ellie Fund
Pawstiviely 4 Pink
Cancer Support Community