	Support Services for (Cancer Patients	
Support Service	What they do	Who, phone, email, website, appt?	Cost
Comprehensive	A wide range of educational & clinical services for cancer patients & their families. We	Patient & Family Resource Center	
Cancer Support	are committed to providing compassionate care to people & their loved ones whose	(919) 843-0680	
Program (CCSP)	lives have been touched by cancer.	www.unclineberger.org/ccsp	
Acupuncture	Part of traditional Chinese medicine, it has shown to be effective in relieving some symptoms caused by cancer treatment. Our board certified physician & specialist in traditional Chinese medicine can help decide if acupuncture may benefit you.	Call 919-957-9600 for an appointment	
Beacon Child and	Provides comprehensive, coordinated care to patients, families, & employees	Call 919-966-9314 or email beaconpr@unch.unc.edu; Hours of Operation for the	
Family Program	experiencing variety of family violence. Has services for children, victims of domestic abuse, human trafficking, workplace violence, sexual assault & the elderly.	general public, 9:00AM to 5:00PM Monday – Friday (except holidays)	
Breast Cancer	A Breast Cancer Support Group for young women ages 18-45 with Breast Cancer; Child	When: 1st Tuesday of the Month, 7:00–8:30PM;	
Support for Young Women	care may be available.	Carolina Pointe II: 6011 Farrington Rd, 3rd Fl, Ste 304, 27517 919-843-5069	Free
Breast Cancer	When cancer treatment & its routine ends, some survivors are not sure what comes	Let your doctor or nurse know that you are interested in having a transition visit.	
Transition Clinic	next & may feel lost about moving forward on their own. A transition visit can help you	Call the Breast Cancer Survivorship Clinic at 919-957-6600 or email	
	move from active treatment to life after cancer treatment. You'll see an oncology nurse practitioner & be given a personalized Survivorship Care Plan.	ccsp@med.unc.edu	Free
Care Pages	CarePages websites are free patient blogs that connect friends and family during. It's an	http://www.carepages.com/ Phone Support: call (888) 852-5521	
	online community of people who come together to share the challenges, hopes and	Representatives available Monday - Friday, 9AM - 6PM EST	Free
	triumphs of anyone facing a life-changing health event.	CarePages, Inc. 345 Hudson Street 16th Fl New York, NY 10014 Ph: (646) 728-9500 Fax: (646) 728-9503 info@everydayhealth.com	1100
Caregiver	For caregivers to meet and share stories through planned topics and social time	Where: Patient and Family Resource Center in N.C. Cancer Hospital	
Conversations		When: 2-3pm every 2nd Tuesday & 4th Thursday every month	Free
Carolina Well UNC	It is important for you to know there are tools available to help you move beyond the	For more information call 919-966-3494 or contact Liz Sherwood, Coordinator of	
Lineberger Cancer	illness & positively impact the quality of your life. It is also important to take care of	Cancer Survivorship Programs, at 919-843-5069.	
Survivorship	yourself, to make follow-up appointments with your health care provider & make sure		
Program	you let them know of any physical or emotional things that may be bothering you		
Cornucopia Cancer	A place where anyone touched by cancer can find support & resources to live life to the	Cornucopia Cancer Supp Center; 919-401-9333	
Support Center	fullest. We accomplish this by supporting mind, body & spirit of those journeying with	Attn: Rosie Smith, Peer Connect Coord; 5517 Durham Chapel Hill Blvd NC 27707;	
	cancer, families & caregivers through body relaxation and energy therapies, movement	www.cancersupport4u.org;	Free
	classes, individual/group support, & information & resources, all in a non-clinical setting.	Email: peerconnect@cancersupport4u.org	1166

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Facing Our Risk Cancer Empowered (FORCE)	Founded on the principle that no one should have to face hereditary breast and ovarian cancer alone. Our mission is to improve the lives of individuals and families affected by hereditary breast and ovarian cancer.	Katerina Gmitter; katgmitter@gmail.com; www.facingourrisk.org FORCE Raleigh Outreach Coordinator 908-433-4273			
Genetics	Program provides consultations for those who may be at increased risk of developing cancer. Family history is often one clue to possibility of genetic predisposition to cancer. Other situations may prompt a referral to this clinic, including diagnosis of cancer at a young age, unusual types of cancer or certain tumor characteristics.	Cancer Genetics Clinics held on Mon-Wed & Fri, from 8:30am-3:00pm, on 2nd floor of N.C. Cancer Hospital. An appointment in the Genetics clinic can be scheduled by calling 919-843-8724.	We help by testing free o charge in house		
Health Coaching	Are you looking for someone to help you make changes toward a healthier life-style? A health coach can work with you to facilitate behavior change by focusing on body, mind & spirit.	Call 919-843-0935 to schedule a session	Free		
Integrative Medicine Services	Consultation with board certified physician & specialist in complementary & alternative therapies, such as dietary supplements & mind-body therapies, help decide which complementary therapies are right for you.	Call 919-966-3494 or contact Liz Sherwood at 919-843-5069.			
Living Beyond Breast Cancer Helpline	Programs & services to women, caregivers & providers including website; Survivors' Helpline; ntl. conferences; community programs; newsletters & publications; recordings/transcripts; grants; workshops/trainings for healthcare professionals.	Toll-free Helpline by trained volunteers (888)753-LBBC (5222) Information about us at (484) 708-1550 or (610) 645-4567; website: lbbc.org; email: mail@lbbc.org	Free		
Look Good Feel Better at UNC, Rex & Duke	A free national public service program created to help individuals with cancer look good, improve their self-esteem, & manage their treatment & recovery with greater confidence. Free makeup kit provided.	(1) UNC: 3rd Mon of each month 10-12pm. Stop by Pt & Family Resource Ctr to reserve. Contact Pam Baker at (919) 843-0680. (2)Rex: 1st Mon of month 10am-12pm at Cancer Center Auditorium Call American Cancer Society 1(888) 227-6333. (3) Duke: Duke Cancer Pt Support Program 919-684-4497	Free		
Lymphedema Therapy	Lymphedema therapy reduces & controls swelling to redirect the flow of fluids in the body.	Referral from a doctor or nurse is required. They will need to fax it to Carol Ochs at Carolina Pointe II at 919-489-9173	Price varies, call for info.		
Massage Therapy	Relaxation, stress reduction with soothing massage that can relieve muscular tension, provide relief from temporary or chronic muscular discomfort, and reduce pain and swelling.	Full Body: 2 free full-body massages for patient & 2 free full-body massages for caregivers. For appt. Carolina Pointe II, call 919-957-6600. Limited Body: Free for patients & caregivers. Complimentary massage available at UNC Hospitals to oncology inpatients, outpatients & caregivers. For appt UNC hospital, call 919-843-0680.	Free		
Meditation	There are ongoing classes in Mindfulness Meditation & Mindfulness-Based Programs offered at numerous locations & times.	Contact the program by phone at 919-966-8586 or by email at mindfulness@med.unc.edu			
New Life After Cancer	New Life After Cancer is a unique cancer support program that seeks to promote survivorship by providing the knowledge & insight to help breast cancer survivors to embrace change & adopt healthy, sustainable lifestyles that will improve quality of life & outcomes.	3800 Riders Trail, Hillsborough, NC 27278; call 919-901-0351; To join mailing list, email carolyn@newlifeaftercancer.org; Workshops & retreats, contact carolyn@newlifeaftercancer.org or call 919-901-0351 info@newlifeaftercancer.org	Tuition; 1/2 support by grants & donations		
Nutrition	The outpatient oncology dietitians provides individual nutrition counseling, group classes, & educational programs. Registered dietitians understand many of the challenges related to treatment for & recovery from cancer.	For an appointment with a dietitian, please contact Sherri Jeffries at: 919-445-5557, or send an e-mail request to Jennifer Spring Jspring@unch.unc.edu, or Mandy Holliday, hollida@unch.unc.edu	Free		

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Pastoral Care	Regardless of religious background or spiritual practice, patients are empowered to take action & use their faith for their own recovery & improved quality of life. Many find their spiritual life may be strengthened & deepened, & a sense of meaning, purpose & connection can be found during a time of pain & turmoil.	http://unclineberger.org/ccsp/programs/pastoral-care 919-445-5400, M-F, 9:00am-5:30pm in chaplain's office, lobby level of N.C. Cancer Hospital. Weeknights & throughout weekend, call chaplain at 919-966-9205, page 919-123-3288 or operator at 919-966-4131 -ask for on-call chaplain.	Free	
Patient & Family Resource Center	Education, support, comfort services: library & programs, computer access & fax, wigs & head coverings, movies, recliners, computerized massage table, Friday Family Coffee, community referrals for UNC cancer patients & their families.	NC Cancer Hospital, Main Lobby Level (Ground Floor) Hours for Education Center Assistance: 8:30 am – 5:00 pm 919-843-0680		
Peer Connect	A confidential peer-support program that connects anyone touched by cancer with other person who has similar experiences. Relationship is between PARTNER (someone looking for support from cancer survivor or caregiver) & a GUIDE (someone whose had similar experience with cancer).	To learn more, call (919) 401-9333 www.cancersupport4u.org email chpeer@mindspring.com		
Pharmaceutical Assistance	An integral part of Comprehensive Cancer Support Program. Led by John M. Valgus, PharmD, BCOP, CPP. Pharmacy helps with Symptom Mgmt, Chemotherapy education, blood-thinning, medication mgmt, checking drug interactions & safety concerns with supplements.	If you feel you can benefit from any of these services or if you feel a pharmacist could help you in any other way during your care at the N.C. Cancer Hospital, please ask your health care provider to contact the pharmacy at 919.843.0630 or email John Valgus to request a consultation: jvalgus@unch.unc.edu		
Physical health/ stress management	Get REAL & HEEL - An After Care Breast Cancer Program: Program designed to serve breast cancer patients in NC. It integrates individualized prescriptive exercise with psychosocial therapies to provide a program that strengthens your body and mind.	Mrs. Kelly Hermanson, Program Coordinator, 919-962-1222, khermans@email.unc.edu Dr. Claudio Battaglini, Program Director 919-843-6045, claudio@email.unc.edu www.getrealandheel.com	Free	
Physical Therapy	Transition from rehabilitatio to preventive maintenance to restore function & educate patients.	Referral from doctor or nurse required. (1)UNC Physical Therapy Division call 966-2056 for appointment. (2) UNC Wellness Meadowmont : Physician write referral/prescription for PT & send w pt or Fax #: 919-843-2195 & call 919-843-2164 to make appt; Membership details, call 919-843-3275 or desk at 919-966-5500.	Ask about rates	
Project Compassion	A non-profit organization in Chapel Hill, NC, creates community & provides support for people living with serious illness, caregiving, end of life & grief. Project Compassion was founded in 2000 by volunteers organized by Mary Meyer Sullivan after she experienced the unmet needs of a close friend facing breast cancer.	, ,		
Psycho-oncology Clinical Service	Providing psychosocial support & psychiatric consultation for both inpatients & outpatients; individual, couples, family, & group psycho-therapy; & management of depression, anxiety, cognitive impairment, & other symptoms associated with cancer & its treatment.	Psychiatric Referrals: Medication Clinic: 919-966-3494 Thursdays at Carolina Pointe II: Appts for Meds & Therapy: 919-966-3494; Donald Rosenstein MD, Leeza Park MD, Liz Sherwood RN, ANP; Appts for Therapy/Counseling: 919-966-3494; Justin Yopp Phd, Mim Alvarez RN, MS, Pam Durham MS		

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Reproductive Health & Infertility	UNC Fertility provides full range of treatment opportunities for reproductive age women & men who are about to undergo treatments that threaten future fertility. This includes consultation visits, sperm banking, egg or embryo banking, etc. We also sees men & women after cancer treatments who have questions about reproductive options.	UNC Fertility Preservation Clinic: 919-966-1150 Academic: 919-966-5283, Fax: 919-966-5214 E-mail: fertilitypreservation@med.unc.edu Website: UNCFertility.org	May be a discount; counselor 919 843-0300		
SECU Family House	Provides housing, healing, & hope to families with an adult patient being treated for a critical illness or injury at UNC Hospitals or its affiliated clinics. This includes bus service to & from UNC Hospitals, laundry facilities, a help-yourself pantry with snacks & food staples, & access to a library with Internet resources.	www.secufamilyhouse.org; Call 919-932-8000; 123 Old Mason Farm Road, Chapel Hill, NC 27517; Nightly charge of \$35 to stay in 1 of 32 rooms, or \$50 in 1 of 8 fully equipped suites; Reduced rates sometimes available, but everyone must pay minimal amount.			
Sisters Network	Committed to increasing local & national attention to the devastating impact that breast cancer has in the African-American community; a leading voice & only national African American breast cancer survivorship organization in the United States.	Valarie C. Worthy, President - 919.490.1571(phone) 919.493.6714 (fax) trianglenc@sistersnetworkinc.org http://www.sisterstriangle.org/			
	Numerous support groups, classes & programs for patients, family members & loved ones. Also physical image & recovery services.	Coping with Cancer (for Patients & Caregivers) Rex Cancer Ctr of Raleigh call Kimberly Fradel 919-784-6863 Rex Cancer Ctr of Wakefield call Karen Hansen 919-570-7564 Sharing Hope: Rex Cancer Ctr of Raleigh call Terri Kuczynski 919-784-3492 Breast Cancer Network: Rex Cancer Ctr call Navigation office 919-784-1056			
Supportive Care Consult	Helps manage side effects of cancer treatment & cancer-related problems such as pain, nausea, & fatigue. This service is available to patients from the beginning of their treatment through survivorship.	For more information, call the Supportive Care Coordinator (919) 966-1500			
The Mary Anne Long Brighter Image Boutique	Services include: fitting with a new or gently used wig on loan, comfortable head coverings for men & women, hat & scarf-trying ideas & instruction, comfort items such as soft socks & blankets, mastectomy bras, journals for writing, referrals to community & online resources.	Located in the Patient & Family Resource Center. Hours of Boutique Assistance: 9:00 am- 4:00 pm. Appointments are encouraged to allow our staff time to provide more personalized service. To schedule & appointment: 919-843-0680	No charge- Some restrictions may apply		
Tobacco Cessation	UNC Nicotine Dependence Program provides free support for cancer patients who want to quit smoking or using other tobacco products. A certified tobacco treatment specialist will help you make a plan for becoming tobacco-free and provide regular follow-up.	To schedule an appointment or make a referral, please contact: Anna McCullough, MSW, MSPH; Email: annamc@unc.edu Phone: 919-445-5439 http://www.ndp.unc.edu/	Counseling free; patient pays for medications		
Transportation	You may need transportation, home care, or other services: The National Cancer Institute The American Cancer Society	The National Cancer Institute's Cancer Information Service: 1-800-4-CANCER (1-800-422-6237). They can help you find resources. The American Cancer Society (ACS): 1-800-ACS-2345 (1-800-227-2345); nonprofit group that helps people with cancer & their families.			
UNC Hospitals Financial Assistance	For patients who don't have insurance or concern with paying medical bill; handles housing issues & processes Charity Care Cases - for charity cases, fax application to 919-966-9399 and call 919-966-3425 to discuss	Financial Counselor - Cindy Moody (1) Email at cmoody@unch.unc.edu (2) Call 919-966-5388			

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UNC Wellness Center Meadowmont - LiveFit Exercise Program	, , ,	Contact Logan Washburn at (919) 843-2163 regarding more information about the LiveFit Cancer Exercise Program. Email address: Lwashbur@unch.unc.edu.	\$125 members, \$175 non- members
Yoga Classes	practice that will integrate a variety of poses & breathing techniques to calm the mind	Classes are held Mon & Thur, 11 am - 12:30 pm; & Fridays 10am -11:30am, \$5 per session private sessions available. Carolina Pointe II, 6011 Farrington Road, 3rd Floor Chapel Hill, NC 27517	Cost of the class is \$5
Young Survival Coalition (YSC)	The premier global organization 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.	Katerina Gmitter; katgmitter@gmail.com; www.youngsurvival.org; Young Survival Coalition State Leader; 908-433-4273	