

# Cancer Resources:

These Southern Arizona nonprofits offer a variety of support services and programs to assist those with cancer and their families from diagnosis and throughout survivorship. Most are free or for just a nominal fee.

Contact them directly for more info.



**American Cancer Society:** Information about cancer prevention and diagnosis, free patient services, financial assistance referrals and caregiver support.

[Cancer.org](https://www.cancer.org), 520-321-7989

**Arizona Foundation for Cancer:** Promote health, healing and survivorship through programs and services for cancer patients. Programs include integrative therapies, gas cards, nutrition, and support groups, to name a few. [AzForCancer.org](https://www.azforcancer.org), 520-324-2840

**Arizona Prostate Cancer Coalition:** Coordinate prostate cancer educational, awareness and outreach activities within Arizona. [AzProstateCancerCoalition.org](https://www.azprostatecancercoalition.org)

**AnCan:** AnCan is about people helping people peer-to-peer. We provide answers, support & navigation empowering people who live with serious and chronic conditions to handle their situation. [ANCAN.org](https://www.ancan.org), [info@ancan.org](mailto:info@ancan.org)

**Bag It:** Tote filled with reliable cancer booklets and guidebook to organize medical info. For anyone with any type of cancer and their families/caregivers. English and Spanish Bicultural. [BagItCancer.org](https://www.bagitcancer.org), 520-575-9602

**Bald Beauties Project:** Empowering & impacting the lives of children & young adults affected by pediatric cancer. Providing professional photo shoots, teen comfort kits, a bereavement retreat & research grants for pediatric AML. [BaldBeautiesProject.org](https://www.BaldBeautiesProject.org)

**(Camp) Kesem:** Kesem at University of Arizona supports children impacted by a parent/caregiver's cancer with fun, year-round activities, events, and a FREE weeklong summer camp. [facebook.com/KesemUArizona](https://www.facebook.com/KesemUArizona), 520-222-6835

**Cancer Support Community Arizona:** Any Cancer, Stage or Age: mental health, healthy lifestyle, education, community events and resource and referral. Statewide. In person locations and virtually statewide. All services are free and provided by professionals in a community environment. [Cscaz.org](https://www.Cscaz.org), [info@cscaz.org](mailto:info@cscaz.org), 602-712-1006

**Candlelighters Childhood Cancer Foundation of Southern Arizona:** Candlelighters supports, serves and advocates for children, adolescents and young adults with cancer, their families, long term survivors and bereaved families. Summer camps and other monthly events. [CandlelightersAZ.org](https://www.CandlelightersAZ.org), 520-777-4911



**Check for a Lump:** Provides free breast health education, mammograms, testing, and direct assistance to breast cancer patients with wigs, support and resources in Arizona. Check for a Lump will continue the mission work of A 2nd Act with Girls Night Out and other events. [CheckForALump.org](http://CheckForALump.org)

**Courtney's Courage, Inc.:** Financial support for utilities/gas/groceries/rent, Courtney's Angel Paks (customized admission bags), Moms Dinner Out, Teen & Young Adult Support Group, Bereavement Retreat. [CourtneysCourage.org](http://CourtneysCourage.org), 520-269-9824

**Debbie's Dream:** Raising awareness about stomach cancer, advancing funding for research, and providing education and support locally & internationally to patients, families, and caregivers. DDF seeks as its ultimate goal to make the cure for stomach cancer a reality. [DebbiesDream.org](http://DebbiesDream.org)

**Face the Fight:** Face the Fight is a non-profit organization dedicated to providing safe, complementary wellness services to patients who are currently or have previously battled cancer. [FaceTheFight.com](http://FaceTheFight.com), 210-584-4057

**Leukemia & Lymphoma Society:** LLS is the leading source of free, highly specialized blood cancer information, education and support for patients, survivors, families and healthcare professionals. [LLS.org](http://LLS.org), 520-207-7525

**Loving Hands of Healing Hope:** To provide integrative spa services to women and men actively undergoing treatment for cancer. [LovingHandsOfHealingHope.org](http://LovingHandsOfHealingHope.org)

**National Ovarian Cancer Coalition:** Provides education, survivor & caregiver support services such as; meal delivery and financial assistance for survivors in active treatment and/or participating in a clinical trial, counseling services, education and virtual peer to peer support group. [Ovarian.org](http://Ovarian.org), 888-OVARIAN

**Quilt For a Cause:** We organize the donation and marketing of hand-crafted quilts to raise and distribute funds to organizations that provide treatment, support services and research for breast and gynecologic cancers. [QuiltForACause.org](http://QuiltForACause.org), 520-904-0383

**Skin Cancer Institute at the University of Arizona Cancer Center:** We seek to bring together innovative research, visionary patient care, and life-changing education and outreach with the ultimate goal of reducing skin cancer incidence. [AZSkinCancerInstitute.org](http://AZSkinCancerInstitute.org), 520-694-2873

**Thyroid Cancer Survivors Association:** Education and support groups for newly diagnosed and long term survivors. Annual conference. Tucson. [Thyca.org/home-tucson-az@thyca.org](http://Thyca.org/home-tucson-az@thyca.org) 520-906-8344

**Tu Nidito Children and Family Services:** Emotional support for children, teens, young adults, and families grieving a serious medical condition or death loss. No cost services in English and Spanish. [TuNidito.org](http://TuNidito.org), 520-322-9155

**Tucson Cancer Conquerors:** A healthy survivorship program for cancer survivors and their supporters centered on exercise, nutrition, education, and peer support. Join us for fitness classes, hikes, organic gardening, book groups, monthly lunches and birthday celebrations! [YouCanConquer.org](http://YouCanConquer.org), 520-505-1406

**University of Arizona Cancer Center:** Currently offering multiple virtual and in person support groups. Coming soon is a Spanish support group for patients and families! All groups are free and drop in, please go to website to download the current calendar. [CancerCenter.Arizona.edu/Patients/Support-Education/Tucson](http://CancerCenter.Arizona.edu/Patients/Support-Education/Tucson), 520-694-1855

# Cancer Support Groups:



These Southern Arizona nonprofits offer a variety of support groups to assist those with cancer and their families from diagnosis and throughout survivorship. Contact them directly for more info.

**Arizona Foundation for Cancer:** Breast group, lung group, gynecological group, living with cancer each group meets two times per month virtually. Patients must fill out the patient application form on the website and we will call them to get them signed up with the group. Groups are facilitated by certified professionals. [AzForCancer.org](https://www.AzForCancer.org), 520-324-2840

**Cancer Support Community Arizona:** Several groups offered that are led by licensed mental health professionals. Weekly: People living with cancer, Breast, Native American, Metastatic. Biweekly: Men. Bimonthly: Latino. Monthly: Pancreatic and Multiple Myeloma. All groups vary between in-person, virtual, or hybrid. General location for in-person is 3600 East Palm Lane Phoenix, AZ 85004. [Mary Hald, Clinical Program Director- mhald@cscaz.org](mailto:mhald@cscaz.org) or [support@cscaz.org](mailto:support@cscaz.org).

**Check For a Lump:** Super Survivors Unite and Girls Night Out meet quarterly in-person. Location varies but all are within Phoenix area. Locations are listed on website as event information comes available. Peer led by survivors who work at Check for a Lump or are on our Board. [CheckForALump.org](https://www.CheckForALump.org), 602-688-5232 x1

**Debbie's Dream Foundation:** Virtual support group lead by licensed provider and individual mentoring peer to peer. Send inquiries to: [Programs@DebbiesDream.Org](mailto:Programs@DebbiesDream.Org) or call 855-475-1200

**National Ovarian Cancer Coalition NOCC** - Teal Hearts Network, OC Survivor Peer to Peer Virtual Support Group meets monthly, on the second Monday of each month. Peer led by qualified and trained survivors. Attendees must register in advance at [Ovarian.org/Programs-And-Resources/Peer-Support-Programs/Survivor-Peer-Groups/](https://www.Ovarian.org/Programs-And-Resources/Peer-Support-Programs/Survivor-Peer-Groups/), 888-OVARIAN (888-682-7426)

**Arizona Prostate Cancer Coalition:** Independent prostate cancer support groups led by experienced facilitators are currently offered in Tucson, Chandler, and Phoenix. [For detailed information about each group, please visit: https://www.azprostatecancercoalition.org/support-groups](https://www.azprostatecancercoalition.org/support-groups)

**University of Arizona Cancer Center:** Currently offering both virtual and in person support groups: Women's (both Breast and Gyn), Men's support group, Metastatic, Prostate, Caregivers Living with Cancer, Leukemia and Lymphoma, Multiple Myeloma, Couples and Praise Dance support groups. Coming soon is a Spanish support group for patients and families! All groups are free and drop in, please go to website to download the current calendar. [CancerCenter.Arizona.edu/Patients/Support-Education/Tucson](https://www.CancerCenter.Arizona.edu/Patients/Support-Education/Tucson), 520-694-1855