

MEDERI CENTER

CANCER RESOURCES & SUPPORT GROUPS



In Person Support

Pacific NW and California Region

Art Therapy

Delaine Due, MA, ATR-BC, LPC; www.peoplesart.net; 541-526-7358; Ashland/Medford, OR
Provides group and individual therapy for cancer clients at Providence Hospital/Medford.

Harmony Hill Healing Retreat

www.harmonyhill.org; 360-898-2363; 877-920-1070; Union, WA
Provides lodging, meals, and curriculum (group sessions, yoga, meditation, poetry/art) at no cost to cancer clients.

Callanish

www.callanish.org; 604-732-0633; Vancouver BC
Provides healing retreats for adult cancer client's (meditation, group sessions, individual medical counseling, art therapy, music/sound therapy, therapeutic massage, yoga, guided imagery); costs include accommodation, meals, and facilitation.

Anjali Yoga Therapy

www.anjaliyogatherapy.com; 541-787-1238; Williams, OR
Provides yoga therapy for chronic pain, anxiety, depression, neurologic issues, healthy aging – online classes available.

Commonweal

www.commonweal.org; 415-868-0970; Bolinas, CA
Offers integrative healing programs and retreats for clients with cancer. Programs include: Beyond Conventional Cancer Therapies; Healing Circles; Healing Kitchens Institute; Healing Yoga Foundation; Foundation for Embodied Medicine. Cancer Help Program Retreats include: group support sessions, massage, yoga, meditation, deep relaxation, imagery work, sandtray, poetry; costs include accommodation, meals, and facilitation

Online Support

Support Groups & Other Resources

www.cancer.net provides a list of online communities for support options, including:

www.cancercare.org offers about 100 online groups for people with cancer and their loved ones. The groups are led by oncology social workers who give support and guidance.

www.cancersupportcommunity.org is an international nonprofit dedicated to providing support, education, and hope to people affected by cancer. They provide support services through a network of professionally-led community-based centers, hospitals, community oncology practices, and online

www.caringbridge.org helps you create a free, private, and secure web page, communicate updates in a patient care journal, share pictures, and coordinate help

www.4thangel.org provides free, one-on-one, confidential telephone support for people with cancer and their caregivers. Trained mentors who are cancer survivors or have been a caregiver to a person with cancer offer support and guidance during a difficult time.

CONQUER features inspiring stories written by patients, caregivers, and families; a long list of financial support resources, healthy living tips, and many other resources. www.conquer-magazine.com/

The **National Cancer Institute** has a list of well over 100 support groups throughout the U.S. The types of support include emotional, financial, cleaning, post-treatment, etc. <https://tinyurl.com/mbdrav86>

Radical Remission is a community of patients, friends and family, health professionals, and Radical Remission survivors, sharing stories of those who heal against all odds. www.radicalremission.com/

Offered by the Herbal Academy, **Held in Hope** shares helpful resources, uplifting stories, and a spirit of community through a free email series. If you have recently been diagnosed with cancer, if you are already walking this difficult path, if you consider yourself a support person to someone with cancer, Held in Hope will bring you trustworthy cancer information. [Sign up here.](#)



Breast Cancer Recovery by Rebalancing Pilates Using exercise designed and approved by The Pink Ribbon Program, these videos explore gentle stretching and movement post breast cancer surgery. www.home.rebalancepilates.ca/

www.cancerhopenetwork.org provides free one-on-one emotional support to adult cancer patients and their loved ones

Beyond Conventional Cancer Therapies explores the best of integrative and complementary cancer care to provide you with informed and best options. www.bcct.ngo

Specific to hereditary cancer: www.facingourrisk.org provides resources, information, and support to individuals and families.

Specific to breast cancer: www.breastcancer.org/ provides resources, information, and support to individuals and families.



Cannabis Resources

Integrated Holistic Care

www.integratedholisticcare.com; based out of OR

Offers phone consultations for cancer clients who want to add medical cannabis to their therapeutic plan.

Oren Health

www.ren-health.com; 203-951-5700; Milford, CT

Provides evaluations & certifications for legal access to medical cannabis for patients in CT.

Financial Resources

Abacus Life Settlements helps cancer patients use an existing life insurance policy to pay for expenses related to cancer treatments. www.abaculifesettlements.com/ct/

Cancer Financial Assistance Coalition can help cancer patients manage their financial challenges. www.cancerfac.org/

Fifth Season Financial/Funds for Living and Giving (FLAG) FLAG helps individuals with late-stage illnesses use their life insurance policy to provide funds for whatever you may need or want with no restrictions. You can pay off your mortgage, pay for your kids college, go on your dream vacation, and/or choose your preferred treatment plan.

www.fifthseasonfinancial.com/funds-for-living-program/

Fifth Season also has a You Tube channel with videos that give a quick overview of the program and several testimonials. www.youtube.com/c/Fifthseasonfinancial1/videos

Needy Meds can help with costs of different diagnoses. www.needymeds.org/



With Mederi Center I had every important component in place around me for a holistic approach to this cancer: my spirituality, my mainstream health care, diet, and physical activity plan—all combined.