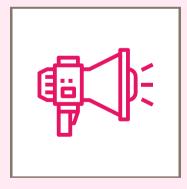
**STRENGTH** 



## WARRIOR RESOURCES

#### MISSION



The mission of this organization is to identify, organize, solicit, and provide access to resources that support individuals and communities in the fight against cancer.

## VISION



The vision of the
Organization is to
provide prevention
education and postdiagnosis resources to
cancer warriors by
harnessing the power
of communities.

#### SERVICES



We assist warriors across South Crolina by providing the following:

- free post-mastectomy supplies
- treatment assistance
- survivorship resources
- educational resources
- emotional support resources

Published Fall 2022 Olivia Robinson, Miranda Proctor, & Liam Baird



## **American Cancer Society**

Provides information and support on diagnosis, treatment options, financial and health insurance issues, patient support and services, caregiver support and other resources. Their Road to Recovery program provides volunteers to assist with transportation to medical appointments. Call to learn what resources are available in your community.



(800) 227-2345

## The Assistance Fund

Provides eligible underinsured individuals with financial assistance to cover all or part of the individuals' outof-pocket cost for the supported medications.



(855) 845-3663

## **Breast Cancer Assistance Q** Fund

Their mission is to help women who are dealing with the stress and anxiety of a breast cancer diagnosis and are in need of financial assistance or emotional support.



(866) 413-5789

## Medicare help for Limited Resources or Income

If you are a Medicare beneficiary with limited resources and income, you may be able to get extra help paying for your monthly premiums, annual deductibles, and copayments related to the Medicare prescription drug program.

(800) 325-0778

#### Cancer Care

Offers free emotional support, information and practical help, including counseling, support groups, workshops, resources and financial assistance.

(800) 813-4673

#### **Three Lollies**

Makes Quesy pops and drops to help with an upset stomach and dry mouth. Will send Sample 6 pack box of fan favorite flavors. Email them and include your name and address. info@threelollies.com

#### **Headcovers Unlimited**

Hats and wigs for chemo patients. Patients can create a wishlist to send to friends and families as well.

#### Kesem

A nationwide community that supports children through and beyond their parent's cancer. The program provides free year-round services, Kesem Through, and Beyond Support provides children impacted by a parent's cancer a continuum of touch points throughout the year. Their largest program, Camp Kesem, is a week-long summer camp is provided free of charge for children ages 6-18.



(253) 736-3821

## Living Beyond Breast Q

Cancer

Connects people with trusted breast cancer information and a community of support. The Breast Cancer Helpline (formerly the Survivors' Helpline) provides peer support services from volunteers with a personal history of breast cancer.



(855) 807-6386

## My Hope Chest

Provides financial assistance to uninsured and under-insured breast cancer survivors to help with financial cost of breast reconstruction.

🧗 (727) 488-0320

## **Patient Advocate Foundation**

Provides case management assistance, financial aid for co-pays, co-insurance and deductible assistance and basic living expenses, and other supports.



(800) 532-5274

### Patient Services Inc.

Provides financial assistance to help women who are at high risk for breast cancer gain access to Magnetic Resonance Imaging (MRI) screenings.



(800) 366-7741

#### The Pink Fund

Provides non-medical cost-of-living expenses to breast cancer patients in active treatment for breast cancer so they can focus on healing, raising their families, and returning to the workplace.



(877) 234-7465

## Little Pink Houses of Hope

Offers FREE week long retreats for breast cancer patients and their families. (336)-213-4733

## The Breast & Chest Buddy

Seatbelt cocoon to better cushion delicate mastectomy and breast reconstruction sites. Also - Port A Pal - smaller version for port site

## Knitted Knockers



Knitted Knockers are special handmade breast prosthesis for women who have undergone mastectomies or other procedures. Knitted Knockers are soft. comfortable, beautiful and when placed in a regular bra they take the shape and feel of a real breast. Our special volunteer knitters provide these FREE to those requesting them.



\*Indicates breast cancer specific

#### **Gracie's Foundation**

SIMPLE...and FREE....Request a gift for a woman currently undergoing treatment for ANY TYPE of cancer. Click on this email to register patient: graciefoundation2@gmail.com Please include:patient name and age, mailing address, type and stage of cancer, treatment center city/state. Don't have this information? No worries, email us with as much information as you have.

#### <u>Bright Spot Network</u>

Helping families through cancer Provides parents of children with a safe space for individual and family healing, recovery and reconnection. Programs and services – support groups, free age appropriate books about dealing with cancer, box of art projects.

# <u>Healthy 10 Challenge</u> (<u>AICR)</u>

AICR's 10 week interactive program will help you build healthy habits to eat smart and move more.

## Young Survival Coalition

YSC strengthens the community, addresses the unique needs, amplifies the voice and improves the quality of life of young adults affected by breast cancer, locally, nationally and internationally. Provides in-person and virtual support groups for young adults battling cancer.

## Leslie's Week

Gifts Vacations Away from Cancer to Stage 4 Breast Cancer Women and their families where they Create Memories that Outlast Cancer in a Celebration of Life.

#### Pink Hearts Fund

A ministry and outreach organization that provides a variety of products and services including free human hair wigs (cranial prosthesis) for any woman with cancer in the US undergoing hair loss from chemotherapy or radiation (constituent is responsible for shipping cost).

#### The Verma Foundation

Custom cap wigs at no cost for women and children fighting cancer and dealing with the emotional side effect of hair loss. The cap wigs are made from 100 percent human hair, customizable, and completely free for cancer patients. After verifying their diagnosis with the Verma Foundation, each patient is entitled to a cap and can choose the color of both cap and hair.

## Bottle Cap Natural Resource

Offers a free homemade, soft crocheted chemo hat (i.e. Battle Cap) and care package (i.e. Battle Kit) to help anyone battling cancer. Service is free, including shipping.

#### **Tender Loving Care**

Helps women facing cancer treatment cope with the appearance-related side effects of cancer. Products include wigs, scarves, hairpieces, hats, turbans, breast forms, prostheses, bras, camisoles and tanks, swimwear, and helpful accessories at the lowest possible prices. The catalog and website offer the convenience and privacy of home shopping. To request the most recent catalog, please fill out the form at website link above!

## <u>CancerCare Pet Assistance</u> <u>& Wellness (PAW)</u>

## <u>Program</u>

Assists people undergoing cancer treatment with the challenges of keeping their cat or dog at home.

(800) 813-HOPE (4673)

## CancerCare Financial Assistance Program

Offers financial assistance to help with the cost of treatment related transportation, child care, and home care for all types of cancer.



(800) 813-4673

## 2

\*Indicates breast cancer specific

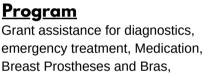
#### **Corporate Angel Network**

Travel to specific appointment at a recognized cancer treatment center; for qualifications and application, go to our website.

#### **Angel Flight**

Free air transportation for any legitimate, charitable, medically related need. This service is available to individuals and healthcare organizations. We will also arrange transportation of those people who are financially distressed, or who are in a time critical, non-emergency situation due to their medical condition.

# American Breast Cancer Foundation - Key to Life



Lymphedema garments, Transportation



## National Cancer Assistance Foundation

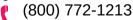
Uses donations to help those affected by cancer and their families by paying for everyday living expenses like rent, utilities, transportation, groceries, lodging while at treatment, childcare costs, and other essential living expenses.



(866) 413-5789

## Supplemental Security Income

(over 65, blind, or disabled) Benefit income is based on need. Once established you will automatically be eligible for Medicaid.



## **Cancer Care - Support groups**



## Sisters Network



A national African American breast cancer survivorship organization that offers a variety of programs offering financial assistance to patients and free mammograms to underserved and uninsured women.



(866) 781-1808

## **FREE Cell Phone-**Assurance

Free cell phone for those that are on limited income with 250 minutes of talk time.

## FREE Cell Phone- Safe Link

Free cell phone for those that are on limited income with 250 minutes of talk time.

## **Low Income Home Energy** Assistance Program

Federally funded program that helps with: Bill payment assistance, Energy crisis assistance and Weatherization and energy-related home repairs.

(866) 674-6327

SC Office: (803) 734-0662

## **Patient Advocate Fund**

A one-time grant of \$300 to cover expenses for lymphedema care and supplies, durable medical equipment, transportation costs associated with getting to and from treatment, prosthesis and wigs, or childcare and/or elder care necessitated by treatment. Patients must apply on their own behalf over the phone. To apply, patients should call the Financial Aid Fund division of PAF below:

(855) 824-7941

## **Good Wishes Scarves**

Free 32" square scarf or It's a Wrap. (888) 884-3653

## **Breast Cancer Treatment Q** Handbook

Number one breast cancer education book given by hospitals and doctors. Can be bought individually or in bulk.

## **LiveStrong Foundation**

Offers free fitness classes through local YMCAs, plus support services for all cancers.



(855) 220-7777

#### Look Good Feel Better

Free service offered to women undergoing chemotherapy or radiation treatment. Each patient receives a free makeup kit to use during the session and to take home.

🕻 (800) ACS-2345

## **Exercises After Breast Cancer Surgery**



## Reach To Recovery



Offers one-on-one visitation program for women facing breast cancer. Trained volunteer breast cancer survivors provide non-medical information, support, and practical tips.

(888) 227-6333

## Free Meditations - from Memorial Sloan Kettering

Free online meditations for cancer patients.

## Free Tai Chi - from Memorial Sloan Ketterina

Free online meditations for cancer patients.

## **Allyson Whitney Foundation**

Provides young adults (16-46) with "Life Interrupted Grants" to ease their financial burden.



Indicates breast cancer specific

#### **Breasties**



The first all-inclusive nonprofit organization that creates community for survivors, thrivers, and caregivers, impacted by breast and gynecologic cancers. We're on a mission to empower through connection, free events, and trusted resources, and to fund research for metastatic breast cancer.

#### **HealthWell Foundation**

A leading independent non-profit dedicated to improving access to health care for America's underinsured. When health insurance is not enough. we fill the gap by assisting with copays, premiums, deductibles and out-ofpocket expenses.

#### **NeedyMeds**

Provides information on healthcare programs, offering direct assistance and facilitating programs.



(800) 503-6897

## Partnership for **Prescription Assistance**

Helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free.

## RX Assist

Helps educate about ways to use pharmaceutical company programs and other resources to help reduce your medication costs. Look at their database and frequently asked questions to get started.

## Johnson & Johnson **Patient Assistance**

#### Foundation

Helps with the cost of prescription drugs.



【 (800) 652-6227

## Cleaning for a Reason

Free Housecleaning for those actively going through cancer treatment. Apply online for one of over 20 agencies across SC to come and give you a hand.

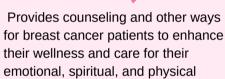
## **Genevieve's Helping Hands Charity**

Genevieve's helping hands charity/recovery grant Genevieve's Helping Hands is a notfor-profit charity dedicated to providing resources for helping young women with breast cancer heal and live their lives.

#### **Expect Miracles Foundation**

**Expect Miracles Foundation's** Samfund grant program provides direct financial assistance to young adult cancer survivors.

## Unite for Her

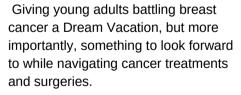


## <u>Lasagna Love</u>

needs.

Lasagnas delivered to a family in need of some extra love and kindness impacted by the kindness of homecooked meal delivery.

## Lisa Marzullo Fly Again 🧘 **Foundation**



## **Allyson Whitney Foundation**

Provides young adult cancer patients with 'Life Interrupted Grants™' to ease their financial burden to concentrate their energy on healing. We want to empower an underserved demographic of Adolescents and Young Adults (AYA age range 16-36).

#### For 3 Sisters

Dedicated to raising awareness and improving the lives of people affected by breast cancer. Provides financial support and resource case management services to people affected by breast cancer, and educates the healthy community about breast cancer and the importance of early detection.

#### Pink Fund

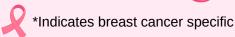
Pink Fund provides financial support to help meet basic needs, decrease stress levels, and allow breast cancer patients in active treatment to focus on healing while improving survivorship outcomes. Our 90-day grant program allows us to meet their critical expenses for housing, transportation, utilities, and insurance. Provides 90-day non-medical cost-ofliving expenses to breast cancer patients in active treatment.

### Bikers Against Breast 🔎 Cancer



Our Mission is to provide temporary financial assistance to people who are directly or indirectly affected by cancer and who are struggling to pay their common living expenses. You don't have to be a biker to receive information or assistance. You don't have to live in any particular area, we're National. We help people with any form of cancer, not just Breast Cancer. We assist men, women, and the caregiver of cancer patients.





## **Family Reach**

Caregivers are the parents, grandparents, children, partners, siblings, neighbors, and friends who make sacrifices so their loved ones can get better. A donation to Family Reach helps caregivers afford basic needs like food and housing during cancer treatment. With every dollar you give, you're improving someone's chances of survival. Eligibility requirements To qualify for our services, patients must be in active cancer treatment Receiving treatment at a hospital within the 50 states, Washington D.C., Puerto Rico, and US territories.

#### **Nurses House**

Nurses House provides short term grants to RNs who are unable to work due to a medical crisis. RNs can apply for help with housing expenses including rent or mortgage payments. If the individual is not currently making a housing payment, Nurses House will cover medical expenses as outlined in the Service Program Guidelines.

#### **Healthwell Foundation**

Helping the underinsured afford critical medical treatments — because no one should go without essential care. Our Vision: To ensure that no patient goes without health care because they cannot afford it. We provide financial assistance to help with:

- Prescription copays
- Health insurance premiums, deductibles and coinsurance
- Pediatric treatment costs
- Travel costs
- Behavioral health services

## **Provision Project**

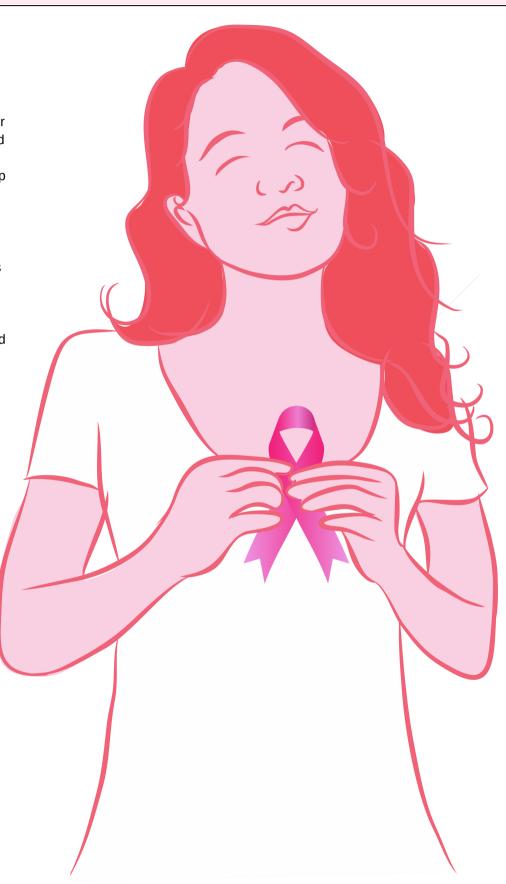
Helping Women Live While The World Seeks A Cure. Project provides financial relief to women in active treatment for breast cancer.

## **Pink Daisy Project**

We aren't raising money for research or awareness. Our goals are simple: to help young women cope with the hardships of breast cancer treatment by providing care and comfort. For our girls, it's too late for a cure. They need help TODAY. Our headquarters are located in the Seattle area but we help young survivors from all across the country and sometimes even beyond.

#### **The Donna Foundation**

Nearly 73% of breast cancer patients contemplate modifying or skipping their medication or treatment, and 41% actually act on it. Why? To be able to afford to feed their families and keep up with household bills. Project provides financial relief to women in active treatment for breast cancer.



## **SC Statewide Resources**

## Alala

Offers postsurgical support and resources - breast prosthetics. mastectomy bras, compression sleeves/lymphedema sleeves, post surgery camisoles, hats, scarves, etc. Donor Closet in Columbia, Charleston, and Greenwood.

(803) 569-4373

## **Handicap Placard**

If you are a person who has a disability, you may be interested in a parking placard or license plate for people with disabilities. Patients undergoing treatment may qualify.

## **United Way 211**

One stop resource for finding assistance with: child care, education. employment, financial counseling, food, healthcare, housing, prescription assistance, transportation

#### **SC Thrive**

Connects people with crucial benefits, from food security and healthcare resources to financial wellness and more



(800) 726-8774

## **Casting Carolinas**

Three Day Retreat Weekends offer a full schedule of activities that includes basic fly fishing instruction, health and wellness education and groups that provide skills for living life after cancer diagnosis and treatment and opportunities for support and connection with other women surviving cancer.

Retreats free for first time attendees! (828) 407-0560

## **Low Income Home Energy Assistance Program**

Resident of one of the following seven counties in South Carolina: Aiken, Allendale, Bamberg, Barnwell, Edgefield, McCormick, or Orangeburg. Mileage reimbursement and Medicine Help

(803) 734-0662

## **SC Office of Economic Opportunity**

Assists with the cost of heating.

Go Jen Go Foundation

Provides financial assistance & emotional support to individuals and families, in NC & SC, who are battling breast cancer during diagnosis, treatment and recovery. Additionally, the GJG Foundation promotes awareness of treatment options for individuals diagnosed with inflammatory breast cancer, and provides financial assistance to organizations and medical professionals conducting research for the advancement of inflammatory breast cancer diagnosis and treatment.

#### **Best Chance Network**

Helps women who need to be screened for breast and cervical cancer, but do not have insurance or have insurance that only covers hospital care, are between the ages of 47 and 64, and meet income auidelines.



(800) 227-2345



## **Elder Care- SC Dept. of** Aging

They can help with filling out the appropriate forms for Medicaid, SNAP, Home Safety Check-ups with possible financial assistance for ramps, grab bars, or other safety items.

They also have resources for buses to pick up and take them to senior center for food, activities, shopping, food bank and vouchers.



(803) 734-9900

#### SC Access

A FREE "One-Stop Shop" website providing on-line resources and educational information for seniors, adults with disabilities, and caregivers.

## Senior Farmer's Market **Nutrition Program**

Not all counties, but call and see if vours participates.



(803) 898-0973

#### **Bold & Beautiful Wigs for** Cancer

1561 Highway 17 North Little River, South Carolina 29566 Monday through Friday 10:00 AM to 5:00 PM Saturday by Appointment https://www.wigsforcancercharity.co m/contact-us/.



(843) 424-1638

## Upstate Resources

## Susan G. Komen 🔎 **Foundations**



(877) 465-6636

#### Free Yoga

Greenwood- Call for times and locations



(864) 725-5977

#### Free Tai Chi

Spartanburg- call for times and locations



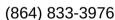
(864) 560-6747

### **Laurens County Cancer** Association

Offers fuel assistance, nutritional supplements, and household & personal hygiene items. Only two qualifications for service: 1. Be a resident of Laurens County and 2. Be currently receiving cancer treatment directed by an oncologist.



1337 Medical Ridge Rd. Clinton, SC 29325.



## Harvest Hope Food Bank

Click on the link to find food pantry close to you.



2818 White Horse Road Greenville, SC 29611 864-281-3995

#### **FoodShare**

Provides access to fresh affordable food.



## Angels Charge Ministry

Provides transitional housing for incarcerated women in Spartanburg. (864) 754-4658

## **Cherokee County Meals on** Wheels

Provides weekly, healthy meals for anyone who is homebound, regardless of age or income



(864) 487-2730

## St. Luke's Free Medical Clinic

St. Luke's offers quality health care to uninsured Spartanburg County residents.



(862) 542- 2273

#### AccessHealth

If you live in Spartanburg, Union, or Cherokee County and do not have health insurance coverage and are not eligible for either Medicaid or Medicare, you might be eligible for the AccessHealth Spartanburg program.



(864)-560-0190

## **Cancer Association of** Anderson

For patients in active treatment, they offer financial assistance for treatmentrelated expenses. For both patients and survivors, they offer information and referral about cancer services in Anderson County and beyond, support groups, oncology rehabilitation at the AnMed Health LifeChoice Gym and a 10-week Survivor School for women, as well as the opportunity to establish informal connections to others who have fought cancer and survived. They also offer free hats and wigs.



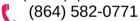
(864) 222-3500

## **Support Groups in Upstate**

- Beyond Breast Center, Piedmont Memorial Hospital
- · Just US, Gibbs Cancer Center, Spartanburg
- Pretty In Pink- Self regional Cancer Center- Greenwood, SC

## **Cancer Association of Spartanburg & Cherokee** Counties

Provides critical supplies to patients, including nutritional supplements, bras and breast prostheses, ostomy supplies, counseling, home care supplies, wigs and hats, gas cards for treatment transportation, help with cancer medication costs, loan of hospital equipment.



## Spartanburg Regional-Mammography Assistance **Programs**

If you are concerned you cannot afford a mammogram, our Mammography Assistance Program can help.



(864) 560-6144

## That Special Look Boutique

Offers mastectomy products, synthetic wigs, hats, turbans, and other specialty oncology products for women battling cancer



(864) 530-6453

## **Cancer Society of Greenville** County

Offers assistance with prescription, transportation, and specialized home health equipment costs. They also have a variety of support groups for both patients and caregivers as well as counseling services



(864) 232-8439

## Midlands Resources

### **Cancer of Many Colors**

A one-time payment of non-medical cost-of-living bills to cancer patients in the midlands in active treatment for all types of cancer.



(803) 957-1048

#### <u>CanHope</u>

Provides financial support with medications, equipment, and transportation to treatments. Must meet income requirements. Aiken, Allendale, Bamberg, Barnwell, Edgefield, McCormick, or Orangeburg.

(803) 649-5433

## Chemo With Style

Chemo with Style is a program that offers free, tailored wigs for ladies who have lost their hair to chemotherapy or radiation. In addition to providing a wig or hairpiece, "Chemo with Style" will help cut and style wigs.



(803) 400-1177

## The Lydia Project

Provides encouragement and funds for rent, utilities, medical supplies and prescriptions. For Aiken and Edgefield. Requires a fax from medical oncology team.



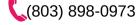
## **Becky's Place Boutique**

Provides wigs prostheses and apparel fittings including scarves and face masks.

(803) 791-2440

## Senior Farmer's Market **Nutrition Program**

Must be over the age of 60 provide provides fresh fruits and vegetables from local farmers markets.



## **FoodShare**

Provides access to fresh affordable food.

#### Wateree Community Action

Help to support with utility bill assistance and rental assistance. serves Clarendon, Kershaw, Lee, Richland and Sumter counties.



(803) 807-9811

### In The Middle 🔏



Provides financial assistance to women who are financially "in the middle" contact for requirements and funding options.



(803) 800-3915

## Share our Suzy 🔎



Provides financial assistance to breast cancer patients who are undergoing treatment. Must be a South Carolina resident.



(864) 502-8701

#### **Brookland Foundation**

Offers breast cancer support groups along with multiple other programs for warriors. (803)744-7914

#### Alala- Columbia

Offers postsurgical support and resources - breast prosthetics, mastectomy bras, compression sleeves/lymphedema sleeves, post surgery camisoles, hats, scarves, etc.



(803) 569-4373

**Harvest Hope Food Bank** Click on the link to find food pantry close to you.

\*Indicates breast cancer specific

### **Senior Express**

Offers seniors safe and reliable transportation to and from appointments. Wheelchairs or walkers must be collapsible as the vehicles do not have ramps or lifts. 🥐 (803) 926-7933

## **Lexington Medical center Support Groups:**

Losing is Not an Option Wednesdays at 11:30am (803) 939-8774 Sharing of Hope 2nd Thursday of the month at 5pm (803) 791-2521 Woman to Woman 4th Thursday of the month at 5pm (803) 791-2521 www.lexmed.com/

## **Prisma Health Support Group:**

**Bosom Buddies** Support Group Meets 2nd Tuesday of every month Contact Sue Whitlock, RN, BSN, **OCN** (803) 296-8575

## **Brookland Baptist Support** Group:

"Survivor's Circle: Celebrating Life!" **Breast Cancer Support Group meets** every 1st Thursday of the month at 6:00 Sisterhood House (821 Craft Street, West Columbia, SC). All who are interested are invited to attend to garner Support, Care and Love. Interested persons can contact Sandra Golden Brown sgoldenbrown@yahoo.com or Sharon Scott sgscott330@gmail.com

## Midlands Resources

## <u>Clarendon County Cancer</u> <u>OverComers</u>

A Financial Assistance Program - helping cancer patients by paying medical needs/bills. Required documentation must be provided. Payments are not made directly to patients. Please contact Patricia Fenters, Sgt. Annette Smith, or any (CCCOC) Clarendon County Cancer Overcomer officer at



(803) 957-1048

## Lowcountry Resources

## **East Cooper Meals on** Wheels

For anyone who is homebound, regardless of age or income (cancer patients and their families, active treatment or recovery mode, cannot get to the store and/or cook). Meals available until back on your feet and able to cook for yourself.7 days a week. Also available Ensure or Glucerna at no charge and dog or cat food if you have a pet(s). Service area is Mt Pleasant, Daniel Island, Cainhoy, Wando, IOP, and Sullivan's Island (zip codes: 29464, 29466, 29492, 29451, 29482) Recipient Services Manager: feedingfriends@ecmow.org

(843) 881-9350

## Meals on Wheels of

#### Charleston

\*\*Only assists people age 60 or older

One hot meal each weekday to homebound seniors. Referrals taken through Trident Area Agency on Aging: 843-554-2275 to complete assessment.

Charleston Area Senior Center operates a senior center at 259 Meeting Street, Charleston, which provides a breakfast and

lunch meal and emergency food pantry.



【 (843) 722-4127

## CanCare Charleston

A network of trained volunteers including cancer survivors, caregivers of cancer survivors and medical professionals who provide one on one support to people facing all types of cancer. Support is available one time or on an ongoing basis. www.cancarecharleston.org

Cancarecharleston@gmail.com

(843) 486-1479

## <u>Livestrong at the YMCA</u>

A research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Summerville YMCA CommunityHealth@SummervilleYMCA.

(843) 486-1479

## **Amor Healing Kitchen**

100% Plant Based Meals Eligibility for our program includes all 3 of the following:

- 1. Currently under a doctor's care
- 2. Going through active cancer treatment or within 6 months of recovery from treatments
- 3. Living in one of our delivery areas Delivery Areas: once a week John's Island, Wadmalaw Island, Kiawah Island, James Island, Downtown Charleston, West Ashley, Mt. Pleasant, Isle of Palms, Sullivan's Island, and some areas of North Charleston.

Currently serving the following zip codes: 29401, 29404, 29405, 29407, 29412, 29414, 29424, 29439, 29451 (IOP only), 29455, 29464, and 29487. For enrollment, contact: katy@amorhealingkitchen.org,

(910) 228-2557

## Dragon Boat Charleston

Dragon Boat Charleston (DBC) offers cancer survivors a way to "hit the restart button" after diagnosis and treatment as well as involve supporters from the Charleston community. Our mission is to promote the physical and mental wellness of cancer survivors and their community of supporters through dragon boating. DBC is FREE for all cancer patients/survivors.

www.dragonboatcharleston.org

## <u>Dragon Boat Beaufort</u>

Dragon Boat Beaufort (DBB) is an allvolunteer non-profit organization dedicated to assisting cancer patients who live, work, or receive treatment in Beaufort County. Volunteers drive patients to and from appointments http://dragonboatbeaufort.org email:raceday@dragonboatbeaufort.org

(843) 473-4477

## \*Indicates breast cancer specific

## Support Groups in **Lowcountry SC:**

- · 2nd Chance, Charleston
- Charleston Dragon Boat
- East Cooper Breast Cancer Support Group
- Embracing U
- Rise sister Rise
- S.A.S.S.Y. Roper St Francic Support Group
- The Paula Williams Memorial **Breast Cancer Center**
- Trident Breast Health Services Center
- Young Survival Coalition, Charleston

## Share our Suzy-Lowcountry

SOS helps breast cancer patients and their families in the Lowcountry area by providing assistance to ease their journey from diagnosis to recovery.



(843) 732-0660

## Survivor's Fit Club MUSC -**Charleston**



**MUSC Hollings Cancer Center invites** breast cancer survivors to enroll in Survivor's Fit Club. This 10 week exercise, nutrition and behavior change program focuses on improved cardiovascular fitness, muscle strength, body composition, fatigue, anxiety, depression, self-esteem and quality of life factors specific to cancer survivors. For more information about the program please call

(843) 792-4141

## Lowcountry Resources

## Embracing U



Embrace, Educate and Empower individuals to live a healthy life before. during and after breast cancer. Hold a monthly survivor support conference call, as well as annual events. Assist with financial funding to support survivors and those in the Community requiring diagnostic services, such as mammograms Email: Info@EmbracingU.com

(843) 530-4346

#### The Lonon Foundation

To help children affected by their parent or caregiver's cancer diagnosis find comfort, heal and grow from their shared experiences. Provides FREE events for children 5-17 years old who have been affected by their parent's or caregiver's cancer.

email:uplift@thelononfoundation.org



(804) 874-3266

### Meals on Wheels Summerville

For anyone who is homebound, regardless of age or income. This includes cancer patients and their families, active treatment or recovery mode, cannot get to the store and/or cook.

There is a breakfast bag program where shelf stable breakfast items delivered weekly.

Also available Ensure or Glucerna at no charge and dog or cat food if you have a pet(s).

Service area is Greater Summerville Area.

(843) 873-8224

## **Helping Hand of Myrtle** Beach

Helping Hand of Myrtle Beach is dedicated to providing short-term crisis assistance to members of our local community.

(843) 448-8451

#### **Caring in Our Lifetime**

Caring In Our Lifetime is dedicated to raising funds and providing financial assistance with medical expenses to individuals in Horry and Georgetown counties affected by breast cancer.

#### **Boon Project**

The Boon Project exists to combat the increased rates of isolation and depression in young adult cancer fighters and survivors, as well as to equip them with resources in their fight to help increase survival rates. The mission of the organization is to support young adult cancer fighters and their unique needs, through providing beneficial programs and creating a cooperative cancer fighting culture that works to heal the whole patient.

#### Alala- Charleston

Offers postsurgical support and resource - breast prosthetics, mastectomy bras, compression sleeves/lymphedema sleeves, post surgery camisoles, hats, scarves, etc.

(803) 569-4373

## Support Group **Trident Hospital**

1st Tuesday of the month from 6:00 pm - 7:00 pm **Trident Cancer Center** (around the back of the hospital) 9330 Medical Plaza Drive 843-797-3463

## Support Group Tidelands Health

The breast cancer support group meetings will continue on the second Thursday every month in Murrells Inlet and the fourth Thursday every month in Georgetown \*MUSC Health Tidelands Health Radiation Therapy Center, Waccamaw Medical Park East, Suite 106, 4033 Highway 17 Murrells Inlet \*Tidelands Health Francis B. Ford Cancer Treatment Center, 2405 N. Fraser St., Georgetown 843-652-6607

\*Indicates breast cancer specific