

## APPENDIX 5 SUPPORT SERVICES FOR COPING

Support services and other programs that meet the non-medical needs of cancer patients are important aspects of any treatment plan, for the patient and her family. Women who are diagnosed with cancer, may be overwhelmed with fears about dying, medical treatments, finances and changing roles at home and at work. These concerns can make people feel isolated, stressed and alone. Talking to others and sharing experiences can be very reassuring for cancer survivors, and research suggests that group participation increases post-treatment survival.

Below is a list of agencies that offer support services to cancer patients and their families. The first section includes national offices that can direct you to local resources. The second gives local phone numbers for agencies, by county.

### **NATIONAL SUPPORT GROUP HOTLINES**

**AMERICAN CANCER SOCIETY  
(SEE APPENDIX 4 FOR THE LIST  
OF REGIONAL OFFICES)  
800-ACS-2345 (227-2345)  
[www.cancer.org](http://www.cancer.org)**

Provides cancer information and counseling, equipment and supplies, transportation assistance, financial aid for medications and links to other support groups in a geographical area. Reach to Recovery program provides support through specially trained breast cancer survivor volunteers.

**CAPITAL REGION ACTION  
AGAINST BREAST CANCER  
(CRAABI)  
518-462-4472**

Provides a comprehensive support and education services to those affected by breast cancer.

**CANCER CARE, INC.  
800-813-HOPE (4673)  
[www.cancercare.org](http://www.cancercare.org)**

Provides individual, family and group counseling (free of charge) to persons with a history of cancer. Financial assistance (for those who qualify) is available for home care, child-care, transportation to treatment and pain medication. There are several meeting locations in the state.

**CANCER HOPE NETWORK  
SUPPORT GROUP  
877-HOPE-NET (467-3638)  
[www.cancerhopenetwork.org](http://www.cancerhopenetwork.org)**

Provides individuals undergoing cancer treatment and their families a visit with trained and certified volunteers who have survived similar treatment.

**CANCER INDEX  
[www.cancerindex.org/clinks4u.htm](http://www.cancerindex.org/clinks4u.htm)**

Online links to information on cancer pain and palliative care.

**LOOK GOOD...FEEL BETTER  
800-395-LOOK (5665)  
[www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org)**

Free, non-medical, brand-neutral, national public service program supported by corporate donors to help women offset appearance-related changes from cancer treatment. Three versions: Look Good...Feel Better, Luzca Bien...Siéntase Mejor, Look Good...Feel Better for Teens.

**NATIONAL ALLIANCE OF  
BREAST CANCER  
ORGANIZATIONS**  
888-80-NABCO (806-2226)  
[www.nabco.org](http://www.nabco.org)

Provides a listing of support groups by state.

**NATIONAL COALITION OF  
CANCER SURVIVORS**  
301-650-9127  
[www.cansearch.org](http://www.cansearch.org)

Offers information on employment and insurance issues, provides referrals to sources of support and information, produces publications on survivorship issues and advocates on behalf of cancer survivors before Congress and federal agencies.

**PHARMACEUTICAL  
MANUFACTURERS PATIENT  
ASSISTANCE PROGRAM**  
800-762-4636

Links to "pharmaceutical hotlines" that have been set up by major pharmaceutical companies to help provide information about medications, assistance with insurance claim questions/appeals and financial help for indigent patients.

**SISTERS NETWORK, INC.**  
[www.sistersnetworkinc.org](http://www.sistersnetworkinc.org)

National organization of African American breast cancer survivors.

**W.I.S.E. WOMEN'S  
INTERNATIONAL SUPPORT  
ENVIRONMENT SUPPORT  
GROUP**  
800-870-6616

**WOMEN AT RISK: BREAST  
CANCER PROGRAM AT  
COLUMBIA PRESBYTERIAN**  
*Consumer Referrals:*  
800-227-CPMC (2762)  
*Physicians:* 800-543-2782 or  
212-305-4993  
[www.breastmd.org/war/html](http://www.breastmd.org/war/html)

Provides support, information and weekly outreach to residents in the greater New York area (including all five boroughs, Westchester, Rockland, Suffolk, and Nassau counties, New Jersey and Connecticut).

**Y-ME BREAST SUPPORT**  
800-221-2141  
*Spanish:* 800-986-8228  
*Chicago:* 312-986-8228  
[www.y-me.org](http://www.y-me.org)

Provides information, 24-hour hotline counseling and educational programs for breast cancer patients, their families and friends.

## **COUNTY SUPPORT GROUPS**

### **ATLANTIC COUNTY**

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**ATLANTIC CITY MEDICAL CENTER  
BREAST CANCER SUPPORT  
GROUP**  
609-652-3500

**GILDA'S CLUB - VENTNOR**  
609-348-4453

**LOOK GOOD...FEEL BETTER**  
856-616-1650

**SHORE MEMORIAL HOSPITAL  
CENTER FOR WOMEN'S  
HEALTH BREAST CANCER  
SUPPORT GROUP**  
609-653-3772

### **BERGEN COUNTY**

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**AFTER BREAST CANCER  
SURGERY**  
201-666-6610, x.300  
[www.afterbcsurgery.org](http://www.afterbcsurgery.org)

**BEYOND BREAST CANCER**  
*YWCA of Bergen County  
Encore Plus Program*  
201-487-4903

**CANCER CARE, INC.**  
201-444-6630

**GILDA'S CLUB NORTHERN  
NEW JERSEY**  
201-457-1670

**HACKENSACK MEDICAL CENTER  
BREAST CANCER SUPPORT  
GROUPS**  
201-996-5861

**TALKING IT OVER**  
*The Valley Hospital*  
201-447-8557

## BURLINGTON COUNTY

**BOSOM BUDDIES**  
609-953-7996

**ELM LIFELINES**  
*Center for Cancer Counseling  
and Support*  
609-654-4044

**SPEAKEASY**  
*Rancocas Hospital Women's  
Center*  
856-662-5474  
[www.infosheet.com/speakeasy](http://www.infosheet.com/speakeasy)

**VIRTUA HEALTH CANCER CENTER**  
609-265-7555

## CAMDEN COUNTY

**SPEAKEASY**  
856-662-5474  
[www.infosheet.com/speakeasy](http://www.infosheet.com/speakeasy)

**COOPER HOSPITAL UNIVERSITY  
MEDICAL CENTER CANCER  
SUPPORT GROUP**  
609-342-2474

## CAPE MAY COUNTY

**BURDETTE TOMLIN MEMORIAL  
HOSPITAL CANCER SUPPORT  
GROUP**  
609-729-4420

**EMMANUEL CANCER  
FOUNDATION**  
908-322-4323

## CUMBERLAND COUNTY

**SOUTH JERSEY HOSPITAL OF  
MILLVILLE CANCER SUPPORT  
GROUP**  
856-825-3344

**SOUTH JERSEY HOSPITAL OF  
NEWCOMB CANCER SUPPORT  
GROUP**  
856-507-7807

## ESSEX COUNTY

**CANCER CARE, INC.**  
973-379-7500

**MONTCLAIR BREAST CENTER**  
973-509-1818  
[www.montclairbreastcenter.com](http://www.montclairbreastcenter.com)

**ST. BARNABAS CANCER  
CENTER BREAST CANCER  
SUPPORT GROUP**  
973-322-8414

**WOMEN AT RISK CANCER  
SUPPORT PROGRAM**  
973-533-8414

## GLOUCESTER COUNTY

*See programs in neighboring  
counties.*

## HUDSON COUNTY

**BAYONNE HOSPITAL BREAST  
CANCER SUPPORT GROUP**  
201-858-6518

**SISTERS NETWORK, NEWARK  
CHAPTER**  
973-926-5535

## HUNTERDON COUNTY

**HUNTERDON REGIONAL  
CANCER CENTER**  
908-782-6112

- Breast Cancer Support Group
- Look Good...Feel Better
- Reach to Recovery

**I CAN COPE CANCER  
SUPPORT GROUP**  
908-782-7412

## MERCER COUNTY

**BEYOND CANCER**  
609-683-0692

**BREAST CANCER  
RESOURCE CENTER**  
609-497-2126

- Men's Discussion Group
- Women's Facilitated  
Discussion

**NEW JERSEY BREAST AND  
CERVICAL CANCER COALITION**  
609-292-4961

**PRINCETON BREAST INSTITUTE  
SELF-HELP DISCUSSION GROUP**  
908-359-8355

**PRINCETON YWCA BREAST  
CANCER RESOURCE CENTER**  
609-252-2003

**Y-ME OF SOUTHERN TRENTON  
AT GALILEE**  
609-392-9898

## MIDDLESEX COUNTY

CANCER INSTITUTE OF NEW  
JERSEY BREAST CANCER  
SUPPORT GROUP  
732-235-6781

W.I.S.E. (WOMEN'S  
INTERNATIONAL SUPPORT  
ENVIRONMENT) SUPPORT  
GROUP  
732-257-6611

## MONMOUTH COUNTY

COMPREHENSIVE BREAST  
CENTER BREAST CANCER  
SUPPORT GROUP AT  
MONMOUTH MEDICAL CENTER  
732-923-7711

HEALTH AWARENESS CENTER  
BREAST CANCER SUPPORT  
GROUP  
732-308-1850

MID-MONMOUTH COUNTY  
RECURRENCE SUPPORT GROUP  
732-933-1333

RIVERVIEW REGIONAL CANCER  
CENTER BREAST CANCER  
SUPPORT GROUP  
732-530-2382

WOMAN TO WOMAN  
*Jersey Shore Breast Care  
Center*  
732-776-4440 or -4240

## MORRIS COUNTY

AMERICAN CANCER SOCIETY  
CANCER SUPPORT GROUP  
973-331-9300

- I Can Cope Cancer Support Group
- Look Good...Feel Better
- Man to Man
- Reach to Recovery

CANCER HOPE NETWORK  
BREAST CANCER SUPPORT  
GROUP  
908-879-4039

[www.cancerhopenetwork.org](http://www.cancerhopenetwork.org)

CAROL G. SIMON CANCER  
CENTER BREAST CANCER  
SUPPORT GROUP  
973-971-5900

MORRISTOWN MEMORIAL  
HOSPITAL CANCER SUPPORT  
GROUP  
973-971-6514

ST. CLARE'S HOSPITAL  
TOGETHER BREAST CANCER  
SUPPORT GROUP  
973-625-6176

WOMEN AT RISK BREAST  
CANCER SUPPORT PROGRAM  
973-533-8414

## OCEAN COUNTY

AMERICAN CANCER SOCIETY  
CANCER SUPPORT GROUP  
973-914-1000

- I Can Cope
- Look Good...Feel Better
- Man to Man
- Reach to Recovery

COMMUNITY MEDICAL CENTER  
BREAST CANCER SUPPORT  
GROUP  
732-557-8000, x.11303

MEDICAL CENTER OF OCEAN  
COUNTY BREAST CANCER  
SUPPORT GROUP  
732-206-8340

SOUTHERN OCEAN COUNTY  
HOSPITAL CANCER SUPPORT  
GROUP  
609-978-8900

## PASSAIC COUNTY

AMERICAN CANCER SOCIETY  
CANCER SUPPORT GROUP  
201-343-2222

- Look Good...Feel Better
- Reach to Recovery

BARNERT HOSPITAL BREAST  
CANCER SUPPORT GROUP  
973-977-6600

CHILTON MEMORIAL HOSPITAL  
CANCER SUPPORT GROUP  
973-831-5000

GILDA'S CLUB OF NORTHERN  
NEW JERSEY  
201-457-1670

PATHWAYS  
973-835-6337

ST. JOSEPH'S REGIONAL  
MEDICAL CENTER SUPPORT  
GROUP  
973-754-2684

## SALEM COUNTY

**SOUTH JERSEY HOSPITAL OF  
ELMER BREAST CANCER  
SUPPORT GROUP**  
856-363-1514

**REACH TO RECOVERY**  
856-616-1650

## SOMERSET COUNTY

**AFTER BREAST CANCER**  
*Somerset Medical Center*  
908-704-3794

**AMERICAN CANCER SOCIETY  
CANCER SUPPORT GROUP**  
908-725-4664

- I Can Cope
- Look Good...Feel Better
- Reach to Recovery

## SUSSEX COUNTY

*See programs in neighboring  
counties.*

## UNION COUNTY

**AMERICAN CANCER SOCIETY  
CANCER SUPPORT GROUP**  
908-354-7373

- Look Good...Feel Better
- Man to Man
- Reach to Recovery

**CHEMOCARE**  
800-55-CHEMO (552-4366)

**EMMANUEL CANCER  
FOUNDATION**  
908-322-4323

**PATHWAYS**  
908-277-3663

**RESOURCE CENTER FOR  
WOMEN**  
908-277-6336

## WARREN COUNTY

*See programs in neighboring  
counties.*

