



COMPREHENSIVE CANCER SUPPORT PROGRAM (CCSP)

Below is a listing of support services
 (CCSP & UNC Services & Programs, Support Groups/Gatherings, and Area Resources)
 for cancer patients and families at UNC Lineberger and in the area.

Please refer to the Comprehensive Cancer Support Program and the Patient & Family Resource Center at <http://unclineberger.org/ccsp> and visit the calendar of events at <http://unclineberger.org/ccsp/events> or contact the Patient & Family Resource Center at 984-974-8100 for the most complete and current listings.

Don't hesitate to contact us.

CCSP & UNC Services & Programs	General Info	Contact Info	Cost	<i>updated April 2015</i>
Comprehensive Cancer Support Program (CCSP)	A wide range of educational & clinical services for cancer patients & their families. We are committed to providing compassionate care to people & their loved ones whose lives have been touched by cancer.	Patient & Family Resource Center (919) 843-0680 www.unclineberger.org/ccsp	most services free	
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	per insurance	
Cancer Genetics Program	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	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 of charge in house	

	types of cancer or certain tumor characteristics.		
Cancer Transitions	Cancer Transitions is a FREE 2 ½-hour, 7-week workshop to help cancer survivors and their caregivers make the transition from active treatment to post-treatment care.	Meet other survivors, get your questions answered and learn how to move forward and positively impact your life. Expert panelist including physicians, nutritionists, nurses and fitness experts will discuss topics such as: Get Back to Wellness, Healthy Eating Post-Treatment, Medical Care and Surveillance, Physical Activity, and Emotional Health and Wellbeing. You will learn about exercise tailored to each participant's abilities, training in relaxation and stress management and tips for nutritious eating. Times vary. Held at Carolina Pointe II . Call 919-843-5069 Call 984-974-8100 or 919-843-8506 for more information	Free
Caregiver Dinners	For caregivers of UNC patients Open to any cancer caregiver	When: Thursdays, 4:30—5:30 PM Where: BMT Unit and 4 Oncology Open to any cancer caregiver Contact Volunteer Services at UNC:	Free
Exercise & stress management: Get REAL & HEEL	Get REAL & HEEL, a free exercise and wellness program designed to help cancer patients who have completed treatment.	When: 16 week program beginning at different times during the year. Where: Chapel Hill NC. For more information call 919-962-1222 or www.getrealandheel.unc.edu . Mrs. Kelly Hermanson, Program Coordinator, 919-962-1222, khermans@email.unc.edu	Free
Exercise: UNC Wellness Center Meadowmont - LiveFit Exercise Program	LiveFit Cancer Exercise Program is 10-wk exercise program for cancer survivors who've been treated within last year. Program limited to 6-12 people. Classes are Tue. & Thur. from 5-6pm at UNC Wellness Center at Meadowmont.	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
Exercise & stress management: Yoga Classes	Whether you are in treatment, a cancer survivor, or a caregiver, join us for a yoga practice that will integrate a variety of poses & breathing techniques to calm the mind & stretch & strengthen the body.	Classes are held When: Monday, Wednesday & Friday 10:00am-11:30am Where: Carolina Pointe II. 6011 Farrington Road, 3rd Floor Chapel Hill, NC 27517. Call 919-957-6600	Cost of the class is \$5
Expressive Arts: Writing and Healing for Caregivers	A writing workshop for UNC Cancer Care caregivers. No experience is needed.	Wednesdays, 12 —1:00 PM. Starbucks Conference Room at UNC Hospitals, located in the hallway between the N.C. Cancer Hospital and the N.C. Neurosciences Hospital. For more, call 919-966-0716 or email hguessner@unch.unc.edu .	Free
Financial Assistance at UNC	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	
Health Information	Cancer information from UNC Health Sciences Library	Librarians at UNC's Health Sciences Library can help you find the health information you need! Call, drop by, or send go here and get immediate reply: http://asklib.hsl.unc.edu/	Free

		Telephone: (919) 962-0800Text/SMS: (919) 584-5931	
Integrative Medicine Consults & 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.	For more information contact CPII at 919-957-6600.	
Legal Clinic	UNC Cancer Care patients and caregivers get free help with powers of attorney and living wills.	When: Monthly Basis. Full day clinics. Call (984) 974-8100 for specifics Where: Patient & Family Resource Center Next clinics are as follows: o June 26, 2015 o July 24, 2015 o August 28, 2015 o Sept 25, 2015 o Oct 23, 2015 o Nov 13, 2015	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 Center 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.
Lymphedema Prevention Class	For patients at risk for lymphedema.	When: 1st Wednesday of the Month, 1—2:00 PM. Where: Carolina Pointe II. Call 919-957-6600 to register	Free
Massage	For patients and caregivers	Full Massage at Carolina Pointe II. Two free full massages for each patient and two free full massages for caregivers are available at our off-campus clinic at Carolina Pointe II with certified licensed massage therapists. Appointments at our Carolina Pointe II office, call 919-957-6600. Massage at UNC Cancer Hospital: 15- 30 minute massages for patients and caregivers on inpatient units. Where: 4 Oncology, BMT, 6 Women's or 7 Neuro. When: Tuesdays, Wednesdays, Thursdays by appointment. Check with your nurse before making appointments. Call 984-974-8100	Free
Nutrition	The outpatient oncology dietitians provide 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
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	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

	time of pain & turmoil.		
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 984-974-8100	Free
Patient & Family Resource Center's: 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: 984-974-8100	No charge- Some restrictions may apply
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; Appts for Therapy/Counseling: 919-966-3494	
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 see men & women after cancer treatments who have questions about reproductive options.	UNC Fertility Preservation Clinic: 877-338-4693 Academic: 919-966-5283, Fax: 919-966-5214 E-mail: fertilitypreservation@med.unc.edu Website: UNCFertility.com	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.	See Rates
Social Work at UNC	UNC Social Work services can help you cope with your disease and its treatment, find support near your home and help you manage the cost of your care.	Patients who are: Adults: (984) 974-8367 Kids: (984) 974-8373	
Supportive Care Team	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	per insurance
Survivorship Clinic Visits	When cancer treatment & its routine ends, some survivors are	Let your doctor or nurse know that you are interested in having a transition visit. Call the Breast	Free

	not sure what comes next & may feel lost about moving forward on their own. A transition visit can help you move from active treatment to life after cancer treatment. You'll see an oncology nurse practitioner & be given a personalized Survivorship Care Plan.	Cancer Survivorship Clinic at 919-957-6600 or email ccsp@med.unc.edu	
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: Call 919-445-5439 or visit http://www.ndp.unc.edu/	Counseling free; patient pays for medications
Support Groups/ Gatherings	General Info	Contact Info	Cost
Bereavement Support Groups	Includes Spouse Loss Support, Sharing our Stories, Community Grief Recovery	Multiple locations, multiple times. Contact Heidi Gessner at 919-966-0716 or heidi.gessner@unchealth.unc.edu or visit www.unchpastoralcare.org/bereavement.html .	Free
Bone Marrow Transplant (BMT) Caregivers	For caregivers of UNC BMT Unit patients	When: Wednesdays, 3—4:00 PM. Where: BMT Unit Lounge, N.C. Cancer Hospital.	Free
Breast Cancer Support for Young Women	A Breast Cancer Support Group for young women ages 18-45 with Breast Cancer; Child care may be available.	When: 1st Tuesday of the Month, 7:00–8:30PM; Carolina Pointe II: 6011 Farrington Rd, 3rd Fl, Ste 304, 27517 919-843-5069	Free
Sisters Network of the Triangle, Breast Cancer Support Group for African American Women.	For more information contact 919.490.1571	When: 4th Thursdays of the month, 6 pm - 7:30 pm. Where: Kappas of Durham Foundation Community Center 3917 Fayetteville St. Durham, NC 27707.	Free
Cancer Prayer Support Group	Call 919-219-4801 for more information.	When: 1st & 3rd Monday of the Month, 7—8 PM. Where: Wake Forest Baptist Church.	Free
Caregiver Conversations	Planned topics & social time for caregivers.	Patient and Family Resource Center.	Free
Caregiver Meditation Group	Participate in different types of meditation	When: Tuesday or Wednesdays, 12:15—12:45 PM. Check the schedule outside the Chapel. Meets at the Chapel in NC Cancer Hospital	Free
Caregiver Dinners	For caregivers of UNC patients Open to any cancer caregiver	When: Thursdays, 4:30—5:30 PM Where: BMT Unit and 4 Oncology Open to any cancer caregiver Contact Volunteer Services at UNC;	Free
Coping with Cancer	For cancer patients and caregivers.	When: 1st Wednesday of the Month, 6—7:30 PM. Where: Rex Cancer Center Auditorium.	Free

Friday Family Coffee and Crafts	Coffee and crafts for patients & caregivers.	When: Fridays, 9:00—11:00 AM. Where: Patient and Family Resource Center.	Free
I CANcer: Adolescent & Parent Support Groups	For hematology/oncology patients ages 12 & up. Parents meet separately. Pizza, drinks & cameras provided (for photography).	When: 2nd Wednesday of the Month, 5—6:15 PM. Where: Pediatric Oncology Clinic, Level 1. Call 919-966-4775 or email jirven@unch.unc.edu.	Free
KidsCan!	For kids ages 6-18 who have a parent or caregiver with cancer.	When: 3rd Monday of the Month, 6—8:00 PM. Where: Rex Cancer Center Auditorium. Call 919-784-1056 to RSVP.	Free
Living with Metastatic or Advanced Cancer	For cancer patients with advanced disease.	When: 1st & 3rd Wednesday of Month, 3—4:30 PM. Where: Cornucopia Cancer Support Center.	Free
Minority Prostate Health and Education Group	This group is for men with prostate health and cancer issues. Facilitated by Larry Green.	When: 2nd Tuesday, 6:30-8:30 pm Where: Lincoln Community Health Center, Conference Room B, in Durham	Free
Oral, Head and Neck Cancer Support	For patients with oral, head or neck cancer.	When: 3rd Wednesday of the Month, 6—7 PM. Where: Cornucopia Cancer Support Center.	Free
Sharing Hope Support Group	For people with metastatic/recurrent cancer.	When: 3rd Wednesday of the Month, 10:30 AM—12 Noon. Where: Rex Cancer Center Auditorium.	Free
Single Fathers Support Program	For fathers who are single parents due to the loss of a spouse from cancer.	When: 3rd Monday of the Month, 6—7:30 PM. Where: Carolina Pointe II. Visit www.singlefathersduetocancer.org for more.	Free
Stupid Cancer Happy Hour!	For young adults affected by cancer.	When: 2nd Tuesday of the Month, 7—9 PM. Where: Rotating Triangle Locations. Visit https://www.facebook.com/groups/scsoutheast/ .	Free
Support for People with Oral and Head and Neck Cancer (SPOHNC)	Facilitated by Dave Gould.	When: 3RD Wednesday, 3pm (takes June thru August off) Where: Cornucopia Cancer Support Center call 919/493-8168 or send an email to dave.gould@da.org	Free
Support Groups at Rex Cancer Center	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	Free
Support Groups at Duke	Numerous support groups, classes & programs for patients	Contact Duke Cancer Patient Support Program at 919-684-4497	Free

Triangle Area Multiple Myeloma Support		When: 4th Saturday of the Month, 10AM—12 Noon. Where: Westminster Presbyterian Church Call 682-472-1796 or email andrewdowns826@gmail.com	Free
Triangle Area Ostomy Association	For patients with any ostomy and their caregivers	When: 1st Tuesday of the Month, 7:30 PM. Where: Rex Hospital, Same Day Surgery Waiting. Visit www.raleighuoa.org .	Free
Triangle Bladder Cancer Support	For bladder cancer patients and caregivers.	When: 2nd Tuesday of the Month, 7:00—8:30 PM. Where: Carolina Pointe II.	Free
Wake County Prostate Cancer Network	For prostate cancer patients and caregivers.	When: 2nd Thursday of the Month, 7—9:00 PM. Where: Rex Cancer Center Auditorium.	Free
Area Resources	General Info	Contact Info	Cost
Care Pages	CarePages websites are free patient blogs that connect friends and family during. It's an online community of people who come together to share the challenges, hopes and triumphs of anyone facing a life-changing health event.	http://www.carepages.com/ Phone Support: call (888) 852-5521 CarePages, Inc. 345 Hudson Street 16th Fl New York, NY 10014 Ph: (646) 728-9500 Fax: (646) 728-9503 info@everydayhealth.com	Free
Cornucopia Cancer Support Center	A place where anyone touched by cancer can find support & resources to live life to the fullest. We accomplish this by supporting mind, body & spirit of those journeying with cancer, families & caregivers through body relaxation and energy therapies, movement classes, individual/group support, & information & resources, all in a non-clinical setting. Also see Peer Connect below.	Cornucopia Cancer Support Center; 919-401-9333 ; 5517 Durham Chapel Hill Blvd NC 27707; www.cancersupport4u.org ; Email: peerconnect@cancersupport4u.org	Free
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	
Magnolia Meals	A meal delivery program for patients with breast cancer and their families. For details, visit www.magnoliamealsathome.com .	Delivered to patients' homes in Raleigh-Durham area for up to 2 months after enrollment if meet eligibility criteria.	Free if eligible
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	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

	improve quality of life & outcomes.		
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	Free
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.	www.projectcompassion.org 919-402-1844 Project Compassion 180 Providence Road, Suite 1-C Chapel Hill, NC 27514 (919) 402-1844 phone, (919) 402-1843 fax	Free
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/	Free
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.	
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	