CANCER RESOURCE GUIDE

The resources on the front and back of this guide are available to help support you through your cancer journey. Our oncology nurse navigators, chaplains, social workers and case managers are also available to assist you. Please ask your nurse for more information.

Survivor and Caregiver Support

• **Beat the Pack® at Houston Methodist Sugar Land**: This smoking cessation program meets quarterly for four consecutive weeks. To register, call 281.274.7694 or email jburnham@houstonmethodist.org.

• **Breast Cancer Support Group at Houston Methodist Sugar Land**: Meets monthly. Call 281.274.0145 or email ylopez2@houstonmethodist.org to register.

• **CanCare®**: These volunteers are specifically trained cancer survivors who have dealt with more than 75 different types of cancer. They provide free and confidential emotional support and resources to cancer survivors and caregivers through a one-on-one matching program and hospital visitation. For more information, call 713.461.0028.

• **Cancer and Fertility**: There are many considerations after a cancer diagnosis, including reproductive health. Some treatments have reproductive side effects. Depending on age, you may need to make decisions about preserving reproductive health quickly. If you are of childbearing age, ask your oncologist if your treatment will affect childbearing ability, and if is there anything you can do before treatment to preserve fertility. You can ask for a fertility specialist referral. Local specialists include CCRM Houston: 713.465.1211 or ccrmivf.com/houston and Houston Fertility Institute: 281.357.1881 or hfi-ivf.com.

• **Cancer Survivorship Series at Houston Methodist Sugar Land**: The series includes Thriving Through Creative Arts, Life in Motion and Music4Life, designed to promote healing, discussion and camaraderie among local cancer survivors. To register, visit houstonmethodist.org/events and search for Cancer Survivorship Series or call 281.274.0145.

• **Ostomy Support Group at Houston Methodist Sugar Land**: Meets monthly. Call 281.274.7694 or email jburnham@houstonmethodist.org to register.

• **Riverpointe Church**: Cancer support group meetings are held every third Monday of the month at the Richmond and Missouri City campuses. Call Jan Stark at 307.679.2965 for more information.

• **Spiritual Care/Chaplain**: The Department of Spiritual Care and Values Integration at Houston Methodist Sugar Land is committed to providing the highest quality pastoral care. Regardless of religious beliefs or faith, pastoral care is available for hospital patients. To request a chaplain, please notify your nurse or call 281.274.7164.

• **St. Laurence Church**: Cancer support group meetings are held on the fourth Monday of the month at 11 a.m. For more information, call 281.980.9812.
American Cancer Society
The American Cancer Society provides a multitude of services that may be beneficial for you. For specific service information, call 800.227.2345.

- **Lodging:** The Hotel Partner Program provides lodging for cancer patients who are traveling in order to receive medical care related to a cancer diagnosis. Program availability depends on hotel participation in the area. Please call for more information.
- **Reach To Recovery®:** Connects newly diagnosed breast cancer patients with carefully screened, well-trained volunteers who are also breast cancer survivors.
- **Road to Recovery transportation:** Patients must be traveling to a cancer-related medical appointment. Call for specific eligibility requirements.

Counseling and Mental Health
- **AccessHealth:** For medical and social services, call 281.342.4530.
- **Clearhope Counseling & Wellness:** Call 281.769.2238 or visit clearhopewellness.com.
- **Houston Center for Christian Counseling (Sugar Land):** Serving clients from all religious, ethnic and cultural backgrounds. Call 281.277.8811 or email info@christiancounselinghouston.com for more information.
- **National Alliance on Mental Illness:** The helpline responds to requests providing free information and support. Email info@nami.org or call 800.950.NAMI.
- **Psychologist Linda Jackson, PhD:** Call 713.780.7333 to schedule an appointment.
- **Psychologist Rhonda Sherman, PhD:** Call 281.557.6946 to schedule an appointment.
- **Texana MHMR:** Call 281.276.4400 in Sugar Land or 281.342.6384 in Rosenberg or visit texanacenter.com for more information.

Other Social Services including Financial Support
- **American Red Cross:** Call 713.526.8300 several weeks in advance for assistance.
- **bertha.com:** Type in your zip code to find and apply for social services in your area.
- **Cancer Care Copayment Assistance Foundation:** Call 866.552.6729 for more information.
- **Cleaning for a Reason:** Maid service in your zip code. Visit cleaningforareason.org for more information.
- **East Fort Bend Human Needs Ministry:** Call 281.261.1006 for information about this food pantry.
- **Fort Bend County Transit:** Call 281.633.7433 seven days in advance. Fare is $1 each way.
- **Fort Bend County Senior Meals on Wheels:** Call 281.633.7049 if you are 60 years or older, live in Fort Bend County and need assistance with meals.
- **Health Well Foundation:** Call 800.675.8416 or visit healthwellfoundation.org for more information.
- **Houston Methodist Sugar Land Hospital:** Call 281.276.8226 for information about our treatment-related financial assistance program.
- **Meal Train:** Set up an online calendar to help organize meals for cancer survivors through friends and family. Visit mealtrain.com to create a schedule.
- **Patient Access Network Foundation:** Call 866.316.7263 or visit patientaccessnetwork.org.
- **Patient Advocate Foundation:** Visit copays.org or call 866.512.3861.
- **Second Mile Organization:** Get assistance with food, health care, financial education and hope for people in need of all ages. Call 281.261.9199 or visit secondmile.org for more information.
- **United Way:** Call the helpline at 211 or 713.957.4357.

Work/School Schedule
You will need to work with your medical provider to be excused from work and/or school. You may also qualify for Family Medical Leave Act (FMLA) for yourself or for care of your loved one. Contact your employer’s human resources department. FMLA allows eligible employees to take up to 12 work weeks of unpaid leave during any 12-month period to attend to a serious health condition of the employee, parent, spouse or child, while securing your position.