

COMMUNITY RESOURCES

AFTER BREAST CANCER DIAGNOSIS

Providing free, one-to-one emotional support to anyone impacted by cancer, ABCD creates a unique match between someone who needs support and an ABCD mentor. Mentors not only share similar diagnoses, but also have similar ages, common interests, personal characteristics, career paths, and family dynamics.

ABCDBreastCancerSupport.org

AMERICAN CANCER SOCIETY

The American Cancer Society's mission is to improve the lives of people with cancer and their families through advocacy, research, and patient support, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

Cancer.org

ART BEAT FOUNDATION

The Art Beat Foundation's mission is to foster a passion for dance in a joyful, loving, and accepting community through performance, education, and preservation. Programs are held at Art Beat Dance Center in Cedar Park or can be brought to you.

ArtBeatFound.org

ART THERAPY HOUSTON

Art therapy applies visual arts and the creative process to support, maintain, and enhance health. Encouraging growth and self-understanding, art therapy is adaptable to any person, situation, or setting. Art Therapy Houston welcomes children, adults, and families, with sessions centered on the needs and goals of the client.

ArtTherapyHouston.com

BREAST CANCER RESOURCE CENTER

BCRC offers individualized, client-centered care from the time of diagnosis, through treatment, and into survivorship. Certified patient navigators, all breast cancer survivors, empower those affected by breast cancer to become active and knowledgeable participants in their healthcare. All programs and services are offered at no cost to our clients and their loved ones.

bcrc.org

BRIGHTER MAGAZINE

Brighter's mission is to benefit the mental, physical, emotional, and spiritual wellbeing of women affected by cancer. Its publication, *Brighter Magazine*, and programs encourage, equip, educate, and empower women from their initial cancer diagnosis throughout survivorship.

BrighterMagazine.com

CAPITAL OF TEXAS TEAM SURVIVOR

Team Survivor empowers women diagnosed with cancer to thrive through community and fitness with free local wellness activities. Female-identifying and nonbinary survivors and thrivers from all walks of life, any cancer type, at any fitness level, including newly diagnosed, in treatment, or post-treatment are welcome.

TeamSurvivorAustin.org

CERVIVOR

Cervivor is a global community of patient advocates who inspire and empower those affected by cervical cancer by educating and motivating them to use their voices for creating awareness to end stigma, influence decision and change, and end cervical cancer. While everyone experiences cancer as an individual, Cervivor wants to help survivors bring their collective wisdom together to create a community of advocates.

Cervivor.org

FIGHT COLORECTAL CANCER

Fight Colorectal Cancer fights to cure colorectal cancer and serve as relentless champions of hope for all affected by this disease through informed patient support, impactful policy change, and breakthrough research endeavors. It has a little something for everyone – from raising awareness to climbing mountains.

FightColorectalCancer.org

FLATWATER

Flatwater provides mental health therapy in the wake of cancer. It connects individuals with therapists to help clear their mind, heal their body, and find the strength to take on a diagnosis. Flatwater believes in the healing power of water, recognizing that a cancer diagnosis creates many waves and ripples in one's life. It supports those impacted by cancer in finding their "flatwater."

Flatwater.org

HEAD FOR THE CURE

The mission of Head for the Cure is to inspire hope for the community of brain cancer patients, their families, friends, caregivers, and other supporters, while celebrating their courage, spirit, and energy. It accomplishes its mission by building awareness, raising funds, and igniting hope.

HeadForTheCure.org

HOSPICE AUSTIN

Hospice Austin is a nonprofit organization that eases the physical, emotional, and spiritual pain of anyone in our community facing serious illness by providing exceptional care, compassion, and caregiver support.

HospiceAustin.org

COMMUNITY RESOURCES

KICKIT PAJAMAS

KickIt Pajamas' functional and stylish collections of super soft women's hospital pajamas and gowns, recovery wear, and supportive sidekicks help women prepare for their cancer battle. From personal experience, the founders know the boost in psychological wellness when you feel dressed and beautiful. You can be both sick and pretty, vulnerable but fierce, and scared but brave.
KickItPajamas.com

MOVING BEYOND CANCER

Moving Beyond Cancer Collaborative's mission is to provide accessible and affordable integrative oncology health and wellness services that encourage sustainable balance within the mind, body, and spirit for all individuals affected by a cancer diagnosis.
MBCCollaborative.org

PINK FUND

Pink Fund provides financial assistance for up to 90 days for non-medical cost-of-living expenses for breast cancer patients in active treatment, so they can focus on healing, raising their families, and returning to the workplace.
PinkFund.org

REEL RECOVERY

Reel Recovery's mission is to help men cope with the impact of cancer by introducing them to the healing powers of the sport of fly-fishing, while providing a safe, supportive environment to explore their personal experiences of cancer with others who share their stories.
ReelRecovery.org

SAVA FACE AND BODY ONCOLOGY SKINCARE

Sava Face and Body provides clients with world-class skincare using top-of-the-line, natural healing products. We specialize in treating clients who have compromised or sensitive skin, restoring a youthful and healthy glow while offering a range of services in a restful, serene environment.
SavaFaceAndBody.com

SUSAN G. KOMEN

Our mission is to save lives by meeting the most critical needs of our communities and investing in breakthrough research to prevent and cure breast cancer.
Komen.org/Community/Texas/Central-Texas

TEXAS ONCOLOGY FOUNDATION CAREGIVER CONNECTIONS

Caregiver Connections is a free, ongoing virtual support group where people caregiving for a loved one with cancer can share their personal experiences, ways of coping, and helpful resources. Guest speakers provide additional information, insight, and personal support.
TexasOncologyFoundation.org/CaregiverConnections

TEXAS ONCOLOGY FOUNDATION GRAPPLING WITH GRIEF

Grappling with Grief is a free, ongoing virtual support group open to adults who are grieving the loss of a loved one to cancer. Individuals will have the opportunity to reflect on the grieving process, share stories, and build a community.
[TexasOncologyFoundation.org /GrapplingWithGrief](http://TexasOncologyFoundation.org/GrapplingWithGrief)

TEXAS ONCOLOGY GENETIC RISK EVALUATION & TESTING PROGRAM

The Genetic Risk Evaluation and Testing Program can help patients identify if they have increased risk for certain cancer types. The program provides an in-depth assessment for people with a strong personal or family history of cancer to determine if testing is appropriate for them. After testing, specialists provide a comprehensive evaluation, recommendations, and assistance with follow-up care.
TexasOncology.com/Services-And-Treatments/Genetic-Testing

TRIAGE CANCER

Triage Cancer® is a national, nonprofit organization that provides free education on the legal and practical issues that may impact individuals diagnosed with cancer and their caregivers through events, materials, and resources.
TriageCancer.org

TWIST OUT CANCER

Twist Out Cancer provides psychosocial support to cancer survivors and their loved ones through creative arts programming. It is a global community that enables anyone touched by cancer to share, connect, and heal.
TwistOutCancer.org

WONDERS & WORRIES

Wonders & Worries provides free, professional support for children and teenagers through a parent's serious illness or injury, so that they can reach their full potential.
WondersAndWorries.org

