

Community Resources

General Cancer Resources and Services

Cancer Services

4th Angel

(866) 520-3197

4thangel@ccf.org

<https://4thangel.ccf.org/>

Free email or phone mentoring program for patients and caregivers.

CancerCare

(800) 813-4673

info@cancercares.org

<https://www.cancercares.org/>

Provides support services, support groups, education, counseling, financial assistance, assistance caring for pets, and transportation assistance.

CancerLyfe

<https://www.cancerlyfe.com/>

Free online networking for patients and experts to engage through forums. Free online journal is available for person use.

Caring Bridge

(651) 789-2300

<https://www.caringbridge.org/>

Free, private websites for you to share health updates to family and friends.

Corporate Angel Network

(914) 328-1313

info@corpangelnetwork.org

<https://www.corpangelnetwork.org/>

Provides free travel to recognized treatment centers by corporate aircrafts.

Francis House

108 Michaels Avenue

Syracuse, NY 13208

(315) 475-5422

info@francishouseny.org

<https://francishouseny.org/>

Provides a home and extended family for those with terminal illnesses to die with dignity.

HealthWell Foundation

(800) 675-8416

<https://www.healthwellfoundation.org/disease-funds/>

Financial assistance to help with prescription copays, health insurance premiums and deductibles, and travel costs.

Hugs for Hope

hugsforhopefoundation@gmail.com

<https://hugsforhopefoundation.org/>

Free Hugs for Hope Box for patients and their household that includes items and resources relevant to their journey. Offers encouraging text messages to patient to serve as a reminder that they are not alone and are stronger than they may know.

Leukemia & Lymphoma Society

(800) 955-4572

<https://www.lls.org/>

Provides educational resources, peer-to-peer support, nutrition services, and financial assistance to blood cancer patients.

Patient Access Network Foundation

(1-866) 316-7263

<https://www.panfoundation.org/apply-and-manage-grants/>

Grants for different diseases, copays, prescriptions, and transportation.

Sarah's Guest House

100 Roberts Avenue

Syracuse, NY 13207

(315) 475-1747

<https://sarahsguesthouse.org/>

Provides lodging, transportation, meals, and comfort to patients and families of patients receiving medical care in CNY.

Upstate Mammo Van

(315) 492-3353

mammovan@upstate.edu

<https://www.upstate.edu/mobile-mammography/>

Mobile breast cancer screenings and colorectal screening at home testing kits.

Support Groups

Circle Talks for Cancer

Info@peacefulremediesoswego.com

<https://form.jotform.com/201054817458153>

1st Wednesday of the month 6:30-8pm

Virtual and in-person group for survivors, caregivers and family members.

Circle Talks for Life Altering Conditions

brittany@peacefulremediesoswego.com

<https://form.jotform.com/93367213598164>

4th Wednesday of the month 6-7:30pm

Virtual group for patients, caregivers, and family members for anyone struggling with the negative impacts of a medical condition.

Colorectal Group

info@crcfl.net

<https://crcfl.net/services/>

Tuesdays 10-11am

Virtual discussion and sharing group for anyone who has/had colorectal cancer.

Grace's Garden

(315) 637-1417

graces_cny@yahoo.com

<http://www.gracesgarden.org/support-group.html>

Last Wednesday of the month 5:30-7pm

Virtual group for women with gynecological cancer.

Hope for the Bereaved

(315) 475-9675

<https://hopeforbereaved.com/>

Virtual support groups and 1-on-1 support for those who experienced the death of a loved one.

Living Beyond Breast Cancer

<https://www.lbbc.org/about-breast-cancer/emotional-health/online-breast-cancer-support-groups>

Online, private Facebook groups for All Ages & All Stages, Young Women, and Support for High-Risk Individuals.

Cancer Resources of the Finger Lakes Open Group

info@crcfl.net

<https://crcfl.net/services/>

Fridays 12-2pm

Virtual peer group for anyone who has ever had any type of cancer.

Pink Champions Upstate

(315) 464-4673

gopink@upstate.edu

<https://www.upstate.edu/cancer/cancer-care/programs/bcp/bcp-support-group.php>

2nd Wednesday of the month

Virtual breast cancer support group for any age and stage.

Prostate Group

info@crcfl.net

<https://crcfl.net/services/>

2nd Thursday of the month 5:30-7pm

Virtual discussion and resource peer group for anyone with prostate cancer.

SHARE Cancer Support

(212) 719-0364

<https://www.sharecancersupport.org/calendar/educational-programs-support-groups/>

A variety of zoom and phone groups for breast, cervical, uterine, and ovarian cancers.

Sisters in Strength

support@hopeforheather.com

<https://www.hopeforheather.org/local-support>

Virtual group for all women living with and beyond cancer and their caregivers.

Upstate Head and Neck Cancer

tiffanys@upstate.edu

<https://www.upstate.edu/cancer/cancer-care/programs/head-neck/support-group.php>

Virtual group for patients, survivors, and caregivers.

Cancer Resources of the Finger Lakes Women's Group

info@crcfl.net

<https://crcfl.net/services/>

Virtual sharing group for women with cancer.

Support Activities

Camp Good Days

356 N. Midler Ave
Syracuse, NY 13206
(315) 935-9534

Syracuse@CampGoodDays.org

<https://www.campgooddays.org/>

Provides free camps for children with cancer or with parents who have cancer. Adult retreats are also available for adults with cancer.

Gentle Yoga

info@crcfl.net

<https://crcfl.net/services/>

Tuesdays 10-11am

Free, virtual restorative yoga with chair and bed-based options. Open to anyone affected by cancer.

Kits to Heart

art@kitstohearts.org

<https://kitstoheart.org/pages/art-for-cancer-wellness>

Virtual art workshops for caregivers, survivors, and patients. A variety of classes and workshops are available. Materials are provided. Participants are guided to explore feelings, increase self-expression, foster hope and growth, identifying coping skills, and engage in mindfulness and grounding.

Laurie's Hope

(315) 303-5977 ext.232

<https://www.ymcacny.org/programs/community/cancer-survivor-programs>

Breast cancer fitness and support group in partnership with local YMCA's.

LIVESTRONG

(315) 474-6851 ext.339

<https://www.ymcacny.org/programs/community/cancer-survivor-programs>

Exercise and support group for cancer patients through the YMCA's.

Living Well with Cancer

info@crcfl.net

<https://crcfl.net/services/>

3rd Tuesdays of the month 5:30-7pm

Free, virtual educational series open to the public providing information on cancer-related topics.

Look Good Feel Better

<https://lookgoodfeelbetter.org/>

Free, virtual workshops covering skincare & makeup, scarf tying, nails, wardrobe & body image, and wigs & head coverings.

Mindful Monday

info@crcfl.net

<https://crcfl.net/services/>

Mondays 10-10:45am

Free, virtual inspirational video and guided meditation. Open to anyone affected by cancer.

Project Knitwell

info@knitwell.org

<https://projectknitwell.org/kic/>

Knitwell in the Cloud provides free, virtual one-on-one knitting lessons and support. Materials are provided.

The KEYS Program SMILE Concerts

(315) 363-6446

<https://www.keysprogram.org/summer-concert-series>

Monday 7pm on The KEYS Program Facebook page

Enjoy a live concert by an amazing line up of featured artists from across the county.