




# The American Cancer Society is here to help.

Cancer  
Resource  
Network



We have programs and services in your community to help people with cancer and their families. We offer  **information**,  **day-to-day help**, and  **emotional support**. And our help is free. Listed below are a few examples of what the American Cancer Society offers. To learn more about our programs and services, call us toll-free, 24 hours a day, seven days a week, at **1-800-227-2345** or visit us online at **cancer.org**.

## Help Getting to and from Cancer Treatment Road To Recovery<sup>®</sup>

Every day, thousands of cancer patients need a ride to treatment, but some may not have a way to get there. If finding a ride is a problem for you, we may be able to help. Our Road To Recovery program provides free rides to and from treatment for people with cancer who do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the lifesaving treatments they need.

## Breast Cancer Support Reach To Recovery<sup>®</sup>

Our Reach To Recovery program lets you talk one-on-one with a trained volunteer about breast cancer diagnosis and treatment. The volunteers are breast cancer survivors, so they know the questions and concerns that come with a diagnosis.

## Interactive Online Classes

**I Can Cope<sup>™</sup>** [cancer.org/onlineclasses](http://cancer.org/onlineclasses)  
Classes provide a quick and convenient way for patients and caregivers to get the answers they need, when they need them. Classes are self-paced and topics include pain, fatigue, nutrition, communication, intimacy, side effects and more.

## Help with Lodging During Cancer Treatment

If you need treatment somewhere far from home, we may be able to help you find a free or reduced-cost place to stay near your treatment center.

## Information and Resources

**1.800.227.2345**

Cancer Information Specialists provide the latest science-based cancer information and referrals through our 24-hour, multi-lingual, toll-free number. The Society's Web site provides the latest science-based cancer information, Clinical Trials Matching, event information and more at **cancer.org**.

## Help with Appearance-Related Effects of Cancer Treatment

### Look Good Feel Better<sup>®</sup>

Look Good Feel Better is a free program that teaches people in active cancer treatment ways to help them with appearance-related side effects. This program is offered jointly by the American Cancer Society, the Personal Care Products Council Foundation, and the Personal Beauty Association.

## An Online Community of Cancer Survivors and Caregivers

### Cancer Survivors Network<sup>SM</sup> [csn.cancer.org](http://csn.cancer.org)

The Cancer Survivors Network is a free online community created by and for people with cancer and their families. This online community is a welcoming, safe place for people to find hope and inspiration from others who have "been there." Services include discussion boards, chat rooms, and personal Web space to tell your story, blog, post images, exchange private messages with members, and much more.