



5/7/2020

Resources for Connecting in the Time of COVID-19

Cancer Support

<i>Organization</i>	<i>Offering</i>	<i>Online Link</i>
A Fresh Chapter	Connect online with the cancer community through the AFC Live series.	https://afreshchapter.com/ info@afreshchapter.com
American Breast Cancer Foundation	Turn here for information on all stages of breast cancer in an easy-to-understand format, sometimes animated. A good resource to help family and friends understand the disease.	http://www.youandbreastcancer.com/en-bc/home
American Cancer Society	Call 24/7, 7 days a week to talk to an information cancer specialist and get connected to resources in your area.	1.800.227.2345 https://www.cancer.org/
Apps: Citizen	Access all of your medical records and have it all available to you in one place no matter how many medical centers you use.	https://www.ciitizen.com/
Apps: BreastAdvocate	Provides personalized, evidence-based information and recommendations. Connect to others in its community feature.	https://breastadvocateapp.com/
Apps: Outcomes4Me	Get access to personalized breast cancer news/info. Submit questions to get answers you need. Watch the new webinars with experts series just launched. Co-founded by a Dana-Farber Cancer	https://www.outcomes4me.com/



	Institute oncologist along with a long-time pharma professional.	
Brave Coalition	Tune into its new live stream series on many topics to support the breast cancer community. And turn to them for information on your legal rights during treatment and especially for reconstruction	https://www.facebook.com/BraveCoalition.org/videos/?ref=page_internal https://www.bravecoalition.org/about-brave/
Breastcancer.org	<p>Turn to this website for reliable and up-to-the-minute information on any breast cancer topic. It is filled with content from leading oncology experts.</p> <p>To connect with others in the community, hop on to the discussion boards.</p>	https://www.breastcancer.org/ https://community.breastcancer.org/
Breast Cancer Resource Center (BCRC) At the YWCA Princeton	<p>Join support groups on zoom offered by the BCRC. For the newly diagnosed, Thursdays at 6:00 pm EST. Also for young survivors (under 45). And, Mindfulness zoom workshop Wednesdays at 12:30 pm EST. Email to register.</p> <p>Note all staff was laid off because of the covid-19 pandemic and are volunteering to run programs for us.</p>	https://www.ywcaprinceton.org/programs/bcrc/ mwhite@ywcaprinceton.org
The Breasties	<p>Connect with the breast cancer community by joining virtual meetups on Instagram with any local chapter of this nonprofit.</p> <p>Get a listing of all upcoming meetups from their weekly newsletter.</p>	<p>Newsletter registration https://thebreastie.activehosted.com/f/1</p> <p>https://thebreasties.org/</p>



<p>Cancer and Careers</p>	<p>Offers support for dealing with cancer and your career, especially during the pandemic. Includes webinars, financial grants and Ask a Career Coach message board. Also offers help with your resume.</p>	<p>https://www.cancerandcareers.org/en/covid19 646-929-8032 cancerandcareers@cew.org</p>
<p>Cancer Support Community Center local chapters: Central New Jersey Delaware Greater Lehigh Valley Greater Philadelphia</p>	<p>Virtually join programs and support groups usually offered by this incredible nonprofit. Local chapters of this organization are shifting to virtual programming. This is an example of 3 of its chapters</p> <p>And, get a weekly phone call from the Greater Philadelphia chapter through its new Friendly Caller program, available to anyone anywhere. Fill out the google docs form to register.</p>	<p>https://www.cancersupportcnj.org/ https://cancersupportdelaware.org/covid-19-program-update/ https://www.cancersupportglv.org/ https://csc-gp.gnosishosting.net/Events/Calendar https://docs.google.com/forms/d/e/1FAIpQLSfritTyRnZ83hEuRPN0x4nJ-HrvHmOw8hmr888jPBKDOmo2Wg/viewform</p>
<p>Cancer Support Community Center: National headquarters</p>	<p>Online cancer information</p> <p>Cancer Support Helpline Mon – Fri 9am – 9pm ET Sat - Sun 9am - 5pm ET By phone or live web chat</p>	<p>888-793-9355</p> <p>https://www.cancersupportcommunity.org/</p>
<p>Cancercare.org</p>	<p>Get 6 free counseling sessions by phone with an oncology social worker. Get financial grants, which they've extended because of the pandemic. Join support groups both online and by phone.</p> <p>Also, get resources for COVID-19 for cancer patients, including webinars.</p>	<p>https://www.cancercare.org/ 800-813-HOPE (4673)</p>



<p>Coping with Covid-19 and Cancer</p> <p>Chester County Hospital</p> <p>Roswell Park Comprehensive Cancer Center</p>	<p>Get support for managing cancer during the pandemic from this professionally facilitated group. For patients and loved ones. Sessions will be held virtually through Zoom every two weeks usually at 11:00 am edt.</p> <p>And, learn how to cope with Covid-19 and cancer with a live stream Fridays at noon EST from Roswell Park Cancer Center. Submit questions online.</p>	<p>https://www.facebook.com/events/532240364375379/?ti=c</p> <p>https://www.roswellpark.org/patientwebinars</p>
<p>Covid 19 Information</p>	<p>Get Covid-19 updates for the cancer community from the National Coalition for Cancer Survivorship. This will be continually updated. Also, for a full listing of covid 19 cancer resources, go to the Living Beyond Breast Cancer website.</p> <p>And, get reliable, updated covid-19 information from <i>The Washington Post</i> through its free covid 19 newsletter. Also get excellent updates from <i>The Philadelphia Inquirer</i>. And look to Johns Hopkins University for information, everything from the basics about covid 19 to the latest news.</p>	<p>https://www.canceradvocacy.org/blog/coronavirus-cancer-resources-for-survivors/</p> <p>https://www.lbbc.org/news-opinion/resources-coping-covid-19</p> <p>https://www.washingtonpost.com/coronavirus/?itid=sf_coronavirus_subnav</p> <p>https://www.inquirer.com/health/coronavirus/</p> <p>https://coronavirus.jhu.edu/</p>
<p>Facebook Groups</p>	<p>Turn to the many breast cancer facebook groups for support, connection and information. There are groups for every stage, diagnosis and treatment. A few to consider are:</p> <p>Beyond the Pink Moon -- every stage support from patients, survivors & experts</p> <p>MBC Advocacy and Support -- a focus on MBC but open to every stage</p>	<p>https://www.facebook.com/groups/BeyondthePinkMoon</p> <p>https://www.facebook.com/groups/1526269500738162</p> <p>https://www.facebook.com/groups/diepcjourney</p>



	<p>DiepCJourney ~ Breast Reconstruction after Mastectomy -- focus on flap reconstruction support</p>	
<p>Financial Grants</p>	<p>Get updated covid 19 financial grants emailed to you from Nancy's List. founded by a cancer survivor, this nonprofit offers many types of resources for any cancer. Also look at the website for a listing.</p> <p>And, call the Cancer Support Community Center to apply for a Covid 19 relief grant.</p> <p>Also read through my list of financial grants</p> <p>Take a look at the Covid 19 financial resources at Cancer.net</p> <p>Look through needymeds listing of financial help (not just for cancer)</p>	<p>https://nancyslist.org/contact-us/</p> <p>https://nancyslist.org/financial-assistance/</p> <p>CSCC 1-888-409-4166</p> <p>https://drive.google.com/file/d/1Fgujnam8ybg7nef3Wr1CTZn7wrfpwKX0/view?usp=sharing</p> <p>https://www.cancer.net/navigating-cancer-care/financial-considerations/covid-19-financial-resources-people-with-cancer</p> <p>https://www.needymeds.org/covid-aos/list/AA/59</p>
<p>Gloria Gemma Breast Cancer Resource Center</p>	<p>Tune in to this nonprofit's new, free Ewellness initiative open to anyone, anywhere. From support groups to meditation to an Ask the Doctor series. Has a focus on holistic programs designed to heal mind, body and spirit.</p>	<p>https://www.gloriagemma.org/ewellness-center</p> <p>info@gloriagemma.org</p> <p>401-861-4376</p>
<p>Help with Your Meds</p>	<p>To find financial support for your meds, use the Medical Assistance Tool. This search engine contains information on 900 public and private financial assistance programs for meds. Created by Pharmaceutical Research Manufacturers of America.</p>	<p>https://www.medicineassistance-tool.org/</p> <p>https://www.bms.com/content/bms/us/en_us/home/about-us/responsibility/coronavirus-updates.html#pspq</p>



	<p>Or, go directly to your pharma company. Like Bristol Myers Squibb, which just expanded its assistance program due to covid 19.</p>	<p>https://www.merckhelps.com/Home.aspx</p> <p>https://www.pfizerxpathways.com/</p> <p>https://www.needymeds.org/covid-aos/list/AA/59</p>
Imerman Angels	<p>Get one-on-one support from a trained peer mentor. Be matched with someone with a similar diagnosis and treatment. For patients, survivors and caregivers.</p>	<p>https://imermanangels.org/#</p> <p>info@imermanangels.org</p>
Integrative Oncology	<p>Get free, evidence-based, therapeutic programs from this newly launched group. From live classes to podcasts to articles to resources on a range of topics.</p> <p>Created by a collaborative of healthcare professionals from academic medical centers nationwide who work with cancer patients and survivors. all content vetted by medical professionals. and from contributors trained specifically to safely work with cancer patients/survivors.</p>	<p>https://www.wellspring.global/</p> <p>welcome@wellspring.global</p> <p>1.212.305.8029</p>
Living Beyond Breast Cancer (LBBC)	<p>Get connected to extensive information and peer support. LBBC has a helpline, peer connection program and webinars.</p> <p>Connect to the breast cancer community with its Facebook groups. One for any stage, one for young survivors.</p>	<p>https://www.lbbc.org/</p> <p>(855) 807-6386</p> <p>https://www.facebook.com/groups/1057830844587231</p> <p>https://www.facebook.com/groups/LBBC.YWI</p>



<p>METAvivor</p>	<p>Find more support for dealing with covid 19 on its website. Also, complete its survey so they can better serve you during the pandemic.</p>	<p>https://www.metavivor.org/support/covid-19-novel-coronavirus-resources/</p> <p>https://www.surveymonkey.com/r/ZNQQ8GY</p>
<p>Patient Advocate Foundation</p>	<p>Find financial grants and resources you need by contacting this national nonprofit for the breast cancer community.</p>	<p>https://www.patientadvocate.org/covidcare/</p> <p>help@patientadvocate.org</p> <p>1 (800) 532-5274</p>
<p>Patient Empowerment Educational Series</p>	<p>Learn how to take control of your health with this free, 3 month series for the cancer community, caregivers and anyone. Different presenters/topics each week.</p> <p>Register for the May sessions now and look for June and July registration to open soon on the My Style Matters website.</p> <p>Offered by My Style Matters, founded by Tiah Tomlin, and Cancer Awareness Network for Children, Inc.</p>	<p>https://us02web.zoom.us/join/register/tZcocu2oqTopHdwuJp4Lkh8mDgw6bBgZ08Tg?fbclid=IwAR1a0E-2dA6Wyok09fF52-els74ypSh8ykFjdmqVoKISoRUMzWlwLTsxAXs</p> <p>https://mystylematters.org/about-us</p>
<p>The Pink Fund</p>	<p>For financial help, turn to this incredible nonprofit, founded by breast cancer survivor Molly MacDonald. It offers grants for those in active treatment.</p> <p>And, find lots of information and resources on its website, including its new Facebook live stream series on coping with Covid 19. All sessions are recorded and available to watch any time.</p>	<p>https://www.pinkfund.org/covid-19-resources/</p> <p>https://www.facebook.com/ThePinkFund</p> <p>877.234.PINK (7465)</p> <p>info@thepinkfund.org</p>



<p>305 Pink Pack</p>	<p>Offers free, virtual support groups or Pack Chats. Register to reserve your spot.</p> <p>Thrivers chats every other monday at 8:00 pm est. and check their FB page for the schedule of other chats.</p>	<p>https://305pinkpack.org/services</p> <p>https://www.facebook.com/pg/305pinkpack/events/</p> <p>(305) 859-1224 305pinkpack@gmail.com</p>
<p>Research studies: Covid-19</p>	<p>Help researchers better understand covid by downloading these two apps.</p> <p>How Are You Feeling? App collects real-time data on your symptoms and outcomes to help an international consortium of researchers, including at Massachusetts General Hospital</p> <p>Another group, the COVID-19 and Cancer Consortium, has come together to collect data about cancer patients who have been infected with COVID-19. Their intent is to rapidly collect and disseminate information that can help doctors and healthcare providers caring for cancer patients with the virus.</p>	<p>https://covid.joinzoe.com/us</p> <p>https://ccc19.org/</p>
<p>Research studies: Participate/Promote</p>	<p>Be a part of breast cancer research studies. Sign up with the Army of Women to receive alerts on studies recruiting participants. And promote those studies among your own network.</p>	<p>https://www.armyofwomen.org/studies</p>
<p>Research studies: Stress Management</p>	<p>Be a part of this NIH-funded research for young cancer survivors diagnosed between the ages of 14 -29 and currently aged 16-29. It is testing a virtual stress-management and resilience program called the Bounce Back program</p>	<p>https://rally.partners.org/study/bounce_back</p> <p>https://www.facebook.com/pages/category/Community/MGH-Bounce-Back-1183805088463680/</p>



	Led by Massachusetts General Hospital Cancer Center in partnership with Dana Farber Cancer Center and Harvard Medical School.	Helen Mizrach [617-724-5458]
SHARE	<p>For help finding resources and to get peer support, call their helpline.</p> <p>Join virtual support groups For early stages through MBC as well as caregivers and ovarian and uterine cancers. There are even support groups in Spanish as well as Japanese.</p> <p>Also tune in to any of their upcoming educational programs offered online. Or look through their library of past webinars. Their entire website is also offered in Spanish at Latina SHARE.</p>	<p>Helpline 844-275-7427</p> <p>https://www.sharecancersupport.org/calendar/support-groups/</p> <p>https://www.sharecancersupport.org/calendar/online-educational-programs/</p> <p>https://latina.sharecancersupport.org/</p>
Sharsheret	<p>Receive support by phone and online from this national breast and ovarian cancer nonprofit. It supports every stage.</p> <p>Call their clinical team of trained skilled mental health professionals and genetic counselors for confidential, psychosocial support. Also get support online through a live chat. Tune in to their live educational webinar program or watch past programs.</p>	<p>https://sharsheret.org/</p> <p>https://sharsheret.org/resource/teleconferences-webinars/</p> <p>866.474.2774</p> <p>info@sharsheret.org</p>
Sidney Kimmel Cancer Center at Jefferson	<p>Join a regularly scheduled, virtual support group for MBC. Contact Celeste Vaughn Briggs to pre-register.</p> <p>For the newly diagnosed, get matched to a trained peer mentor through the Buddy Program who will offer support by phone.</p>	<p>Celeste Vaughn-Briggs LCSW 215-955-5495 Celeste.Vaughn-Briggs@jefferson.edu</p> <p>https://www.facebook.com/sidneykimmeltcancercenter/</p>



	<p>Look for virtual events from their Cancer Support and Welcome Center. Check their Facebook page for upcoming programs. This includes mindful eating, stretching for stress relief and an introduction to mindfulness based stress reduction</p> <p>You do not need to be treated at Jefferson in order to use these free services.</p>	<p>Buddy Program 267-438-0574</p> <p>Cancer support and welcome center</p> <p>CancerSupportCenter@jefferson.edu 215-955-1800</p>
<p>Smith Center for Healing and the Arts</p>	<p>Offers free programs of healing practices that explore physical, emotional, and mental wellness and are now available virtually. From exercise to grief support to energy balancing and more. To join in, register by emailing Carla Stillwagon.</p>	<p>https://smithcenter.org/programs-retreats-calendar/</p> <p>carla@smithcenter.org</p>
<p>Tigerlily Foundation</p>	<p>Support for those 15-45 years old. Includes peer support, online education and empowerment programs.</p>	<p>https://www.tigerlilyfoundation.org/programs/</p> <p>info@tigerlilyfoundation.org</p>
<p>Twist Out Cancer</p>	<p>Free weekly art therapy classes Tuesdays 2:00 - 3:00 EDT pm Prior registration required.</p> <p>And, get support from or be a part of Twist Out Cancer's new Resilience campaign intended to bring hope to the community.</p> <p>Also, take part in Twist's signature program, Brushes with Cancer, which matches artists with those touched by cancer artwork that reflects their cancer experience. The Austin, TX program is accepting applications. Note: anyone anywhere is welcome to apply.</p>	<p>https://twistoutcancer.org/</p> <p>Resiliency campaign https://twistoutcancer.org/resilience/?fbclid=IwAR3upXDczgK5CI4wgTWCYcJVGCEWemAk0KUQeOqJBBuglpY93WI0eX2wknA</p> <p>Brushes with Cancer https://twistoutcancer.org/brushes/</p> <p>https://twistoutcancer.org/brushes/austin/</p>



<p>Young Survivors Coalition</p>	<p>Connect with the cancer community through YSC Virtual Hangouts. Join from an electronic device or your phone.</p> <p>Hangouts include: Metastatic Thrivers, Healthcare Provider Survivors, African American Survivors and Male Co-Survivors</p> <p>Also, get support from YSC licensed clinical oncology social worker by email. And, get matched to a trained peer mentor for support or become a peer mentor.</p>	<p>https://www.youngsurvival.org/financial-support-online/virtual-hangouts?fbclid=IwAR3AypWknEBah3DqbmbwaPZX_6bz69rla-NRNbiu15QjBIOLQ_0VUCPG-0</p> <p>support@youngsurvival.org</p> <p>877.972.1011</p>
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Entertainment

<i>Activity</i>	<i>Offering</i>	<i>Online Link</i>
<p>Art Therapy and classes</p>	<p>Take part in free art therapy, mini workshops every Friday on the Facebook page of the Montreal Museum of Fine Arts. Offered in french and english, these workshops are prompts to inspire you.</p> <p>Also, try a free art course from the Museum of Modern Art. From post-war abstract painting to fashion. The courses are on coursera.org.</p>	<p>https://www.facebook.com/mbamt/videos</p> <p>https://www.coursera.org/moma</p> <p>https://www.moma.org/</p>
<p>The Arts</p>	<p>Enjoy all types of art through the newly launched Social Distancing Festival. From music to visual arts to dance to musicals and opera.</p>	<p>https://www.socialdistancingfestival.com/</p>
<p>Authors and books</p>	<p>See your favorite Random House authors in its new live stream program.</p> <p>Listen to audiobooks with free access to many titles in the Audible library</p>	<p>http://www.randomhousebooks.com/events/?ref=PRH70F4DBEE11A0&linkid=PRH70F4DBEE11A0&cdi=46812D9D7EA432A7E0534FD66B0A5ABF&template_id=</p>



	<p>Watch Daniel Radcliffe (actor played Harry Potter) read the first book in the Harry Potter series.</p>	<p>16627&aid=randohouseinc34955-20</p> <p>https://stories.audible.com/start-listen?fbclid=IwAR3t5fJq8SffpFE8Conj4HZp_h9ZkqC-mPfR-77vonQiN8FPe3XfX8wzhMc</p> <p>https://www.wizardingworld.com/chapters/reading-the-boy-who-lived</p>
Baking	<p>Learn baking and other culinary skills from Michele Mitchell, the former pastry chef at the four star Hotel duPont. She is doing live streams on her facebook page several times a week.</p>	<p>https://www.facebook.com/michele.mitchell.50951</p>
College classes	<p>Learn something new using free courses from Ivy League schools</p>	<p>https://www.classcentral.com/collection/ivy-league-moocs</p>
Comedy	<p>For some laughs, tune into the youtube channel of the Laugh Factory to watch clips any time or tune into their new live streams Mon - Fri at 2:00 pm PST.</p> <p>Also join in live streams from The Second City comics with their Improv House Party. several times a week at 7 p.m. CDT</p>	<p>https://www.youtube.com/user/TheLaughFactory?app=desktop</p> <p>https://secondcity.zoom.us/webinar/register/WN_LypQ-COBS9G5Xezlo-CSzg</p>
Cooking	<p>Daily classes on kitchen techniques from world-class chef Massimo Bottura</p>	<p>https://www.instagram.com/massimobottura/</p>
Dance	<p>Watch free ballets from the Australian Ballet. Even take free classes from them. available for all levels.</p> <p>Learn any type of dance for free from liveaboutdotcom.</p>	<p>https://australianballet.com.au/tv</p> <p>https://australianballet.com.au/event/studios</p> <p>https://www.liveabout.com/online-dance-classes-1098114</p>



	For ballet, try free classes on Dance Dispatches. Also try classes from The English National Ballet.	https://dancedispatches.com/online-ballet-classes-barre-workouts/ https://www.youtube.com/playlist?list=PLvOYhHfLGWWNfJ-pk8TIYePHhPG9xhr5
Games	Play games online with your friends and video chat at the same time	https://houseparty.com/
Globetrot Virtually	Take a tour to all the world's most famous landmarks right from your couch. Read this article filled with many links to virtually visit places like The Taj Mahal and more.	https://www.timeout.com/travel/virtual-landmark-tours https://www.bbc.com/news/world-52096529
Movies	<p>Enjoy free movies Mondays at 8:00 pm EST from Focus Features. Includes live interviews with people involved with each movie shown. Or, watch free movies Fridays at 9:00 pm EDT from Lions Gate.</p> <p>Watch free movies and shows online any time at IMDb TV. Just create a free account for access.</p>	https://www.facebook.com/FocusFeatures https://lionsgate.live/?utm_campaign=04-24-20%20National%20Target&utm_medium=Email&utm_source=Movio https://m.imdb.com/tv/?ref_=dvm_us_as_mweb_ppb
Museums	Tour art museums from around the world all from your couch.	https://artsandculture.google.com/partner?hl=en&tab=pop&int_promo=newsletter
Music	<p>A listing of online concerts from all types of musicians, from <i>Billboard Magazine</i>.</p> <p>Jazz live streams from Live at Lincoln Center.</p> <p>A listing from NPR of all types of concerts and performances from around the world.</p>	https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams https://www.jazz.org/blog/coronavirus-jazz-livestreams/



	<p>For classical only, look at this comprehensive listing from Classical fM.</p>	<p>https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown</p> <p>https://www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/</p>
Theater	<p>Enjoy free live streams of Andrew Lloyd Webber’s musicals every friday at 7 p.m. BST on his new youtube channel, The Show Must Go On.</p> <p>For plays, tune in to the new live stream program from the National Theatre in London every Thursday at 7 pm BST.</p> <p>And, keep your eye on <i>Broadway World</i> for updated listings of new theater live streams</p>	<p>https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvavg</p> <p>https://www.youtube.com/user/ntdiscovertheatre</p> <p>https://www.broadwayworld.com/topic/Shutdown-Streaming</p>
Virtual Get Togethers	<p>Hang out with your friends online through virtual get togethers. Have a coffee talk. Or a happy hour. Or a book club and more. There are several platforms you can use to do this, including Zoom, FaceTime, Google Hangouts, and Skype</p>	<p>https://zoom.us/</p> <p>https://www.skype.com/en/</p> <p>https://play.google.com/store/apps/details?id=com.google.android.talk&hl=en_US</p>
Volunteer	<p>Give back to the breast cancer community or to your local neighboring community. The possibilities are limitless. Check in on your neighbors. Check with your local hospitals to support healthcare professionals. contact your favorite breast cancer organization and volunteer. Become a peer mentor.</p>	<p>https://nextdoor.com/news_feed/</p>



Your Public Library	Instantly borrow digital movies, music, magazines, eBooks and more, 24/7 with your library card. If you don't have a card, you should be able to apply for one online. Hoopla is one example of a free service Delaware residents can get with their library cards.	https://www.hoopladigital.com/
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Mind and Body

<i>Organization</i>	<i>Offering</i>	<i>Online Link</i>
Cancer Support Community Center	Online classes. See Cancer Support on page one	
Exercise	<p>From Tigerlily Foundation, a new exercise live stream program for every fitness level. Hosted by Derek Afterburns, the foundation's personal trainer. Classes will include yoga, zumba, pilates and more. Every Tues and Fri 11:30 am EST.</p> <p>Also, workout with live streams from CancerFIT on Facebook, Mondays at noon EDT and Wednesdays at 5:00 pm EDT or tune into past workouts any time. Evidence- based exercise classes designed to counter physical and emotional effects of cancer and treatment,</p> <p>And do zumba tuesdays at 5:00 pm CDT from igopink.org</p>	<p>https://zoom.us/meeting/register/uJ0kd-yhpbz0sm5tER4o7x6twD12j7zU0g?fbclid=IwAR0_61NijolNcV-iaQ3P-ysJRDxg3opWFsp38uOyiYOpLSiW3oYaYGaFyyg</p> <p>https://www.facebook.com/CancerFIT.EBE/</p> <p>www.cancerfit-ebe.com</p> <p>https://join.skype.com/invite/xQ6PPe3oEP3f</p>
Exercise: Yoga	Join the Living Beyond Breast Cancer team on Fridays at 6:00 pm EST for live community yoga class. This is an all-levels	https://www.facebook.com/livingbeyondbreastcancer/



	<p>yoga class with a certified yoga instructor on Facebook Live.</p> <p>Also, yoga with Yoga4Cancer, a nonprofit using a specialized yoga method tailored for specific physical/ emotional needs left by cancer and cancer treatments. And, try gentle yoga Zoom live streams from Mary's Place by the Sea. Register by email.</p> <p>METAvivor also has free online yoga classes wednesdays at 12:00 pm edt. Register to join. Also, Angel in Disguise now offers free yoga sessions Monday Wednesday and Fridays at 7:30 a.m. EST and, healing breath yoga therapy has donation-based yoga weekly.</p>	<p>https://y4c.com/classes-for-survivors/</p> <p>https://www.marysplacebythesea.org/services</p> <p>mmumford@marysplacebythesea.org</p> <p>https://secure.metavivor.org/page/s/metavivor-yoga-with-april</p> <p>https://www.freeconferencecall.com/wall/abaker70/start_application</p> <p>http://www.sharonholly.com/weekly-classes.html</p>
<p>Meditation: Apps</p>	<p>Calm.com is a wonderful app that makes meditation easy to do on your own. Recommended by the Penn Medicine Abramson Cancer Center, it has both free and for-pay meditations. Insight Timer is another excellent meditation app.</p> <p>Also, look at the American Psychological Association for a very comprehensive list of apps.</p>	<p>https://www.calm.com/</p> <p>https://insighttimer.com/</p> <p>https://div38healthpsychologist.com/2017/10/25/peer-recommended-resources-relaxation-and-meditation-apps/</p>
<p>Meditation: Tara Brach</p>	<p>Tap into talks and guided meditations online to help you cope with the COVID-19 pandemic. Created by Tara brach, a psychologist, author, and proponent of Buddhist meditation. She is a guiding teacher and founder of the Insight Meditation Community of Washington, D.C.</p> <p>Also, tune in to her weekly livestreams</p>	<p>https://www.tarabrach.com/pandemic/</p> <p>https://www.facebook.com/tarabrach</p>



	Wednesday nights at 7:30 pm EST on both YouTube and Facebook. Includes a 30 minute meditation followed by a talk.	
Meditation: YSC	Meditate Mondays at 10:30 am EST with the Young Survival Coalition (YSC). register to reserve your spot.	https://youngsurvival.zoom.us/join/register/8115863175924/WN_H8ggFfZETic4o6HsT6Zfg
Mental Health Support: Anxiety	Download a free copy of a toolkit to help you manage anxiety caused by the pandemic. Created by The Wellness Society, a group focused on making mental support accessible to everyone through self-help tools. Also, try a new website with tools and information to help you deal with anxiety. Created by the founders of the Shine app.	https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/ https://thewellnesssociety.org/ hello@thewellnesssociety.org https://www.virusanxiety.com/
Mental Health Support: For frontliners	Free counseling from licensed therapists for those who are on the frontlines of this pandemic. From a new initiative called Project Parachute. Available in nearly 40 states and growing. And, tap into a new initiative for free to low-cost therapy for frontline workers from Corona Virus Online Therapy	https://www.eleos.health/parachute?fbclid=IwAR3kwE9hzVStNBX-q2AYr5LjIVQmRsStI3vuE11K4nxE516QuePBe5o1Mpk https://www.coronavirusonlinetherapy.org/
Mental Health Support: National Alliance on Mental Illness (NAMI)	NAMI offers one on one support via phone or text. The helpline is open M-F, 10 AM - 6 PM EST. send your texts to 741741 Also, local chapters of NAMI are now offering virtual programs. for instance, the bucks county Pennsylvania chapter has a wide variety of virtual support programming. And you don't need to be a resident of Bucks County or Pennsylvania	https://www.nami.org/Find-Support 800-950-NAMI info@nami.org text "NAMI" to 741-741 https://namibuckspa.org/support/online-support-groups/onlineschedule/



	in order to participate.	info@namibuckspa.org
Mental Health Support: New Jersey Mental Health Cares Mental Health Association of New Jersey	This is a mental health hotline staffed by trained peer support staff. If needed, you can get referrals to clinicians. It is open from 8 - 8 mon - fri and 8 - 6 weekends You can also join online support groups.	https://www.njtvonline.org/news/ideo/state-help-line-offers-relief-from-stress-and-anxiety/?fbclid=IwAR1ETL4Ro2C9NXj3wYrA3Akjb5DK90pDgLIHUNEW3B8-ZC1CMHqKVdD7dOM 866.202.HELP https://www.mhanj.org/virtual-support-and-learning-opportunities/
Writing Therapy	Join a writing therapy workshop fridays at 12:00 pm EST with Young survival coalition and learn journaling techniques for coping with the pandemic. Register to get the zoom link.	https://youngsurvival.zoom.us/meeting/register/uJYoduChpz4oD1Usr05ldRF3_glhT-b79g
Zoom Fatigue Help	Regain balance between screen time and your life through the Quarantine Challenge. Get regular emails offering tips and resources to manage zoom meeting/ electronics overload from Catherine Price, author of <i>How to Break Up with Your Phone</i> . Also, tune into quarantine chats live or recorded.	https://mailchi.mp/screenlifebalance/slbqc https://screenlifebalance.com/

This list is a work in progress. Help make it better. If you know of any additional resources to add to this list, send them to Marianne Sarcich at m.sarcich2@verizon.net And thank you.

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