



## Resources for the Newly Diagnosed

### Education/Support:



BCEA - <http://breastcancereducation.org/>

To educate the community by providing support and information about detection, diagnosis, treatment and survivorship. Through education one can not only survive this disease but also live courageously, creatively and with grace. Our program crosses all boundaries and supports a broad range of healing philosophies and possibilities. We want to open doors and make access to knowledge easy for you. There is no other program like it in the Twin Cities.

- Webinars, annual conference, extensive list of resources and links



The National Breast Cancer Foundation – <http://www.nationalbreastcancer.org/>

Their mission is to help those affected by breast cancer through early detection, education and support services. Their “Beyond the Shock” app is an excellent resource to educate yourself and ask questions!



Pinked perspective – <http://www.pinkedperspective.com/the-non-profit/nonprofit/>

A faith-based organization offering support & mentoring to those facing the breast cancer journey.

- Mastectomy & non-mastectomy kits; Newsletter/blog



Firefly sisterhood – <http://www.fireflysisterhood.org/>

Connecting women diagnosed with breast cancer to guides/mentors to offer support, guidance, and hope.

*If there is just one resource you reach out to, let this be the one. To be connected to a survivor who shares your diagnosis, your surgical choice, your love of sports (my case!), you will learn and grow and find that listening ear who knows exactly what you're going through and can support you through it! Do not miss this opportunity!*



Gilda's Club Twin Cities – <http://www.gildasclubtwincities.org/>

We're here for you, we're here for everyone.

Gilda's Club Twin Cities is a 501(c)3 nonprofit and the local affiliate of the Cancer Support Community, a network of more than 54 supportive, free and welcoming “clubhouses” where everyone living with cancer can come for social, emotional and psychological support. Clubs are healing environments where individuals learn from each other with guidance from licensed professionals.



<http://lymphedema.net/>

An excellent resource for all things Lymphedema: news, education, FAQs, risk and treatment info. Don't miss ordering your FREE Lymphedema alertband: <http://lymphedema.net/alertband.htm>



Young Survival Coalition – <https://www.youngsurvival.org/>

YSC is the premier organization dedicated to the critical issues unique to young women who are diagnosed with breast cancer. YSC offers resources, connections and outreach so women feel supported, empowered and hopeful. Connect with local Face2Face networks/support groups, online community forums, conferences. Request their “Newly Diagnosed” Navigator (or download PDF forms) to log medications, appointments, insurance info, etc. Their support goes on through “What’s next” to “Beyond 5 years”.



Living Beyond Breast Cancer – <http://www.lbbc.org/>

We provide programs and services to help people whose lives have been impacted by breast cancer. Our goal is to provide information, community and support that you can trust, is easy for you to access and respectful of you and your situation. All our resources are carefully and frequently reviewed by some of the country’s leading healthcare experts and informed by people living with breast cancer. We are nationally recognized for our high quality programs and services. We call on many volunteers, including the nation’s foremost healthcare professionals, to provide their wisdom and experiences to help you with medical, emotional and practical concerns. Because of these volunteers and the support of our donors, all our services can be offered for free.

- Webinars, online support connections, publications, conferences, etc.



Jack’s Caregiver Coalition – <http://www.jackscaregiverco.org/>

Our Vision: Jack’s Caregiver Coalition exists because we recognize the gap in support for caregivers. Also, as men, we understand the difficulties that ego and pride can create for us. And so what we hope to build is simple: a community for male caregivers.

Our Mission: To connect people, create spaces, and deliver experiences that help men improve the way they think, feel, and act in their role as a caregiver.



Pathways – <http://www.pathwaysminneapolis.org/>

Pathways serves individuals who seek healing for body, mind and spirit. A nonprofit organization created in 1988, we offer complementary healing services designed specifically for people affected by health crisis. Pathways provides a safe, warm, creative, and nurturing environment in which participants can examine the possibilities of healing through means other than conventional Western medical treatment. Our organization was founded by people whose own health crisis provided an opportunity to discover new ways of thinking about and dealing with illness. Pathways believes that everyone should have access to complementary healing methods; everyone should have the help they need to become active participants in their own healing. Pathways’ healing services are staffed with volunteer providers who help participants create their own healing journeys and improve their quality of life by exploring a wide range of healing approaches for the mind, the body, and the spirit.

*I participated in a weekend “Renewing Life” session with women from my support group. It was a great experience that brought me healing and was a safe outlet to share the deep and dark thoughts and feelings we experience after this diagnosis.*

**The Comfort Club** The Comfort Club – We call ourselves a Christian breast cancer support group because we want to be upfront with women and let them know that we were founded because of our shared bond of faith in Jesus as our comforter and redeemer. We read a Biblically based devotion and pray for each other at meetings. We discuss different topics each month, many of which are faith-based. Our name, The Comfort Club, was drawn from our theme verse, 2 Corinthians 1:3-5.

- This is a local support group ministry started by Diane Erickson. Most likely shared by word of mouth, you can connect directly with Diane or Maggie Valenta with the following:
  - o [djerickson@me.com](mailto:djerickson@me.com) – 612-747-5969
  - o [maggiemoen@aol.com](mailto:maggiemoen@aol.com) – 952-484-9830



<https://www.healingchair.org/> and <https://www.facebook.com/thehealingchairtwincities/>

The Healing Chair’s vision is to never have to turn down someone in need. A warm embrace has the power to heal. Through the comfort of The Healing Chair and a circle of caring survivors, our mission is to embrace and support breast cancer patients during the healing process. We do this by providing an electric lift chair to breast cancer patients after surgery. Each chair is delivered by a caring survivor who can comfort and share their story. The chairs are loaned free of charge and once the patient no longer needs the chair (typically 4-5 weeks), we pick up the chair and take it to another person in need. Chairs are delivered with a journal that travels with the chair. The journal contains stories from prior patients. A blanket also accompanies the chair that the patient keeps. There are now over 30 chairs in rotation in the St. Louis area, a sister chapter in Kansas City with 33 chairs, other chapters have just started in Minnesota and Arkansas.



The Scar Project – <http://www.thescarproject.org/>

The SCAR Project is a series of large scale portraits of young breast cancer survivors shot by fashion photographer David Jay. On the surface an awareness raising campaign for young women, The SCAR Project's deeper message is one of humanity. *I can't tell you how powerful & impactful this book has been to me & my own journey. There is a companion documentary – [Baring it All - \(on Amazon\)](#) – that is equally as powerful. I strongly recommend these to aid in the consideration and processing and acceptance of your surgical choice and the new you. I have donated a copy of each to the library at Gilda's Club Twin Cities.*



<http://www.flatandfabulous.org/>

Founded in 2013, FLAT & fabulous is an organization committed to advocating and providing support for those who are living post mastectomy without reconstruction. In a culture that so often defines feminine beauty by a woman's breast size, women who have made this choice feel robbed of their femininity and isolated. FLAT & fabulous exists to help our fellow sisters to heal – emotionally and physically, and to embrace their strength and beauty. It is our desire to find support and understanding in those around us: family and friends, doctors and other healthcare workers.



“Cancer: the mountain lion in your fridge” – <https://somehedgehog.tumblr.com/post/119415185391/cancer-the-mountain-lion-in-your-fridge>

*I recently ran across this fantastic piece by Caitlin Feeley that I think captures so well what this journey is like.*

## Food/Nutrition:



OpenArms MN – <http://www.openarmsmn.org/>

Open Arms of Minnesota cooks and delivers free, nutritious meals to people living with life-threatening illnesses in the Twin Cities. This is not based on income status but is limited to a radius within the metro area.



<http://foodforbreastcancer.com/>

Food for Breast Cancer provides information on how various foods and other factors affect breast cancer risk, prevention and prognosis. The findings are drawn exclusively from scientific studies and updated as new research becomes available. Our goal is to provide breast cancer patients, survivors and those at high risk for breast cancer with information to help prevent and survive breast cancer.



<https://www.rebeccakatz.com/the-cancer-fighting-kitchen/>

The Cancer Fighting Kitchen is infused with both exquisite taste and meticulous science, utilizing ingredients rich in the nutrients that people simply must have to thrive during treatment. Chock full of wisdom, and experience from Rebecca and a coterie of America's foremost integrative oncologists, physicians, and cancer-wellness professionals.

## Clothing:



Underneath it all – <https://www.underneathitall.com/>

Underneath It All is committed to meeting your intimate needs after breast surgery, in a private and supportive setting that is convenient for you. Insurance may cover.



Nordstrom Breast Prosthesis Program – <http://shop.nordstrom.com/c/breast-prosthesis-program>

Our Certified Prosthesis Fitters are specially trained to fit women for all intimate apparel following a mastectomy, lumpectomy or other reconstructive breast surgery. The Breast Prosthesis Program provides the following items and services, which are available in our comfortable, private Lingerie departments (selection may vary by store):

- Breast forms for mastectomies, lumpectomies and reconstructive breast surgery
- Post-mastectomy camisoles and bras
- Free pocketing on any bras purchased from Nordstrom

Speak with your doctor for a prescription & contact your insurance provider for coverage details.

*This was a very powerful appointment for me. Please don't miss the opportunity to find pretty pieces again for the foundation of your wardrobe. There really are pretty and extremely comfortable bras out there to support your new form.*



AnaOno – <https://www.anaono.com/>

We are a lingerie and loungewear company that launched in 2014 with the mission to design specifically for those who've had breast reconstruction, breast surgery, mastectomy or are living with other conditions that cause pain or discomfort. Our collections of bras, panties and apparel are created and constructed to meet their specific needs that are often not met by traditional lingerie brands. We differ from the larger market because we target what is needed to feel comfortable, confident and beautiful. This includes wire-free designs, four-way stretch, hidden seams, gentle materials, pocketed and non-pocketed bras and cut and construction to avoid pain points.



<http://heidesmastectomy.com/>

In 1984, my mother, Marge, and I opened Heide's Mastectomy Services of Duluth. Growing up in a family that manufactured and sold orthotic and prosthetic breast prosthesis and mastectomy supplies was a natural fit for me. Marge and I knew there was a need for a place that was private, with unlimited choices to pick from, and where their questions could be answered. Shortly after came our second location (Edina) offering the same great choices and private shopping with a certified fit specialist. Heide's has expanded four times and is in the same locations today. In 2009 Heide's introduced our first mail-order catalog. In our catalog, you'll find premium brands, a wide selection of sizes with top notch service.

-Kathy Heide

## Financial Support/Fundraiser:



Angel foundation – <https://mnangel.org/>

Twin Cities-based Angel Foundation provides emergency financial assistance, education and support to local adults with cancer and their families. This is income-based and within the seven-county metro area. The [Emergency Financial Assistance](#) program provides funds to adults in active treatment for cancer, living in or treated in the Twin Cities, for non-medical basic needs such as food, gas, utilities and housing payments. The [Facing Cancer Together](#) program provides free education and support programs to families with school-age children living with a parental cancer diagnosis.



Hope Chest – <http://www.hopechest.com/>

Our purpose is to provide the quickest access to help with the most urgent emergency needs of local breast cancer patients. Our priorities are keeping families intact in their current living situation...in their home, with that home warm and the lights on; helping them get to treatment by paying for childcare and transportation; helping them heal by providing access to nutritious meals for them and their families. (Fillies Race for Hope – August at Canterbury) You can support them by shopping the very nice quality donated items at their two retail stores as well – Orono and Bloomington.



Bravelets – <https://www.bravelets.com/> OUR MISSION IS TO HELP PEOPLE BE BRAVE DURING HARD TIMES. Create personal fundraising page where each purchase returns 10% to your fundraiser.

## Gifts/Encouragement/Freebies:



Pinked perspective – <http://www.pinkedperspective.com/the-non-profit/nonprofit/>

A faith-based organization offering support & mentoring to those facing the breast cancer journey.  
Mastectomy & non-mastectomy kits; Newsletter/blog



The Lydia Project – <http://thelydiaproject.org/>

The Lydia Project provides free services to women any where facing any type of cancer. This support includes ongoing correspondence and encouragement every month for at least twelve months.



The Gracie Foundation – <http://www.thegraciefoundationinc.org/>

The Gracie Foundation creates pretty little packages that include fabulous items to make an individual feel pampered, happy, and truly special...even on a really bad day. Our mission is to "gift" women currently undergoing treatment for any type of cancer. Our gifts are intended to bring strength, hope, and positive energy to these brave women. We brighten the day for hundreds of women across the country! We are a non-profit organization with all administrative fees paid for by founders, Bob and Gail Germain. All monetary donations we receive go directly to provide "Gracie Gifts." The Gracie Foundation is not affiliated with any other non-profit organizations.



Breast Cancer Freebies – <https://breastcancerfreebies.com/>

This is a great site that has been compiled by a breast cancer survivor which lists numerous organizations providing free items, financial assistance, etc.



Heal in Comfort – <https://www.healincomfort.com/>

Very similar to above but designed and compiled by two different women.



Choose Hope – <http://www.choosehope.com/>

The mission of Choose Hope is to generate enough profitable revenue that it can contribute significant donations to leading cancer research facilities. Primarily, we accomplish this by manufacturing and selling cancer support merchandise and making corporate contributions to cancer research organizations. Indirectly, we motivate others to give by uplifting awareness of the presence of cancer in people's lives and the need for support.



The Breast Cancer Site – <http://thebreastcancersite.greatergood.com/clickToGive/bcs/home?origin=bcsFooter>

The Breast Cancer Site was founded to help fund free mammograms for women in need — women for whom early detection would not otherwise be possible. Since its launch in October 2000, the site has established itself as a leader in online activism and in the fight to prevent breast cancer deaths.

- store at MOA! First brick & mortar store!
- Online w/ “daily mammo” click

## Trips/Experiences:



<https://castingforrecovery.org/>

The mission of Casting for Recovery® (CfR) is to enhance the quality of life of women with breast cancer through a unique retreat program that combines breast cancer education and peer support with the therapeutic sport of fly fishing. The program offers opportunities for women to find inspiration, discover renewed energy for life and experience healing connections with other women and nature. CfR serves breast cancer survivors of all ages, in all stages of treatment and recovery, at no cost to participants.



Little Pink Houses of Hope – <https://www.littlepink.org/>

We provide FREE week long vacations for breast cancer patients and their families. We believe a cancer diagnosis does not just affect the patient, but the entire family. Every beach retreat is designed to help families relax, reconnect and rejuvenate during the cancer journey.



<https://firstdescents.org/>

First Descents is a recognized leader in outdoor experiential programming. Through outdoor adventures, skills development, and local adventure communities FD improves the long-term survivorship of young adults impacted by cancer. Our participants experience free outdoor adventure programs that empower them to climb, paddle, and surf beyond their diagnosis, reclaim their lives, and connect with others doing the same.

## Cleaning Services:



Cleaning for a Reason – <http://www.cleaningforareason.org/>

Cleaning For A Reason is a nonprofit organization that serves all the United States and Canada. Our mission is to give the gift of free house cleaning to women undergoing treatment for any type of cancer. Our goal is to let these brave and strong women focus on their health and treatment while we focus on, and take away the worry and work of, cleaning their homes– free of charge.

## Products:



New Gel E+ – <http://www.newgelplus.com/>

NewGel+ is specially formulated 100% medical grade [silicone gel sheeting](#) proven to reduce, flatten, fade and smooth scars – both old and new. It is self-adhesive and worn directly on the scar. It is available in both clear and beige backings as pictured below. The clear is more flexible and the beige is more durable. *I can attest to the wonderful results in using these silicone strips!*

## Events:



Susan G Komen MN – <http://www.komenminnesota.org/>

The Susan G. Komen Mission is to save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer.

- Race for the Cure – Mother’s Day – [http://www.komenminnesota.org/komen\\_race\\_for\\_the\\_cure\\_/race\\_information.htm](http://www.komenminnesota.org/komen_race_for_the_cure_/race_information.htm)
- Moonlight Golf Fundraiser – September – <http://www.komenminnesota.org/Assets/PDFs/2017+Glow+Golf+Fler.pdf>  
[http://www.komenminnesota.org/Get\\_Involved/Komen\\_Activities/Fundraising\\_Events\\_and\\_Programs.htm](http://www.komenminnesota.org/Get_Involved/Komen_Activities/Fundraising_Events_and_Programs.htm)



Fillies Race for Hope – <http://www.hopechest.com/fillies-race-for-hope/>

This fundraising event benefits Hope Chest (see above) and the day includes Thoroughbred and Quarter Horse racing, a raffle to WIN BIG, a fabulous silent auction, celebratory Salute to Survivors, honorary display of commemorative pink horseshoes, special VIP Pink Buffet, pony rides, selfie station, and kid’s activities. All to benefit local breast cancer patients!



Shoulak Breastfest Music Festival – <http://www.shoulakbreastfestmusicfestivals.com/>

Beginning in 2011, the Shoulak Family and Full Circle Studios (a locally-owned recording studio) host an annual outdoor music festival at the Shoulak home in rural Corcoran, Minnesota to raise money for breast cancer awareness, research and education, support, treatment, and a cure. Hosted mid-September, the annual festival consists of eight hours of live music from local Minnesota bands (and even some of the Shoulaks themselves).

*This – this simple list – is my labor of love to you. I got lost in the shuffle of a retiring nurse navigator & her replacement & did not receive resources or information that I should have and so desperately needed. It is my heart’s desire that this be presented as it’s own meeting/discussion with your navigator or social worker and that each resource be reviewed and discussed. You need this! The help won’t come to your door – you have to reach out and dig in and find it and ask for it! At least this is a starting point to begin to guide you to resources available to you. I will continue to add to this list as I learn of more. Sharing amongst each other is the best way to support & raise each other up. Please feel free to offer suggestions to be added to this list.*

XOXO,  
Deb Syverson  
612-599-6603