These Southern Arizona nonprofits offer a variety of support services and programs to assist those with cancer and their families from diagnosis and throughout survivorship. Most are free or for just a nominal fee. Contact them directly for more info.


**American Cancer Society:** Information about cancer prevention and diagnosis, free patient services, financial assistance referrals and caregiver support. [Cancer.org, 520-321-7989](Cancer.org, 520-321-7989)

**Arizona Oncology Foundation:** Promoting health, healing and survivorship for cancer patients, caregivers/family, regardless of where they seek traditional treatment. Services: integrative therapies, free head coverings, post-mastectomy support, and more. [ArizonaOncologyFoundation.org 520-324-2840 (Craycroft) 520-877-9038 (Rudasill)](ArizonaOncologyFoundation.org 520-324-2840 (Craycroft) 520-877-9038 (Rudasill)

**Bag It:** Tote filled with reliable cancer booklets and guidebook to organize medical info. For anyone with any type of cancer and their families/caregivers. English and Spanish. [BagItCancer.org, 520-575-9602](BagItCancer.org, 520-575-9602)

**Bald Beauties Project:** Empowering & impacting the lives of children & young adults affected by pediatric cancer. Providing professional photo shoots, teen comfort kits, a bereavement retreat & research grants for pediatric AML. [Bald Beauties Project.org](Bald Beauties Project.org)

**Camp Kesem:** Camp Kesem at University of Arizona supports children impacted by a parent/caregiver's cancer with fun, year-round activities, events, and a FREE weeklong summer camp. [campkesem.org/arizona, 520-222-6835](campkesem.org/arizona, 520-222-6835)

**Cancer Support Community Arizona:** Mental health, healthy lifestyle (nutrition, exercise, expressive arts), education, community events and resource and referral. [Cscaz.org, 602-712-1006](Cscaz.org, 602-712-1006)

**Candlelighters Childhood Cancer Foundation of Southern Arizona:** Candlelighters supports, serves and advocates for children, adolescents and young adults with cancer, their families, long term survivors and bereaved families. Summer camps and other monthly events. [CandlelightersAZ.org, 520-777-4911](CandlelightersAZ.org, 520-777-4911)

**Courtney's Courage, Inc.:** Courtney's Angel Paks (customized admission bags), Financial Support for rent/mtg/utilities/gas/groceries, Moms Dinner Out, Teen & Young Adult Support Group, Bereavement Retreat. [Courtey'sCourage.org, 520-269-9824](Courtey'sCourage.org, 520-269-9824)

**Don't be a Chump! Check for a Lump!** Provides free breast health education and direct assistance with new wigs, mammograms and diagnostic testing in Arizona. [CheckForALump.org](CheckForALump.org)

*Please see other side for additional resources.*
Face the Fight: Face the Fight is a non-profit organization dedicated to providing safe, complementary wellness services to patients who are currently or have previously battled cancer.  
FaceTheFight.com, 520-775-3007  
210-584-4057

Leukemia & Lymphoma Society: LLS is the leading source of free, highly specialized blood cancer information, education and support for patients, survivors, families and healthcare professionals. LLS.org, 520-207-7525

Loving Hands of Healing Hope: To provide integrative spa services to women and men actively undergoing treatment for cancer.  
LovingHandsOfHealingHope.org

Mindful Meanderings: Guided walks focusing on the healing benefits of mindfulness, nature, and gratitude to enhance the well-being of those touched by cancer. Held in various outdoor Tucson locations.  
facebook.com/DawnsMindfulMeanderings/

National Ovarian Cancer Coalition: The NOCC is a valuable resource, providing emotional and community support for Survivors and their loved ones while providing funding for research and medical advancements. Ovarian.org, 480-977-6462

Quilt For a Cause: We organize the donation and marketing of hand-crafted quilts to raise and distribute funds to organizations that provide treatment, support services and research for breast and gynecologic cancers.  
QuiltForACause.org, 520-904-0383

Ronald McDonald House Charities: Providing housing, transportation and support to families while their child is in the hospital.  
rmhcTucson.org, 520-326-0060

Thyroid Cancer Survivors Association: Patients and families. Local monthly support group, annual conference, free educational materials, on-line support. ThyCa.org, facebook.com/TucsonThyCa, 520-906-8344

Tu Nidito Children and Family Services: Emotional support for children and their families when there is a serious medical condition or death loss. We offer our services at no charge. TuNidito.org 520-322-9155

Tucson Cancer Conquerors: A healthy survivorship program for cancer survivors and their supporters centered on exercise, nutrition, education, and peer support.  
YouCanConquer.org, 520-505-1406

University of Arizona Cancer Center: Offering integrative services and classes including yoga, tai chi, meditation, lymphedema movement, acupuncture, massage, reiki, craniosacral, reflexology and more, as well as various support groups. 520-694-1855

YMCA of Southern Arizona: 12 week exercise program for cancer survivors (anyone from the moment of diagnosis and on). Livestrong@tucosnymca.org. TucsonYMCA.org, 520-623-5511 x 247

Please see other side for additional resources.