

 Women's Cancer Awareness Group

RESOURCES

For those who want to know more...

INFORMATION CAFE



AWARENESS IN OUR COMMUNITY

Women's Cancer Awareness Group (WCAG) has been serving the San Francisco North Bay Area since 2003 with special programs to support our goal of *"Raising awareness, one conversation at a time."*

This "Resource Book" is a compilation of local and national resources that we have found to be extremely helpful to women affected by cancer. All of the resources listed have been recommended by the women who attend our programs.

We hope that you will find this resource book handy and helpful. If you would like to suggest a resource for future publications, we will seriously consider all recommendations we receive.

Best regards,

A handwritten signature in black ink that reads "Lydia Zipp". The signature is written in a cursive, flowing style.

Lydia Zipp
Executive Director


MISSION

The Women's Cancer Awareness Group (WCAG) is a 501(c)3 non-profit organization #30-0436297. We are dedicated to creating support programs for cancer survivors and to increasing awareness of the risk factors and symptoms of gynecologic cancers.

TABLE OF CONTENTS


National Cancer Resources 3, 4
Hereditary Risk and Risk Assessment 4
Support Groups - Sonoma County 5, 6
Other Support..... 7
Clinical Trial Information..... 8
Education / Advocacy..... 8, 9
Books / Magazines / Newsletters 10
On-Line Resources 11
Resources for Complementary Therapies..... 11
Resources for Health and Wellness..... 12-14
Employment Assistance 14
Financial Assistance for Diagnostic Services 15
Financial Assistance for Treatments 15, 16
Health Insurance, Medicare and Medicaid..... 17
Legal Assistance..... 17
Hats and Head Coverings 18
Products and Services..... 18
Sponsors 19-21

Women's Cancer Awareness Group




Lydia Zipp
PRESIDENT

707-769-TEAL (8325)
WCAGroup@yahoo.com
www.WCAGroup.net



- Monthly Programs
- Support
- Resources



NATIONAL CANCER RESOURCES

American Cancer Society (ACS)

800-ACS-2345 (24 hours a day, 7 days a week), www.cancer.org
Info and referrals. Free programs include: Reach to Recovery, Road to Recovery, Tender Loving Care, and Look Good . . . Feel Better.

Breast Cancer Network of Strength

800-221-2141 in English, 800-986-9505 in Spanish,
www.networkofstrength.org
24-hour hotline, support services, breast cancer education.

CancerCare

800-813-HOPE (4673), www.cancer.org
National organization provides free professional support services to those affected by cancer, links to many resources by cancer type, as well as links to financial resources. Booklet *A Helping Hand: The Resource Guide for People with Cancer* is available.

Cancer.net

www.cancer.net, in English and Spanish

Oncologist-approved information from the American Society of Clinical Oncology. Site topics include: Coping, Advocacy and Survivorship. New downloadable booklet, *Advanced Cancer Care Planning* includes discussion on end-of-life planning.

Gilda Radner Familial Ovarian Cancer Registry

800-682-7426, www.ovariancancer.com
Hotline staffed by cancer specialists to answer ovarian cancer questions.

Ovarian Cancer Research Fund

877-684-6731, www.ocrf.org
Hotline provides free counseling and education to individuals affected by cancer and their families.

National Cancer Institute

800-422-6237, www.cancer.gov
Directs patients to local programs.

National Ovarian Cancer Coalition (NOCC)

800-OVARIAN, www.ovarian.org
Public info and education organization with extensive resources online. Free resource kit for newly-diagnosed women.

NATIONAL CANCER RESOURCES CONTINUED

The Wellness Community

888-793-9355, www.thewellnesscommunity.org

Free program of support, education, and hope for people with cancer and their loved ones (in English and Spanish).

Y-Me National Breast Cancer Organization

1-800-221-2141, www.y-me.org

Website in 7 languages with information on many topics relating to breast cancer. YourShoes 24/7 Breast Cancer Support Center can provide one with a peer counselor who had the same diagnosis, is the same age, or has experienced similar challenges.

HEREDITARY RISK AND RISK ASSESSMENT

Cancer Risk Assessment Survey

312-578-1439, www.wcn.org/risk_assessment

Online, confidential survey helps identify an individual's risk of developing ovarian cancer.

FORCE: Facing Our Risk of Cancer Empowered

866-288-RISK (7475), www.facingourrisk.org

Gives overview of hereditary risk and genetic counseling for women at high risk of developing breast and ovarian cancers.

Directory of genetic counselors. Annual conference info on website.

Sonoma County Risk Assessment Project (SCRAPPI)

707-525-4083

Provides free computerized risk assessment and a follow-up consultation for those found to be of above average risk for breast and ovarian cancer.

SUPPORT GROUPS - SONOMA COUNTY

Bosom Buddies Breast Cancer Self-Help Group

707-938-4444, Sonoma

Peer support and education.

Breast Cancer Support Group

Women's Cancer Awareness Group, Petaluma

707-762-8300, Facilitator: Cynthia Wilcox-Rittgers, PhD

Group for those at all stages and with all forms of breast cancer – patients and survivors.

Breast Cancer Support Group

707-393-3290, Santa Rosa

Cancer Support Group

707-823-8565, Sebastopol

Family participation welcomed.

Family/Caregiver Support Group

707-535-5700, VNA Home Hospice, Santa Rosa

For adults with loved ones with a life-threatening illness.

Hope Chapel (Ministries) Cancer Support Group for Women

707-577-8307

Faith-based support caring group. Patients and family members welcome.

Hospice Petaluma

707-778-6242, www.hospiceofpetaluma.org

For family & friends of someone with a life-threatening illness.

Free grief support.

Kaiser Permanente

www.kp.org

Various support groups offered. Check with the individual Kaiser facility for specifics.

Memorial Hospital Hospice

707-568-1094, www.memorialhospice.org

Individual and group support to family and friends who have lost a loved one. Also free education, training and support to businesses and schools in English and Spanish.

SUPPORT GROUPS - SONOMA COUNTY CONTINUED

Ovarian Cancer Support Group, Santa Rosa

707-570-3940, Facilitator: Marie F. Piazza, MFT

Designed to address the emotional needs and concerns of women who have or had ovarian cancer.

Petaluma Health Center

707-559-7500, www.phealthcenter.org, English and Spanish

Providing health information, education and clinical care to all members of the community.

Recently Diagnosed Breast Cancer Support Group

707-576-4760, Santa Rosa

For patients diagnosed within the last year.

Santa Rosa Breast Cancer Support Group - Sutter North Bay Women's Health Center

707-576-4760

Drop-ins welcome. Meets every other week.

Santa Rosa Memorial Hospital

Family, Friends & Caregivers Support Group, 707 552-6883;

Living with Advanced Cancer; Women Newly Diagnosed with Cancer; and Cancer Patient Support Group - 707-481-2130

Free and open to all, call for schedule and more info.

SRCHC - Santa Rosa Community Health Centers

www.swhealthcenter.org, English and Spanish

Providing health information, education and clinical care to all members of the community at different locations in Santa Rosa.

Survivor's Support Group

Meets Thursdays, 3:30-5:30, at the Farmers Lane Starbucks near Coco's - right off Hwy. 12. "We just hang out - nothing planned!"

Women's Cancer Awareness Group

707-769-8325, www.WCAGroup.net

Monthly gathering of women affected by cancer to hear different topics of interest.

Young Survival Coalition

<http://www.youngsurvival.org/norcal>

Newly Diagnosed Resource Kits (NDRKs) help young women newly diagnosed with breast cancer. Packed with information and local resources.

OTHER SUPPORT

American Cancer Society, Marin County Unit

415 454-8466

ACS offers free programs and services to cancer patients and their caregivers. Transportation to treatment appointments, assistance with appearance-related side effects.

Comfort Zone Luncheon

707-707-769-TEAL (8325) or email lydiawcag@gmail.com

Lunch open to all ovarian cancer survivors. Meets monthly at a restaurant in central or northern Marin.

Kaiser Permanente

www.kp.org

Various support groups offered. Check with the individual Kaiser facility for specifics.

Nancy's List

www.nancyslist.org

See Nancy's List for information on support groups as well as many other resources.

The Lydia Project

www.thelydiaproject.org

Provide a beautiful tote, prayer or other support to any woman currently facing cancer. Located in Georgia, offering help worldwide

Women's Cancer Resource Center in Oakland

510-420-7900, 888-421-7900, www.wcrc.org

All kinds of support: help line, resource library, multi-cultural outreach, monthly on-line newsletter and support groups.

Women's Health Resource Center

3698 California St., San Francisco 94118; 415-600-0500, www.cpmc.org/women

The Gynecological Cancer Recovery Program is open to any woman during treatment and recovery from gyn cancer. Not limited to CPMC patients, most services are no cost.

CLINICAL TRIAL INFORMATION

Gynecologic Oncology Group

800-225-3053, <http://www.gog.org/pubsearch/report.asp>

Information about clinical trials for gynecologic cancers.

Ovarian Cancer National Alliance - Clinical Trials Matching Service

800-535-1682, <http://www.ovariancancer.org/>

Good overview of clinical trials, including pros and cons. Provides a telephone clinical trial matching service.

National Cancer Institute

800-4-CANCER, www.cancer.gov

Information about clinical trials including major National Cancer Institute-supported trials.

EDUCATION / ADVOCACY

BeBrightPink

www.BeBrightPink.org

Non-profit focused on prevention and early detection of breast and ovarian cancer in high-risk young women.

California Dialogue on Cancer / California Ovarian Cancer Awareness Program (COCAP)

www.cdcc-online.org

Links to educational materials, clinical trials and links to reliable ovarian cancer resources and organizations.

National Asian Women's Health Organization

415-989-9747, www.nawho.org

Provides education information in Asian languages about breast and cervical cancer.

National Cancer Institute (NCI)

800-422-6237, English & Spanish, www.cancer.gov

TTY: 1-800-332-332-8615

Computerized database with information on treatment, supportive care, screening, prevention and clinical trials.

National Ovarian Cancer Coalition

www.ovarian.org

Publications and CDs including the “Ovarian Cancer Resource Guide for newly diagnosed women”, many also available in Spanish.

Ovarian Cancer National Alliance

202-331-1332, www.ovariancancer.org

Works to increase public and professional understanding of ovarian cancer.

Ovarian Cancer Research Fund

800-873-9569, www.ocrf.org

Strives to find an early diagnostic tool and a cure as well as raising public awareness.

The National Coalition for Cancer Survivorship

877-622-7937, www.canceradvocacy.org

Free cancer survivor toolkit (CDs in English & Spanish) as well as advocating for quality cancer care for all Americans.

The Susan G. Komen Breast Cancer Foundation

800-462-9273, www.breastcancerinfo.com

Information about breast cancer and resources.

Women’s Cancer Network

312-573-1439, www.wcn.org

Interactive website to spread info about gynecological cancer.

Zero Breast Cancer

(415) 507-1949 , www.zerobreastcancer.org

Bay-area nonprofit organization dedicated to finding the causes of breast cancer through community participation in the research process and to reducing the risks to future generations developing.

BOOKS / MAGAZINES / NEWSLETTERS

A Cancer Survivor's Almanac: Charting Your Journey

<http://www.canceradvocacy.org/resources/publications>

Information on many different topics. Includes a resource directory and advice on finding information on-line

Be Prepared: The Complete Financial, Legal and Practical Guide to Living with a Life-Challenging Condition

This is a compilation of useful and practical information for anyone dealing with serious illness.

CONVERSATIONS! The Ovarian Cancer Connection newsletter

210-401-1604, www.ovarian-news.org

Bimonthly newsletter reporting on treatments and trials.

Cure Magazine

www.curetoday.com

Free publication for those on the cancer journey.

Delia's Book, Guidance for Cancer Healing

www.ancestorsway.com

Catherine Held, Ph.D. shares hope, wisdom and strategies for living with cancer.

MAMM Magazine

877-668-1800, www.mamm.com

Free magazine devoted to meeting the needs of women diagnosed with breast and reproductive cancer.

UCSF Comprehensive Cancer Center -

The Carol Franc Buck Breast Care Center Newsletter

www.ucsfbreastcarecenter.org

Contains news of breast cancer research as well as information about UCSF programs.

ON-LINE RESOURCES

HysterSisters

www.hystersisters.com

Support site for hysterectomy recovery as well as alternatives to hysterectomy. Peer-to-peer forums on many topics relating to cancer and cancer treatments.

Association of Cancer Online Resources

www.acor.org

Information and email support group for women with ovarian cancer and related problems.

CaringBridge.org

Offers free private web pages for sharing information with loved ones.

Lotsa Helping Hands

www.lotsahelpinghands.com

Free website creation for managing support among family and friends caring for an elderly person or someone in a medical crisis.

RESOURCES FOR COMPLEMENTARY THERAPIES

Charlotte Maxwell Complementary Clinic

501-601-7660, www.charlottemaxwell.org

Located in Oakland, providing compassionate care for underserved women with cancer.

Pine Street Clinic

415-257-5730, www.pinestreetclinic.com, San Anselmo

Specializes in creating innovative and integrative treatment programs for complex medical problems...those for which neither an exclusively Western nor Eastern approach is enough.

Sutter North Bay Women's Health Center

Integrative Health & Healing Services

707-576-4760, Santa Rosa

Complementary therapies for women undergoing cancer treatment at reduced or no cost. Services provided by skilled volunteers. By appointment, every Saturday.

RESOURCES FOR HEALTH AND WELLNESS

Ancestors' Way

707-332-2407, www.ancestorsway.com

Providing Energy Healing for people facing life-threatening illness, trauma recovery and end-of-life issues.

Cancer Support Group

707-829-1855, Sebastopol

Qigong and other ancient techniques for health, longevity and as a complementary medicine for serious illnesses.

Cancer Wellness Program

Linda, 707-521-2469, linda@airportclub.com or Lori, 707-521-2443, lori@airportclub.com

A 10-week guided exercise program offered at no cost to women recovering from cancer at the Airport Health Club, Santa Rosa.

Casting for Recovery

888-553-3500, www.castingforrecovery.org

No-cost fly fishing retreats for breast cancer patients and survivors.

Ceres Community Project

707-829-5833, www.ceresproject.org

Provides healthy, delicious food to individuals and families in Sonoma County who are in crises due to a life-threatening illness.

Cleaning For A Reason

<http://www.cleaningforareason.org>

Free housekeeping once a month for 4 Months for cancer patients.

Commonweal Cancer Help Program

Bolinas, CA

415-868-0970, Waz Thomas, waz@commonweal.org

Weeklong residential support program.

Creative Collage Workshop for Cancer Patients

707-481-2130, Santa Rosa Memorial Hospital

Gentle Yoga for Cancer Patients

707-525-5285, Santa Rosa Memorial Hospital

RESOURCES FOR HEALTH AND WELLNESS CONTINUED

Healing Journeys

800-423-9882, www.healingjourneys.org

Strives to support healing, activate hope and promote thriving for those touched by a life-threatening illness. Free annual conference – cancer as a turning point from surviving to thriving.

Healing Through Painting

707-823-4403, martia@sonic.net

Meets Friday mornings in Sebastopol.

Kathy's Camp for Kids

800-256-0702, www.KathysCamp.org

Non-profit located in Cotati dedicated to supporting children of cancer patients.

Living Awareness

<http://livingawareness.com/>

Kami McBride, herbalist, offers classes to educate women in using herbs to take care of their homes and bodies. Site has links to many resources for complementary cancer treatments, avoiding cancer-causing substances and mind/body support.

Living/Dying Project

415-456-3915. www.livingdying.org

PO Box 357, Fairfax, CA 94978

Offers spiritual support for people facing life-threatening illness and for their caregivers. These programs are located in Marin County and are free. Educational services and training for health care providers and the public also available.

Nutrition for Life

707-763-4622, www.mynutritionnow.com

Nutritional Counseling including analysis of medications, supplements and herbs to evaluate interactions. Some medications interfere with the absorption of vitamins and minerals.

Personalized Yoga - Antonio Sausys

415-258-2830, www.satyoga.com; English and Spanish

Yoga Therapy can help prevent and aid recovery from physical and mental ailments including cancer.

RESOURCES FOR HEALTH AND WELLNESS CONTINUED

Petaluma Valley Athletic Club

707-789-9898, www.PVAC.com

Free membership for cancer survivors who are undergoing cancer treatment.

Russell Family Chiropractic

707-773-3375, www.acuherbal.com

Offers acupuncture, massage & herbal medicine.

Smart Fitness 4 You

707-479-5426; smartfitness4u@yahoo.com

Group Exercise class for cancer survivors at discounted rate, includes free gym membership.

Sonoma County Tobacco Cessation Programs

http://www.sonoma-county.org/health/prev/pdf/tobacco_cessation.pdf

Lists the various agencies that have stop smoking programs as well as tips to help successfully stop smoking.

Yoga Therapy Classes

707-765-9035, www.carmelacarlyle.com

Counseling, laughter yoga, chair yoga and yoga therapy for all of us affected by cancer.

EMPLOYMENT ASSISTANCE

California Department of Fair Employment and Housing

800-884-1684

Investigates discrimination complaints regarding employment and housing.

CancerAndCareers

www.cancerandcareers.org

Offers help to working woman with career and employment issues.

Working It Out: Your Employment Rights as a Cancer Survivor

www.canceradvocacy.org/resources/pubs

FINANCIAL ASSISTANCE FOR DIAGNOSTIC SERVICES

American Breast Cancer Foundation

877-539-2543, www.abcf.org

Financial assistance to women and men for testing.

Breast Cancer Connections - Patser Program

650-326-6686, www.bcconnections.org

Free mammograms and pap smears for women under 40 with limited income and insurance.

Coalition Against Breast Cancer

800-430-7761, www.cabcli.com

Financial support for mammograms and college scholarships for children who have a parent affected by breast cancer.

Every Woman Counts

800-511-2300

Free mammograms and pap smears for women over 40 with limited income and insurance.

Northern California Breast & Cervical Cancer Partnership

800-682-2282

Cancer Detection Programs, including free exams - call 800-511-2300.

The Second Opinion

415-775-9956, www.thesecondopinion.org

Free second opinions to California adults with cancer diagnosis.

FINANCIAL ASSISTANCE FOR TREATMENTS

Assistance Program

707-528-7999, Sue at Hanger Prosthetics

Provides breast forms, bras, wigs, head coverings and transportation to breast cancer patients without other resources.

Breast and Cervical Cancer Treatment Program (BCCTP)

Medi-Cal/BCCTP Help Line - 800-824-0088, www.dhs.gov

Medi-Cal coverage for treatment of breast and cervical cancer.

Breast Cancer Connections - Karen Swanson Enabling Fund

650-326-6686, www.bcconnections.org

Aid for women with metastatic breast cancer to fulfill a last wish.

FINANCIAL ASSISTANCE FOR TREATMENTS CONTINUED

CCAN program of the California Health Collaborative

888-921-7465, www.healthcollaborative.org

Provides help to low-income Californians with limited or no health insurance and breast or cervical cancer diagnosis.

California Paid Family Leave

877 238-4373

Workers can get up to 6 weeks of partial pay a year while taking time to care for a sick family member.

CancerCare

800-813-4673, www.cancercarecopay.org

Help managing financial concerns. Co-payment financial assistance for treatments and limited transportation and child care aid.

HealthWell Foundation

800-675-8416, www.healthwellfoundation.org

Assistance with insurance premiums, deductibles and co-payments.

Linking A.R.M.S.

800-813-4763

Financial aid for drugs, therapy and equipment. In partnership with the Susan G. Komen Breast Cancer Foundation.

Nancy's List

www.nancyslist.org

Additional financial resources listed online.

National Cancer Institute Cancer Information Services

800-422-6237, www.nci.nih.gov

Extensive listing of financial assistance programs for cancer care.

Ovarian Cancer Patient Charity Project, L.L.C.

www.ocpcp.org

Financial assistance available for patients with ovarian cancer.

Partnership for Prescription Assistance

888-477-2669, www.pparx.org

Helps people without prescription drug coverage locate drug manufacturers' assistance programs.

Patient Advocate Foundation

800-532-5274, www.patientadvocate.org

Liaison between patients and insurers, employers and/or creditors.

HEALTH INSURANCE, MEDICARE AND MEDICAID

Health Insurance Counseling and Advocacy Program (HICAP)
800-434-0222, www.cahealthadvocates.org

Medicare
800-633-4227, www.medicare.gov

Medicare Rights Center
800-333-4114, www.medicareriights.org

National Association of Insurance and Financial Advisors
703-770-8100, www.naifa.org

Social Security Administration
800-772-1213, www.ssa.gov

U.S. Department of Health and Human Services
877-696-6775, www.hhs.gov

What Cancer Survivors Need to Know about Health Insurance
www.canceradvocacy.org/resources/pubs

Pamphlet from AFLAC: Do I Need Cancer Insurance?
http://www.aflac.com/cancer_insurance/default.aspx

LEGAL ASSISTANCE

California Women's Law Center - Breast Cancer Legal Project
800-774-5200, www.cwlc.org
Provides legal resource guides in several languages.

Cancer Legal Resource Center
866-843-2572, www.disabilityrightslegalcenter.org/about/cancer-legalresource.cfm
Provides free and confidential information and resources on cancer-related legal issues.

Health Insurance Counseling and Advocacy Program
800-434-0222
Statewide services provides insurance information, primarily to Medicare recipients.

Patient Advocate Foundation
800-532-5274, www.patientadvocate.org
Legal counseling: debt resolution, insurance, job discrimination, immigration and more.

HATS AND HEAD COVERINGS

Hats for Happiness

www.hatsforhappiness.org

Spreading happiness one hat at a time.

Heavenly Hats

www.heavenlyhats.com

Sending "hat packages" to those requesting one.

France Luxe/L Erickson USA

888-884-3653, <http://www.franceluxe.com> (click on GoodWishes)

Receive a complimentary silk or cotton head wrap.

PRODUCTS AND SERVICES

A Lady's Touch

612 D Street San Rafael 415-454-6058

Breast prostheses, head coverings and wigs.

Chemo Savvy

888-599-3580, www.chemosavvy.com

Headwear and more for women.

France Luxe/L Erickson USA

<http://www.franceluxe.com/c/headwraps/It%27s+A+Wrap.html>

On-line catalog to order beautiful silk and cotton head wraps.

MyBreeze Hot-Flash Cooling Fan

707-762-1112, www.MyBreeze.net

Stop hot flashes from disrupting your sleep. 14-day risk-free trial.

Permanent Make-up - Eyebrows

707 981-7997, Robyn Vermilyea

TLC - Tender Loving Care, part of the ACS

800-859-9445, www.tlcdirect.org

Products to help women coping with the effects of cancer - head coverings, wigs, mastectomy bras and breast forms.

How You Can Help:

Women's Cancer Awareness Group (WCAG) is run by volunteers and supported by the generosity of its donors. Donations are tax-deductible contributions (whether money, merchandise or time) and make all the difference in the world in supporting our efforts.

WCAG welcomes grants and volunteer support of our programs that bring information and resources to women affected by cancer as well as resources and community outreach programs.

WCAG welcomes new members and volunteers. If you would like to learn more about these opportunities, please contact us at 707-769-TEAL (8325).

Our special thanks to all who contributed to this Resource Guide. Together we are "Raising awareness, one conversation at a time."



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WOMEN'S CANCER AWARENESS GROUP

Our programs include:

- ❁ **Monthly Education & Empowerment:** 1.5 hour educational programs for cancer survivors featuring local doctors, psychologists, and other health and wellness experts, as well as resource information.
- ❁ **Hope, Health and Awareness Outreach Campaigns:** Trained volunteers are available to speak to women's groups, student groups and other organizations on cancer risks and symptoms as well as stories of hope. Includes monthly e-newsletters to 1,500, distribution of more than 10,000 symptom cards and tabling at local health outreach events.
- ❁ **Survivors Teaching Students:** WCAG participates in this national program that brings advanced-stage cancer survivors to train third year medical students on the symptoms of ovarian cancer. Our local survivors bravely share their stories to future doctors at nearby medical schools (such as UCSF and Stanford University) to assist them to become better diagnosticians.
- ❁ **Day for Women:** An annual event for 250 women featuring upbeat and informative programs including medical, lifestyle and health information and a Health & Wellness Marketplace.
- ❁ **Support Sisters:** Cancer survivors empower newly-diagnosed women through sharing stories and helpful tips.
- ❁ **Cancer Support Groups:** Biweekly support groups led by professional facilitators.

EDUCATION & EMPOWERMENT PROGRAMS

The E&E program provides a safe place for people to gather and receive useful and reliable information from expert guest speakers, and community resources that are helpful to healing, plus time to interact with other women affected by cancer. Recent topics have included:

Canine Scent Detection

Chemo Brain

Clinical Research Trials in Oncology

Getting Rid of ANTs (Automatic Negative Thoughts)

Getting Your Estate in Order

Hereditary Aspects of Ovarian & Breast Cancer - Part I

How to Handle Difficult Communication

Laughter is the Best Medicine Yoga

Local Resources for Cancer Survivors

Nutrition for Cancer Risk Reduction

PARP Inhibitors

Sexuality Issues for Cancer Survivors

Taking the Mystery out of Blood Test Results

Traditional Chinese Medicine

Yoga for Cancer Survivors

Everyone is considered a survivor from date of diagnosis.

Women's Cancer Awareness Group



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