Resources

Survivor Resources

Hearing the words “no evidence of disease” or “complete remission” can bring on a rush of relief. But when those endorphins are gone, you may be left with anxiety about recurrence, guilt and lasting side effects. Here are some groups and programs to help ease the transition from treatment to survivorship. Many can help throughout your cancer journey.

Cancer Survivors’ Fund

Young adult cancer survivors can apply to CSF for financial assistance for prosthetic limbs and school tuition.

Cancer Survivors Network

The American Cancer Society created this virtual peer support community of cancer survivors, families and friends. Participate in live chats and find in-person support groups.

Livestrong at the YMCA

A physical activity program promoting fitness and health after cancer treatment, this partnership provides low- or no-cost exercise regimens from certified fitness instructors.

M Powerment

M Powerment was founded to empower men to thrive after cancer. It offers resources, a free online course and in-person workshops around the country.

National Cancer Survivors Day Foundation

The first Sunday in June, National Cancer Survivors Day, is a chance for everyone who has experienced cancer to connect and raise awareness of the challenges of living with and past cancer. Organize an event or find one near you.

National Coalition for Cancer Survivorship

NCCS’s Cancer Survival Toolbox is a free audio program covering issues such as communicating and standing up for your rights.

National Comprehensive Cancer Network

NCCN’s library of survivorship resources includes information on planning follow-up care, managing cancer as a chronic condition, and nutrition and exercise. Medical professionals can

access its comprehensive Guidelines for Survivorship.

Office of Cancer Survivorship

Part of the National Cancer Institute, the OCS has tips on health and well-being after cancer, how to get involved in the community and survivor stories in its resource library. Check out its Facing Forward series on posttreatment living.

OncoLife

OncoLife's Survivorship Care Plan is free for adult cancer survivors and their care providers. It gives personalized guidance on overcoming problems that can arise after treatment.

True North Treks

True North Treks offers young adult survivors and those living with cancer—and their caregivers—a chance to connect with nature and one another on outdoor trips for varying fitness levels. It also has a long-term survivorship support system for alumni.

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