

# IMERMAN ANGELS

Your One-on-One Cancer Support Community



## We're thinking of you this holiday season

The holidays are hard this year, and we recognize that this season may be particularly isolating for our community of cancer fighters, survivors, previvors and caregivers. We at Imerman Angels are here for you, especially during these times. We also wanted to give you something to help bring comfort to quarantine and give you the opportunity to spend time doing something that makes YOU happy. Please see below the FREE classes for you to choose from as a way for us to say thank you for being a part of our Imerman Angels family.

In this twelfth resource packet, please explore new resources focusing on coping with the holidays, mental health best practices, diagnosis specific needs, and more.

## CONTACT US

**Call (877) 274-5529**

Monday to Friday, 9am to 5 pm CST

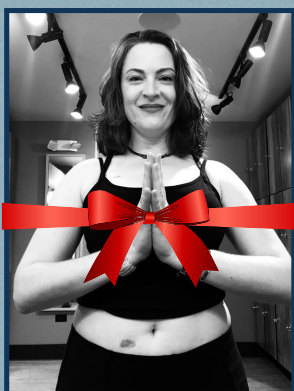
Leave a message and a Cancer Support Specialist will return your call the next business day.

Visit

<https://www.imermanangels.org>

## Our gift to you

### GENTLE YOGA



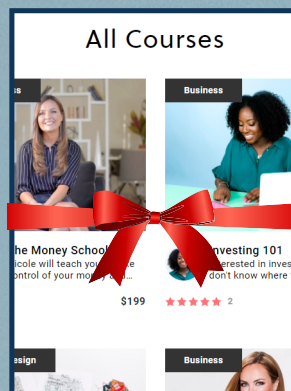
Gather with us for a **FREE** gentle yoga class led by one of our very own Mentor Angels, Jessica Catlin, a survivor of young onset stage 3 rectal cancer.

**December 22 at 6:00 pm CT**

This gentle yoga class focuses on slowly warming and stretching the body. Accessible for all, modifications and props are encouraged!

[LEARN MORE](#)

### CREATIVE CLASSES



Ignite your creativity with a variety of Brit+Co virtual classes that offer creative and business skills taught by the world's best experts. From cake decorating, investing 101, website design, pet illustrations, to flower arranging, & MORE!

Use the Imerman Angels exclusive code **inhircircle** at checkout to access any class of your choosing for absolutely FREE!

[EXPLORE CLASSES](#)



# RESOURCES



## ARTICLES & WEBINARS

### • **CAREGIVER MENTORS RESEARCH HELP NEEDED!**

- [New Strategies to Release Stress](#)
- [Ask the Experts: Pharmacist Edition](#)
- [Supporting Each Other Through Cancer](#)
- [The Pink Fund Financial Assistance](#)
- [Bereavement and Caregiver Support Groups](#)
- [Cancer Dietitian Lifestyle Tips](#)
- [Having the Hard Conversation about Hospice](#)
- [The Caregiving Journey Webinar](#)
- [Cancer Accommodations for the Workplace](#)
- [Parenting While Living with Cancer](#)
- [LGBTQ: GLMA Health Advocacy](#)
- [MyHealthTeams: Living with Chronic Conditions](#)
- [Cancer Brain Fog Webinar](#)
- [Fertility Preservation during COVID](#)
- [General Living Expenses Financial Assistance](#)
- [Managing Money with Cancer](#)
- [Assessing Your Breast Cancer Risk](#)
- [Chicago Winter Produce and Prepared Meals](#)
- [Clinical Trials: What's Available and How Can I Participate?](#)
- [Gut Health is Whole Body Health Webinar](#)
- [Imerman Angels Research Study](#)
- [Revised COVID Guidelines for cancer fighters](#)
- [African American Breast Cancer Program](#)



## CHILDREN RESOURCES

- [Videos and Activities to help children learn the power of positive thinking \(teacher favorite!\)](#)
- [Free Science Videos Answering Kid's Questions](#)
- [Helping Kids Handle Holiday Disappointment](#)
- [Child & Family Programs \(Pages 14-15\)](#)
- [Family Programs: busy bags, story time, in-home programs, virtual family nights](#)
- [Child Therapist's Tips to Helping Children Deal with COVID Fears](#)
- [Activities to Help Children Cope when a Family Member has Cancer](#)



## BILINGUAL RESOURCES

- [Indian Cancer Society](#)
- [Greek Cancer Guides to Assist Patients](#)
- [Redes En Accion: Latino Cancer Research](#)
- [Multilingual Resource for Cancer Care](#)
- [Bilingual Save My Fertility Program](#)
- [American Cancer Society Multilingual](#)
- [Nueva Vida: Latinas with Cancer](#)
- [Multilingual Cancer Patient Guides](#)
- [Multilingual Breast Awareness App](#)
- [Triage Cancer Multi-Lingual Resources](#)
- [¿Doctor, podemos hablar?: Consejos para comunicarse con su médico](#)

[Click here](#) to stay connected by signing up for our Newsletter!



# YOU ARE NOT ALONE

YOU ARE A PART OF OUR  
IMERMAN ANGELS FAMILY

## LET YOUR MENTEE OR MENTOR ANGEL KNOW YOU ARE HERE FOR THEM

The holidays are hard this year, and this season may be particularly isolating for our community, now is a great time to reach out and connect with your Mentee or Mentor Angel

EMAIL



CALL



TEXT



## CANCER TYPE

DIVE INTO RESOURCES DIRECTED TO YOUR NEEDS

[Lung](#)

[AYA Thyroid](#)

[Prostate](#)

[Ovarian](#)

[Previvor](#)

[Lynch Syndrome](#)

[Medulloblastoma](#)

[Blood Cancers](#)

[Li-Fraumeni Syndrome](#)

[Sarcoma Bereavement](#)

[Hospice & Palliative Care](#)

[Peripheral T-Cell Lymphoma](#)

[Acute Myeloid Leukemia](#)

[Upper Tract Urothelial Carcinoma](#)

[Neuroendocrine \(NET\)](#)

[Myeloproliferative Neoplasms](#)

[AYA Breast Cancer](#)

[Head & Neck](#)

[Stomach](#)

[Liver](#)

[Testicular](#)

[Glioblastoma](#)

[Breast](#)

[Ewing Sarcoma](#)

DON'T SEE YOUR SPECIFIC CANCER TYPE?  
STAY TUNED FOR THE NEXT VOLUME FOR MORE!



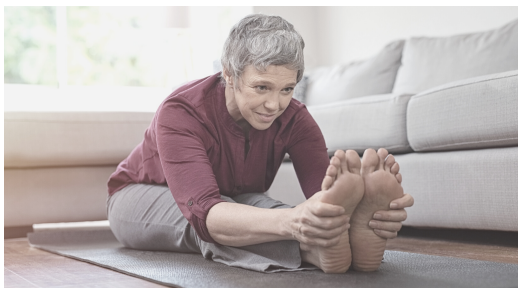
# CANCER & THE HOLIDAYS

EXPLORE THE LINKS BELOW TO HELP MANAGE THE STRESS OF CANCER, COVID, AND THE HOLIDAYS



- [How to complete the stress cycle](#)
- [Find relief from stress & develop new coping skills](#)
- [Maintaining mental health: the holiday & pandemic](#)
- [Coping with loneliness and isolation](#)
- [Tips on avoiding holiday stressors](#)
- [Dealing with the Stress of the Season](#)
- [Coping through the holidays](#)
- [Cancer & Holidays: Answers to Common Questions](#)
- [Tips for stress, depression, and the holidays](#)
- [Advice for safely connecting with loved ones](#)
- [Concrete tips on how to counteract loneliness](#)
- [National Alliance on Mental Illness \(NAMI\) Helpline](#)
- [How to say NO to holiday invitations gracefully](#)
- [Surviving painful holiday emotions](#)
- [Safely celebrate the holidays during covid](#)
- [New Tools for your Mental Health Kit webinar](#)
- [Why taking care of your mental health is important](#)
- [Meditation for relieving stress & panic](#)
- [11 ways to support cancer patients and survivors](#)
- [Virtual ways to celebrate the holidays](#)
- [5 Simple tips for safe holiday travel](#)
- [Coping with the loss of a loved one](#)

## DO SOMETHING FOR YOU THIS HOLIDAY SEASON



### = BODY

- [Imerman Angels Gentle Yoga Class](#)
- [Stanford Health Care Exercise Classes](#)
- [AYA New Year's Eve Digital Dance Party](#)
- [Body Confidence, Self-Confidence](#)
- [Gilda's Exercise and Creative classes](#)
- [Wellness House FULL Program Guide](#)
- [Yoga and Tai Chi Class Videos](#)
- [Finding Recovery on Water Virtual Event](#)
- [Zumba, Yoga, and More](#)



### = MIND

- [Release Stress and Anxiety](#)
- [Chill Anywhere: Meditation & Mindfulness](#)
- [FREE Guided Meditation App](#)
- [Emotional Support Podcast](#)
- [Cancer Wellness Workbooks](#)
- [Relaxation Techniques to Cope with Cancer](#)
- [Imerman Angels Mentor Angel FB Group](#)
- [AYA Guided "Love Yourself" Meditation](#)
- [The Your Stories Podcast](#)



### = SOUL

- [Holiday Season Storytelling Open Mic](#)
- [Cooking with Chef Adrienne: Winter Foods](#)
- [LivingWell Virtual Wig Consultation](#)
- [Cancer Conscious Recipes](#)
- [Life for My Family Film & Conversation](#)
- [Cleaning Service for Cancer Patients](#)
- [AYA Virtual Happy Hour](#)
- [Explore First Descents New Recipes](#)
- [Brit + Co Creative Class \(code: inhercircle\)](#)

