New Year, More Support

Our mission grows stronger each year with the goal of providing support for more cancer fighters, survivors, previvors, and caregivers all around the world. With the help of our dedicated community of Mentor Angels and brave Support Seekers, we were able to match many people in need of support during their cancer journey. We truly couldn’t do this without you!

Ready to make a big difference in 2021? Volunteer as a Mentor Angel to use your experience as a cancer fighter, previvor or caregiver to change lives! Your experience could be invaluable for someone facing cancer right now. Learn more HERE.

In this thirteenth resource packet, please explore the wide variety of resource from self care, webinars, articles, and cancer specific needs.

Exclusive journaling event

DATE: WEDNESDAY, FEBRUARY 10
TIME: 6:00 PM CT

Join this exclusive Imerman Angels event for our Mentor Angel and Support Seeker community as we team with our Cancer Partner Organization, Wellness House, to explore how this powerful tool can benefit anyone dealing or that has dealt with a difficult diagnosis, caregiving for a loved one or lost one to this terrible disease in reducing anxiety and increasing present moment awareness. All you need is a pen or pencil, paper or a journal, and yourself!

Our minds are messy! Mindful journaling is the act of expressively examining what is in your head and in your heart. It is meditative writing. It is asking yourself about yourself and then letting it go...out of your head and onto the paper, so that you are freed from your thoughts and empowered to move past them.

Facilitated by Tasha Chasson, MSW, LSW, Wellness House Oncology Support Counselor.

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

January 21, 2020
Vol. 13
RESOURCES

**ARTICLES & WEBINARS**

- CAREGIVER MENTORS RESEARCH HELP NEEDED!
  - LGBTQ+ Women Caregivers Support Group
  - Cancer Related Podcast Series
  - Caregivers: Combating Loneliness
  - Intimacy and Cancer
  - Kansas Cancer Financial Assistance
  - Quick Guide to Returning to Work
  - Planning Ahead and Documenting Wishes
  - Low Impact Training Classes
  - Increasing Patients Awareness, Education, and Collaboration
  - Variety of Virtual Wellness Programs
  - List of Integrative Therapies
  - Managing Side Effects with CBD
  - COVID-19 and Vulnerable Communities
  - Entry Level Remote Outreach Coordinator Position & Support Services Coordinator
  - Tool to update friends and family members
  - Guide to Cancer Related Legal Issues
  - Pediatric & YA Survivorship Webinar
  - Free Guided Meditation
  - Cancer Support Podcasts
  - List of a Wide Range of Virtual Programs
  - CLL & Covid Vaccine
  - Adulting 101: Taxes, Finances, & Medical Care
  - Managing Long Term Stress

**CHILDREN RESOURCES**

- Storybots: Fun videos to learn new healthy habits and facts about the world and space
- Educational videos to enhance learning
- Free Mindfulness App for Youths
- What to say when your child has cancer
- Breathe, Think, Do with Sesame: Teaching kids how to keep calm and carry on
- Communicating with Children about Cancer
- Chicago Support Group for Kids
- Frankly Speaking to Kids about Cancer Webinar
- Helping with emotions during a pandemic

**BILINGUAL RESOURCES**

- Multilingual Cancer Information
- Programas En Espanol
- Redes En Accion: Latino Cancer Research
- Multilingual Resource for Cancer Care
- Bilingual Save My Fertility Program
- American Cancer Society Multilingual
- ALA Yoga in Spanish
- 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!

DONATE

IMERMAN ANGELS
SELF CARE

"AN EMPTY LANTERN PROVIDES NO LIGHT. SELF CARE IS THE FUEL THAT ALLOWS YOUR LIGHT TO SHINE BRIGHTLY."

FREE VIRTUAL JOURNALING CLASS
Join our exclusive Imerman Angels Mentor Angel and Support Seeker mindful journaling event to empower your thoughts

EPIC EXPERIENCE VIRTUAL CAMPS
With the mission to empower cancer thrivers and survivors beyond cancer through a virtual 3 day camp program

SELF-CARE FOR CAREGIVERS
Explore this Chicago Caregiving's resources for learning to carve time for yourself while looking out for others

BREATHE TV
Join Tigerlily Foundation for a sacred space, an educational and inspirational breast cancer web series

FINDING YOUR VOICE
Join GRYT Health to learn to advocate for yourself and unveil the power of your voice while empowering yourself to make a difference

CANCER TYPE
DIVING INTO RESOURCES DIRECTED TO YOUR NEEDS

Cervical Blood AYA Breast CLL Male Breast Pancreatic Prostate Sarcoma Advanced Basal Cell and Squamous Cell Relapsed Myeloma Head and Neck Skull Based Tumors Bone Marrow Transplants Neuroendocrine Hairy Cell Leukemia Lynch Syndrome Colorectal Melanoma MPN Lung Endometrial Testicular Liver Preivor

DON'T SEE YOUR SPECIFIC CANCER TYPE? STAY TUNED FOR THE NEXT VOLUME FOR MORE!
"Through my experience as a Mentor Angel, I have been able to learn much about myself and others, but most importantly it has been an experience that has helped with my own journey through my grief.

"Being able to share my experience and be a part of another individual's experience is invaluable.

"There is nothing quite like sharing with one who has gone through exactly what one has experienced.

"We have experienced the same life-changing event and having someone who knows exactly how you feel is more important than ever.

"She has been just as good for me as I for her.

"My Mentee has truly enriched my life and I have been blessed beyond measure through the experience.

"I didn't have a lot of support when I was going through treatment, so it feels very humbling to give back.

"Being an Mentor Angel has been one of most important and rewarding things I have done in my life.

"My Mentor Angel saved me from my darkest moment and taught me how to keep living. I hope by sharing my experiences, I can do the same for someone else.

"My Mentor Angel from my darkest moment and taught me how to keep living. I hope by sharing my experiences, I can do the same for someone else.

"I'm no longer her mentor - we're friends.

"Thank you Mentor Angels!

CLICK HERE to learn more about becoming a Mentor Angel

IMERMAN ANGELS