

# IMERMAN ANGELS

Your One-on-One Cancer Support Community



## 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.

## 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>

## Exclusive journaling event

**DATE: WEDNESDAY, FEBRUARY 10**

**LEARN MORE**

**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

IMERMAN ANGELS

Wellness House  
for LIVING with CANCER  
You'll feel better inside.

## Mindful Journaling

WEDNESDAY | 02.10.2021 | 6:00 PM CT  
WITH TASHA CHASSON, MSW, LSW



# 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 Español](#)
- [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!





# 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

[LEARN MORE](#)

## SELF-CARE FOR CAREGIVERS

Explore this Chicago Caregiving's resources for learning to carve time for yourself while looking out for others

[EXPLORE](#)

## EPIC EXPERIENCE VIRTUAL CAMPS

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

[CHECK IT OUT](#)

## 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

[FIND IT NOW](#)

## BREATHE TV

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

[LEARN MORE](#)

## PERKATORY: BREWING TOUGH CONVERSATIONS

Join Elephants and Tea for a new AYA digital meetup that amplifies stories to help each other face cancer

[LEARN MORE](#)

# CANCER TYPE

DIVE INTO RESOURCES DIRECTED TO YOUR NEEDS

<a href="#">Cervical</a>	<a href="#">Advanced Basal Cell and Squamous Cell</a>	<a href="#">Colorectal</a>
<a href="#">Blood</a>	<a href="#">Relapsed Myeloma</a>	<a href="#">Melanoma</a>
<a href="#">AYA Breast</a>	<a href="#">Head and Neck</a>	<a href="#">MPN</a>
<a href="#">CLL</a>	<a href="#">Skull Based Tumors</a>	<a href="#">Lung</a>
<a href="#">Male Breast</a>	<a href="#">Bone Marrow Transplants</a>	<a href="#">Endometrial</a>
<a href="#">Pancreatic</a>	<a href="#">Neuroendocrine</a>	<a href="#">Testicular</a>
<a href="#">Prostate</a>	<a href="#">Hairy Cell Leukemia</a>	<a href="#">Liver</a>
<a href="#">Sarcoma</a>	<a href="#">Lynch Syndrome</a>	<a href="#">Previvor</a>

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

# Thank you Mentor Angels!

NATIONAL MENTORING MONTH



"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.**"

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

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

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



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

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



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

"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."

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

[CLICK HERE](#)  
to learn more about becoming  
a Mentor Angel

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



MENTOR ANGELS

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