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# San Diego County Breast Cancer Resource Guide

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Cancer Navigator

HelpLine:

866.324.2628 (toll free in San Diego County)
or 619.294.3333

Web Portal:

www.CancerNavigator.org

This Guide contains a sampling of the hundreds of breast cancer resources available. Please visit www.CancerNavigator.org for a complete list or call Cancer Navigator's toll free HelpLine at 866.324.2628 for personalized service in locating resources.



Resource Guide Funded by Susan G. Komen for the Cure, San Diego Affiliate

General Information

The Mission of San Diego Cancer Navigator

San Diego Cancer Navigator serves as an instrument of hope for San Diego cancer patients and families by improving access to cancer care resources and information through an integrated HelpLine and Web portal.

Cancer Navigator HelpLine

866-324-2628 (toll free in San Diego County)

619-294-3333 (outside San Diego County)

- Free support in English and Spanish,
- Provides personalized service and case management,
- Assists with locating cancer resources,
- Matches client to *local* services, healthcare professionals, financial assistance, and more,
- Follow-up to ensure access to care was achieved and advocate for the patient when necessary,
- Clients include patients, caregivers, family, healthcare and support professionals, and businesses.

Cancer Navigator Website Portal

www.CancerNavigator.org

- English and Spanish website portals,
- Over 1,200 links to cancer resources,
- 18 categories of resources – healthcare services, clinical trials, financial assistance, medical equipment, medicines, advocacy-legal support, support groups, transportation, wigs/prostheses, prevention/early detection, learn about cancer and more,
- Special Events Calendar,
- Ongoing Community Calendar for support groups, meetings, etc.

How to Use this Guide

The San Diego County Breast Cancer Resource Guide is a comprehensive guide to help you find important information about breast cancer resources: financial assistance, support programs, screening, educational information, lymphedema resources, prostheses, wigs and head coverings, and transportation. Many more resources can be found at www.CancerNavigator.org. Or call the Cancer Navigator HelpLine to receive personalized assistance.

Project Funding

Funding for the San Diego County Breast Cancer Resource Guide is provided through the generous support of Susan G. Komen for the Cure, San Diego Affiliate, www.sdkomen.org

Help Us Stay Up To Date

While every effort has been made to make this guide complete and correct as possible, errors may have occurred or programs may have changed. Information listed was true and correct as of the date of printing based on the information available. Please send additions or changes to info@cancernavigator.org or fax information to 619-295-7777.

Cancer Navigator is a 501c3 nonprofit organization. We are funded by grants, donations, and sponsorships. All donations are tax deductible. For information on sponsorship opportunities please contact Executive Director, Joe Raffa at 619-326-1710 or jraffa@cancernavigator.org

This Guide contains a sampling of the hundreds of breast cancer resources available. Please visit www.CancerNavigator.org for additional resources or call Cancer Navigator's toll free HelpLine at 866.324.2628 for personalized service in locating resources.

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Breast Cancer Patient Navigator Programs

Every effort has been made for accuracy. Please call specific organization for information because programs change regularly. For additional resources or further assistance, please call the Cancer Navigator HelpLine at 866-324-2628 or visit www.CancerNavigator.org.

Family Health Centers of San Diego: Patient Navigator Program

1809 National Ave.
San Diego, CA 92113
619-515-2300
www.fhcsd.org

The Bicultural Patient Navigator Program, located at Logan Heights Family Health Center, promotes women's screening, diagnostics, treatment, and follow-up adherence by increasing a patient's knowledge and access to healthcare, addressing barriers, and increasing coping skills and sense of empowerment. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Guam Communications Network: Guahu I Suruhana (I am my healer)

2667 Camino del Rio South, Suite 107B
San Diego, CA 92108
619-294-4826
www.guamcomnet.org

A Patient Navigator program is now a part of the Chamorro Breast Cancer Program — providing a continuum of care for Chamorro breast cancer patients and survivors. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Kaiser Permanente - Vandever Medical Offices

4405 Vandever
San Diego, CA 92120
619.516.7185
www.kaiserpermanente.org

Breast Cancer Coordinated Services: available to Kaiser patients only. Information, education, support and resources for persons in need of breast-care services.

San Diego Cancer Navigator

8885 Rio San Diego Dr., Ste. 109
San Diego, CA 92108
866.324.2628 (toll free in San Diego County)
619.294.3333
www.cancernavigator.org

Cancer Navigator provides free bi-lingual support in locating cancer resources: financial, transportation, support groups, clinical trials, educational information and much more. Case management, support with applications and doctor visits, outreach, and trainings may also be provided.

San Ysidro Health Center: Komen Patient Navigation and Survivor Support Program

4004 Beyer Blvd.
San Ysidro, CA
619-205-6347
www.syhc.org

The Komen Patient Navigation and Survivor Support Program offers comprehensive support for low-income, uninsured Latinas who are diagnosed with, and recovering from, breast cancer. The program provides a Patient Navigator to answer questions, provide appropriate referrals, provide information about clinical trials to

diagnosed patients, and to help patients navigate through the confusing medical and social services system. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Scripps Health

www.scripps.org

Scripps Health has Cancer Care Liaisons who are registered nurses to help guide newly diagnosed breast cancer patients. Scripps Green: 858-554-8384; Scripps Memorial-La Jolla: 858-626-7389; Scripps Mercy: 619-260-7189; Scripps Encinitas: 760-633-7551.

Scripps Health/Scripps Cancer Center: Scripps Breast Cancer Detection Program

858-554-5560

www.scripps.org/services/cancer-care

Provides women under 40 with free mammograms and diagnostic services at 24 community clinics. Funded by Komen for the Cure, San Diego Affililiate.

Scripps Polster Breast Care Center

9850 Genesee Ave., Ste. 170

La Jolla, CA 92037

858.626.5200

www.scripps.org

The Scripps Polster Breast Care Center offers comprehensive, coordinated care through a wide range of services and programs.

Sharp Grossmont Hospital: Breast Health Patient Navigator

David and Donna Long Center for Cancer Treatment

5555 Grossmont Center Dr.

La Mesa, CA 91942

619.740.4731

www.sharp.com/grossmont/

Breast Health Navigator Program provides personalized information and guidance for breast cancer patients and their families. Services include connecting patients to resources and support, guiding them through the healthcare systems, and more.

Sharp Chula Vista Medical Center

751 Medical Center Ct.

Chula Vista, CA 91911

619-502-5364

www.sharp.com

Patient navigators guide breast cancer patients through the health care system and connect them to services including nutrition services, physical therapy and support groups.

Educational and Outreach Programs

Every effort has been made for accuracy. Please call specific organization for information because programs change regularly. For additional resources or further assistance, please call the Cancer Navigator HelpLine at 866-324-2628 or visit www.CancerNavigator.org.

Alliance for African Assistance

5952 El Cajon Blvd.

San Diego, CA 92115

619.286.9052

www.alliance-for-africa.org

The Alliance for African Assistance provides breast health/cancer education and outreach primarily to African, Middle Eastern and Eastern European women, general public, minority, low-income, underinsured and Asian Pacific Islanders are also served.

Breast Cancer Network of Strength

212 W. Van Buren, Ste. 1000

Chicago, IL 60607

800.221.2142 or 800.986.9505 (Espanol)

Breast Cancer Network of Strength is a resource for breast cancer and breast health information. A 24-hour hotline is available staffed by trained counselors who are breast cancer survivors, support is provided to anyone touch by or concerned about breast cancer. Interpreters are available in over 100 languages.

Breast Cancer Network of Strength: A Day for You

858-625-4667

www.networkofstrength.org

A free and confidential program to promote breast health awareness and facilitate access to breast screening services in the medically-underserved populations in communities throughout San Diego County. This program provides culturally-specific and appropriate breast health and breast cancer information and education to Latina women. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Family Health Centers of San Diego: Lesbian Gay Bisexual Transgender Breast Health Program

619-515-2300

www.fhcsd.org

The Lesbian Gay Bisexual Transgender Breast Health program promotes culturally competent breast health education, screening and treatment. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Guam Communications Network

2667 Camino del Rio South, Suite 107B

San Diego, CA 92108

619.294.4826

www.guamcomnet.org

Guam Communications Network is a culturally tailored community education program to increase screening rates among Chamorro women in San Diego and increase awareness and participation in clinical trials.

Health & Human Services Agency (HHSA)

1700 Pacific Highway

San Diego, CA 92108

619.294.4826

www.sdcounty.ca.gov/hhsa/ProgramDetails.asp?ProgramID=4

HHSA provide breast health/cancer education and outreach. Bilingual staff and breast self-exam materials are available in Spanish/English.

Herceptin.com

Genentech Corporate Headquarters

1 DNA Way Mail Stop 210

South San Francisco, CA 94080-4990

800.821.8590

www.herceptin.com

Herceptin (Trastuzumab) is the only FDA-approved therapeutic for HER2 protein over-expressing metastatic breast cancer. Herceptin is a therapy for women with metastatic breast cancer whose tumors have too much HER2 protein.

Indian Health Council: Benefit of Women

760-749-1410

www.indianhealth.com

This program works with nine San Diego County Native American reservations and associated areas to increase awareness of low cost/free mammogram screening services, and distribute appropriate breast health and breast cancer education materials. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

International Mutual Assistance Association

4102 El Cajon Blvd.

San Diego, CA 92105

619.584.4018

International Mutual Assistance Association (IMAA) provides breast health education to low-income Vietnamese, Laotian, Cambodian and Hmong women. IMAA staff is bilingual and materials in Southeast Asian languages are acquired from Susan G. Komen for the Cure, San Diego Affiliate.

Jewish Family Service of San Diego: A Jewish Response to Breast Cancer

877-537-1818

www.jfssd.org

This program provides outreach combined with screening navigation and access to culturally-based psychosocial services for women of Ashkenazi Jewish descent. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Living Beyond Breast Cancer

10 East Athens Ave., Ste. 204

Ardmore, PA 19003

888.753.5222

www.lbbc.org

This web site contains recent information regarding breast cancer as well as information for newly diagnosed and advanced breast cancer patients.

Moore's UCSD Cancer Center

3855 Health Sciences Dr.

La Jolla, CA 92093-0658

800.926.8273

www.cancer.ucsd.edu

Located at Moore's Cancer Center, the Patient and Family Resource Center offers a comfortable, caring atmosphere where anyone in the community may access information about cancer, cancer treatments, coping and resources. Trained volunteers are available to assist you in finding the information and resources you need.

National Breast Cancer Foundation

16633 North Dallas Parkway, Ste 600

Addison, TX 75001

www.nationalbreastcancer.org

This link provides the following information: early detection, research, reading list, news updates, press releases, cancer myths, signs and symptoms, informative links, and website also in Spanish.

Planned Parenthood of San Diego and Riverside Counties

1075 Camino Del Rio South, #200

San Diego, CA 92108

619.881.4503

www.planned.org

Planned Parenthood serves the general public, uninsured/under-insured women in San Diego County. Staff and providers are bilingual, as are educational materials.

Por La Vida-UCSD Family and Preventative Medicine Associates

9500 Gilman Dr. Mail Code: 0622

La Jolla, CA 92093

858.534.3415

Por La Vida serves minority, low-income, uninsured/under-insured Hispanic/Latino older and younger women in San Diego County. Staff is bilingual and materials are Spanish-English.

Regents of the University of California: UCSD

Reaching the Pan-Asian Community with Breast Cancer Screening and Clinical Trials Education

858-534-7611

This program trains bilingual, bicultural Asian UCSD students to provide one-on-one education to Asian women about breast cancer screening and their participation in breast cancer research studies. This program provides an education program reaching out to the community at Asian grocery stores; will add new sites in Adult English-as-a-Second language classes and other social venues. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

San Diego Black Health Associates Expansion of Faith Based Approach to Breast Cancer

5275 Market St., Ste. C

San Diego, CA 92114

619.906.4002

www.sdbha.org

San Diego Black Health Associates provide education and outreach services to African-American women at churches in southeastern San Diego. This program is in collaboration with the San Diego Black Nurses Association.

San Diego Black Nurses Association: Faith Based Approach to Breast Cancer Awareness Program

5625 Imperial Ave # 300

San Diego, CA 92114

619.262.9133

www.sdblacknurses.org

San Diego Black Nurses Association provides education and outreach through its Faith Based Approach to Breast Cancer Awareness program. Services are provided to general public, low-income, African American, Hispanic/Latino and other racial and ethnic groups in Central San Diego. Association has bilingual staff and materials.

Scripps Cancer Center

9888 Genesee Ave.

La Jolla, CA 92037

800.SCRIPPS or 858.554.6202

www.scripps.org

Scripps Cancer Center provides information and presentations on the control of breast, prostate, skin and colorectal cancers. Please call for more information.

Scripps Mercy Hospital Chula Vista: Scripps Mercy Breast Health Outreach and Education Program

435 H Street

Chula Vista, CA 91910

619-691-7000

www.scripps.org

Provides culturally sensitive breast health education, including outreach and case management, to underserved Latina populations in the South Bay area of San Diego.

Susan G. Komen for the Cure, San Diego Affiliate

858-573-2750

www.sdkomen.org

Susan G. Komen for the Cure strives to eradicate breast cancer through its support of research and community-based outreach programs. Breast cancer information and educational materials are available on their website.

Vista Community Clinic: VCC Breast Health Outreach and Education Program

1000 Vale Terrace

Vista, CA 92084

760-631-5000

www.vistacommunityclinic.org

This program reaches underserved populations with life-saving health education and clinic referrals, including African American, Hispanic, and Asian/Pacific Islander women. The program provides outreach and services to lesbian, bi-sexual, gay, and transgender women. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Financial or Insurance Resources and Information

Every effort has been made for accuracy. Please call specific organization for information because programs change regularly. For additional resources or further assistance, please call the Cancer Navigator HelpLine at 866-324-2628 or visit www.CancerNavigator.org.

American Breast Cancer Foundation

1220 B East Joppa Rd., Ste. 332

Baltimore, MD 21286

877.Key2Life (877.539.2543)

www.abcf.org

The American Breast Cancer Foundation provides financial assistance to uninsured and underinsured women and men of all ages for breast cancer testing. This includes annual screenings for women over 40, as well as support services for breast cancer patients. Financial assistance grants are available to eligible women and men to assist with the following diagnostic tests and services: clinical breast exams, screening and diagnostic mammograms, ultrasounds, surgical consultations, and emergency biopsies.

AVONCares Program for Medically Underserved Women

800.813.4673

www.cancercare.org

CancerCare operates the AVONCares Program for Medically Underserved Women, in partnership with the Avon Foundation. This program provides financial assistance to low-income, under- and uninsured, underserved women throughout the country who need supportive services (transportation, child care, and home care) related to the treatment of breast and cervical cancers. Please call or visit website for more information.

Breast Cancer Solutions: Metastatic Breast Cancer Fund

866-960-9222

www.bcsurvivors.org

Provides financial assistance to individuals in San Diego County who experience financial distress due to breast cancer treatment. This may include payment for rent/mortgage, utilities and other life-supporting expenses for breast cancer patients with a metastatic diagnosis. Please call for guidelines. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Breast Cancer Solutions: Temporary Financial Aid Program

866.960.9222

www.breastcancersolutions.org

Breast Cancer Survivors provides financial assistance to breast cancer patients who are unable to meet their essential living expenses while going through treatment. Currently serving Orange and San Diego Counties. Required: Applicant must have worked prior to be diagnosed. Please call for guidelines. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Breast & Cervical Cancer Treatment Program (BCCTP)

800.824.0088

California's Breast and Cervical Cancer Treatment Program (BCCTP) provides breast and/or cervical cancer treatment coverage to individuals who are screened and found to need treatment. Please call for eligibility and enrollment.

Cancer Angels of San Diego

P.O. Box 230286

Encinitas, CA 92023-0286

760.942.6346

www.cancerangelsofsandiego.org

Cancer Angels of San Diego provides financial assistance to Stage IV cancer patients (all types of cancer) living in San Diego County. Payments are made directly to the provider of the services needed by the client.

CancerCare

275 Seventh Ave.

New York, NY 10001

800.813.HOPE (4673)

www.cancercare.org

CancerCare provides information, and resources, and one-time financial grants plus other financial resources to cancer patients.

Cancer Detection Programs: Every Woman Counts (CDP)

550 Washington St., Ste. 530

San Diego, CA 92103

800.511.2300

www.cdph.ca.gov/programs/cancerdetection

CDP provides free breast cancer screening services to low-income, uninsured or under-insured women age 40 or older who reside in California.

Consumer Center for Health Education and Advocacy

1475 Sixth Ave., 4th Floor

San Diego, CA 92101

877.734.3258

www.healthconsumer.org

Provides information and referrals for Medi-Cal, insurance and benefits-related issues, as well as providing legal assistance for Medi-Cal issues.

County Medical Services (CMS)

San Diego, CA

858.492.4444

www2.sdcounty.ca.gov/hhsa/documents/PhysicianHandbook.pdf

Provides medical assistance to eligible adults for urgent or serious health problems. Please contact them for eligibility requirements.

Health Well Foundation

P.O. Box 4133
Gaithersburg, MD 20878
800.675.8416

www.healthwellfoundation.org

Foundation provides financial assistance to eligible patients to cover certain out-of-pocket health care costs, including: prescription drug coinsurance, co-payments, and deductibles, health insurance premiums, and other selected out-of-pocket health care costs.

In-Home Supportive Services (IHSS)

780 Bay Blvd., Suite 200
Chula Vista, CA 91910
866.351.7722

www.canhr.org/factsheets/misc_fs/html/fs_ihss.htm

In-Home Supportive Services (IHSS) program is covered through Medi-Cal and available to Medi-Cal recipients and provides in-home services such as, transportation, housekeeping, and more to low income residents. Please call for eligibility requirements and further information.

Kommah Seray Inflammatory Breast Cancer Foundation (KSIBCF)

P.O. Box 1098
Pomona, CA 91769
909.247.0051

www.ksinflammatorybreastcancer.org

KSIBCF is to raise awareness of Inflammatory Breast Cancer, especially in minority communities. The foundation will meet the immediate needs of cancer patients by providing assistance and support for patients battling with or recovering from IBC and other forms of cancer.

Lorraine Jackson Foundation

10100 Santa Monica Blvd., Ste. 2460
Los Angeles, CA 90067
310.753.6556

www.pearlsofhope.com

The Foundation's primary mission is to provide scholarships for secondary education for children who have lost a parent to breast cancer. Please contact them for more information.

Medi-Cal

San Diego, CA
866.262.9881/858.514.6885

www.dhcs.ca.gov/services/medi-cal

Medi-Cal is California's Medicaid health care program. This program pays for a variety of medical services for children and adults with limited income and resources. Please call for eligibility requirements.

Michelle's Place: Women's Breast Cancer Resource Center

41785 Elm St., Ste. 305
Murrieta, CA 92562
866.304.1280 or 951.304.1280

www.michellesplace.org

Pink Ribbon Assistance provides temporary financial support to women undergoing breast cancer treatment whose income and/or expenses have also been impacted by treatment. (Riverside and San Bernadino Counties only)

Moonlight Cancer Foundation

P.O. Box 231454
Encinitas, CA 92023
760-635-7820

www.moonlightcancerfoundation.org/contact.html

The Moonlight Cancer Foundation provides financial assistance to local families experiencing financial challenges as their result of living with cancer.

Major Risk Medical Insurance Program (MRMIP)

P.O. Box 2769
Sacramento, CA 95812
800-289-6574

www.mrmib.ca.gov/MRMIB/MRMIP.shtml

MRMIP provides health insurance for Californians unable to obtain coverage in the individual health insurance market because of their pre-existing conditions. Californians qualifying for the program participate in the cost of their coverage by paying premiums with some supplemental support from the State of California. Please call for eligibility, wait list status, and available funds.

National Association for the Terminally Ill (NATI)

866.688.1724
www.terminallyill.org

NATI provides financial assistance to the children and families of those suffering from cancer whose life expectancy is 2 years or less. Needs are evaluated on a case-by-case basis.

Partnership for Prescription Assistance (PPA)

888.477.2669
www.rxhelpforca.org

PPA provides assistance with medications based on type of cancer, type of medication, and eligibility.

Patient Access Network Foundation

P.O. Box 221858
Charlotte, NC 28222
866-316-7236

www.patientaccessnetwork.org

Patient Access Network Foundation helps patients diagnosed with breast cancer with co pays, deductibles and more.

Patient Advocate Foundation (PAF)

700 Thimble Shoals Blvd., Suite 201
Newport News, VA 23606
866.512.3861

www.patientadvocate.org

The Patient Advocate Foundation (PAF) provides education, legal counseling, and referrals to cancer patients and survivors concerning managed care, insurance, financial issues, job discrimination, and debt crisis matters. The Patient Assistance Program may assist with Co-Pay Relief to patients diagnosed with specific cancers. Please call for more information.

Sharp Grossmont Hospital: "Vital Spirit" Fund

PO Box 158
La Mesa, CA 91944
619.740.4731

www.sharp.com/grossmont

Vital Spirit provides emergency financial assistance for costs not covered by insurance plans such as MRI, ultrasound, radiation therapy, ambulatory services, medications (related to breast cancer that are not available through pharmaceutical assistant programs), co-pays, nutritional supplements and supplies (wigs, breast prosthesis, compression garments.) Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Social Security Administration (SSA)

6401 Security Blvd., Rm. 4-C-5 Annex
Baltimore, MD 21235
800.772.1213

www.social-security-disability.tv/disability_determination.shtml

Cancer patients may be eligible for Disability. Information on eligibility, coverage, and how to file a claim is available from the Social Security Administration.

Supplemental Security Income (SSI)

800.772.1213

www.socialsecurity.gov/ssi/index.htm

Cancer patients may be eligible for SSI. SSI supplements Social Security payments for individuals who have certain income and resource levels. Information on eligibility, coverage, and how to file a claim is available from the Social Security Administration.

Lymphedema Resources

Every effort has been made for accuracy. Please call specific organization for information because programs change regularly. For additional resources or further assistance, please call the Cancer Navigator HelpLine at 866-324-2628 or visit www.CancerNavigator.org.

National Lymphedema Network (NLN)

Latham Square, 1611 Telegraph Ave., Ste. 1111
Oakland, CA 94612
800.541.3259

www.lymphnet.org

National Lymphedema Network provides education and guidance to lymphedema patients, health care professionals and the general public by disseminating information on the prevention and management of primary and secondary lymphedema.

New Day's Dawn

10159 Mission Gorge Rd., #A/B
Santee, CA 92071
619.596.4042

www.newdaysdawn.com

New Day's Dawn provides educational classes and occupational therapy related to lymphedema. Class will address Post-Operative Prevention Guidelines for Lymphedema. The class is directed toward cancer survivors and caregivers. This class is free of charge. Please call for schedule. Lymphedema garments are also available. Please call for information on insurances accepted.

Scripps Polster Breast Care Center

9850 Genesee Ave., Ste. 170

La Jolla, CA 92037

858.626.5213

www.scripps.org

Lymphedema Support Group: support group for women with lymphedema meets monthly on the 3rd Tuesday from 7-8:30 pm; for patients only.

Sharp Memorial Outpatient Pavilion

3075 Health Center Dr.

San Diego, CA 92123

858.939.5005

www.sharp.com

Nutrition, Lymphedema, and Exercise: Presented by a licensed nutritionist, lymphedema specialist, and exercise therapist. Please call for schedule. Registration is required. Group is free of charge.

Sharp Memorial Outpatient Pavilion

3075 Health Center Dr.

San Diego, CA 92123

858.939.3938

www.sharp.com

Lymphedema education and counseling. Please call for an appointment.

Sharp Metropolitan Medical Campus: Lymphedema Education Program

858-939-5004

www.sharp.com

Educates post-surgical patients on lymphedema, possible prevention, management, exercise and nutrition. Appropriate materials and diagnostic-specific resources are provided to each participant. This program will also provide sleeves at no cost to lymphedema patients who are on Medicare or MediCal. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Prostheses and Post-Surgical Apparel

Every effort has been made for accuracy. Please call specific organization for information because programs change regularly. For additional resources or further assistance, please call the Cancer Navigator HelpLine at 866-324-2628 or visit www.CancerNavigator.org.

A Greater Hope

2333 Camino del Rio South, Ste. 130

San Diego, CA 92108

619.813.4350

www.agreaterhope.com

A Greater Hope is a certified business offering several services including, breast prostheses, wig sales, wig repair, fitting, styling, haircuts, turbans and skin care. Consultation included. Most health insurance accepted. Call for appointment.

A Women's Wellness Center

261 Church Ave.

Chula Vista, CA 91910

619.425.6927

www.awomenswellnesscenter.org

A Women's Wellness Center offers a health and beauty boutique for women diagnosed with cancer. Available are specialized camisoles to be worn after mastectomy or lumpectomy surgery, bras for prosthesis, breast

prosthesis, lymphadema sleeves, hats, wigs, scarves, botanical skin care and nutritional supplements. Please call to schedule an appointment.

Alvarado Hospital

6699 Alvarado Rd., Ste 2310
San Diego, CA 92120-5298
619. 229.3364

www.alvaradohospital.com

Prostheses and wigs are available at no charge. Please call for availability and appointment.

Breast Cancer Network of Strength

San Diego, CA
800.221.2141

www.networkofstrength.org

Breast Cancer Network of Strength provides wigs and prostheses free of charge for women with limited income.

Brighter Side

439 S. Cedros
Solana Beach, CA 92075
800.210.8550 or 858.481.7565

www.mybrighterside.com

Products and services are designed specifically for women coping with cancer or any cancer treatment. Products include wigs and custom styling, hats, turbans, breast prosthesis (certified professionals on staff), mastectomy bras, swimwear, and accessories. Most major insurances accepted.

Burlingame Health Care Center and San Diego Homecare Supplies

7846 Broadway
Lemon Grove, CA 91945
619.667.3700

www.sdhs-medical.com

Complete line of medical supplies. Prostheses, wigs, lymphedema garments, and more. Delivery available. Insurance and Medi-cal accepted. Please call for more information.

Michelle's Place: Women's Breast Cancer Resource Center

41785 Elm St., Ste. 305
Murrieta, CA 92562
866.304.1280

www.michellesplace.org

Michelle's Place offers free services to women and their families dealing with breast cancer. Services include free wigs and prostheses. Serving the Temecula Valley and Murietta areas.

New Day's Dawn

10159 Mission gorge Rd., Ste. A/B
Santee, CA 92071
619.596.4042

www.newdaysdawn.com

New Day's Dawn is a women's therapy center and boutique, providing products and services specifically for women who are dealing with the side effects of a cancer diagnosis and treatments. Camisoles, bras, swim suits, and more are available. Breast prosthesis seminars are conducted regularly and are free of charge.

Pomerado Medical Center

15615 Pomerado Rd.
Poway, CA 92064
858.613.4044
www.pphs.org

Prostheses, wigs, and accessories are available free of charge. Please call for appointment.

Tri-City Medical Center

4002 Vista Way
Oceanside, CA 92056
760.940.3229 or 760.940.3975
www.tri-citymed.com

Prostheses are available free of charge. Please call for appointment and hours.

Women's Health Boutique-Escondido

1020 West El Norte Pkwy.
Escondido, CA 92026
760.746.5146

Breast prostheses and accessories. Please call regarding coverage, discounts, and appointment.

Screening/Mammograms

Every effort has been made for accuracy. Please call specific organization for information because programs change regularly. For additional resources or further assistance, please call the Cancer Navigator HelpLine at 866-324-2628 or visit www.CancerNavigator.org.

Please contact the Cancer Navigator HelpLine for personalized service in locating a provider that best fits your situation. There are many programs and providers. Below is only a sampling.

Asian Pacific Health Center: Breast Cancer Early Detection for Asian and Pacific Islander Americans

5871 University Ave., Ste. 334
San Diego, CA 92115
619.582.2360
www.aphcenter.org

Mammograms are available at reduced fees for Asian and Pacific Islander Americans without health insurance. They accept Medi-Cal, Medicare, and Community Health Group (CHG) Insurance. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Cancer Detection Programs: Every Woman Counts (CDP)

550 Washington St., Ste. 530
San Diego, CA 92103
800.400.4922
www.cdph.ca.gov/programs/cancerdetection

CDP provides free breast cancer screening services to low-income, uninsured or under-insured women age 40 or older who reside in California.

Council of Community Clinics (CCC)

7535 Metropolitan Dr.
San Diego, CA 92108
619.542.4300
www.ccc-sd.org

There are dozens of clinic locations throughout the County. Please call to find a CCC member clinic in your area or visit their website and enter your zip code. Request a location which provides low cost or free breast cancer screening or mammogram.

Community Clinics Health Network: Breast Cancer Diagnostic Pool

619-542-4342

www.ccc-sd.org

Provides funding to 15 Community Clinics organizations across San Diego County to help meet the breast health needs of women under 40 who have no other source of funding for life-saving mammograms and diagnostics. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Council of Community Clinics: Mammography Pool

PO Box 880969

San Diego, CA 92168

619-542-4342

www.ccc-sd.org/programs/specialty-treatment-pools.aspx

Funded by the National Breast Cancer Foundation to provide funding for mammograms for underserved women.

Indian Health Council

Box 406

Pauma Valley, CA 92061

760.749.1410

Provides mammography (breast screening) at a reduced cost or free. Mammography, Pap and cervical cancer screening for all women without insurance. BCCCP makes free mammography available to anyone qualifying.

Michelle's Place: Women's Breast Cancer Resource Center

41785 Elm St., Ste. 305

Murrieta, CA 92562

866.304.1280 or 951.304.1280

www.michellesplace.org

Michelle's Place provides diagnostic services for breast health care to women without access to medical services not covered by State-funded programs. Please call for more information and eligibility. Serving the Temecula Valley and Murietta areas.

Palomar Pomerado North County Health Development: Komen-North County Breast Care Project

858-675-5457

www.pph.org

Provides access to diagnostic breast imaging services in North Inland San Diego County. Services are provided at no cost to low-income, uninsured, and primarily Hispanic residents. Patients are referred by their healthcare professionals because of identified breast abnormalities. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Scripps Otay Family Health Center

1637 Third Ave.

Chula Vista, CA 91911

619.425.1780

www.scripps.org

Provider schedules a specific period of time, once a week, offering free mammography for women who match the qualifying criteria. Please call for more information.

Sharp Chula Vista Medical Center: Diagnosis and Treatment

751 Medical Center Court
Chula Vista, CA
619-502-5364

www.sharp.com/chula-vista

Provides a comprehensive diagnosis and treatment program for women under 40 and men in a bilingual, bicultural, and culturally-sensitive manner; to assess treatment options including ultrasound and biopsy services for low-income, uninsured patients who have been diagnosed with breast cancer; to coordinate clinical and surgical referrals as required.

Vista Community Clinic: VCC Breast Health Screening Program

1000 Vale Terrace
Vista, CA 92084
760-631-5000

www.vistacommunityclinic.org

Provides services to underserved women 40 and older in North County, emphasizing Latina, African American and Asian/Pacific Islander women. Low-income, underserved, uninsured, minority women of Northern San Diego County who receive a clinical breast exam at VCC may also receive a mammogram. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Support Groups and Programs

Every effort has been made for accuracy. Please call specific organization for information because programs change regularly. For additional resources or further assistance, please call the Cancer Navigator HelpLine at 866-324-2628 or visit www.CancerNavigator.org.

If you are interested in integrative programs such as yoga, meditation, cooking, and more there are many listed on the Cancer Navigator web portal.

American Cancer Society (ACS)

2655 Camino del Rio N., Ste. 100
San Diego, CA 92108
800.227.2345

www.cancer.org

Reach to Recovery: Breast cancer survivors provide emotional support, information and guidance to those diagnosed with breast cancer. Available from home, hospital or over the telephone. Call for more information.

Breast Cancer Network of Strength

Southern California Affiliate
San Diego, CA 92122
877.929.9283

www.networkofstrength.org

Offers Spanish/English breast cancer hotline in San Diego County. Trained bilingual volunteers promote and encourage self-advocacy and personal responsibility regarding breast health.

Breast Cancer Network of Strength

San Diego, CA
800.221.2141 or 800.986.9505 (Espanol)

www.networkofstrength.org

The ShareRing Network is a series of free, monthly one-hour teleconferences featuring breast-cancer-related presentations by medical professionals followed by question-and-answer sessions and discussion groups. Pre-registration is required. To register and to receive dial-in instructions, visit the website or call.

CancerCare

275 Seventh Avenue
New York, NY 10001
800.813.4673

www.cancercare.org

CancerCare provides phone support for all stages of breast cancer with a weekly one-hour phone call to share experiences, concerns, and triumphs. Telephone support group is free and moderated by a professional oncology social worker from CancerCare's staff. Call to register.

Chemo Angels

P.O. Box 1971
Julian, CA 92036
ChemoAngels@prodigy.net

www.chemoangels.com

Chemo Angels is a program dedicated to supporting people with cancer by providing information and resources, and matching patients who are going through chemotherapy with "Angels" to offer encouragement.

Cleaning for a Reason

619-303-8977
Cleaning For a Reason Foundation: 877.337.3348

www.ncacleaning.com/index.php/cleaning-for-a-reason

Cleaning for a Reason provides free house cleaning for women undergoing treatment for cancer. Please call for more information.

David Blackburn Wings of Care Program

477 N. El Camino Real, Ste. D200
Encinitas, CA 92024
858.309.6585

www.premiereoncology.org

You Are Not Alone Breast Cancer Support Group for Women. This is a Women only support group that is free for breast cancer survivors. They meet every other Wednesday from 10am to 11:15am. Please call for more information.

HER2 Support Group

6973 Mimosa Dr.
Carlsbad, CA 92009
760.602.9178

www.her2support.org

Provides an open forum to educate breast cancer patients who over-express the HER2 gene.

Jewish Family Service of San Diego-A Jewish Response to Breast Cancer

8804 Balboa Ave.
San Diego, CA 92123
858.637.3016

www.jfssd.org

The Caring Community-Living with Cancer provides psycho-social Services for Women with Metastatic Breast Cancer (MBC), with particular sensitivity to women under 40.

Kaiser Permanente Medical Center

4647 Zion Ave.

San Diego, CA 92120

619.516.7185 or 619.528.5691

www.kaiserpermanente.org

Breast Cancer Support Group: available to Kaiser members only, men and women. Receive support, education, information and coping skills for breast cancer. Group meets monthly on 2nd and 4th Wednesday from 5:45-7:30pm. Please call for more information and to register.

Kaiser Permanente: The Rose Program

619.516.7535

www.kaiserpermanente.org

Volunteers who have experienced breast cancer are available M-F to speak to newly diagnosed breast cancer patients. They provide resources, options, support and encouragement. Please call for more information. For Kaiser patients only.

Mama's Kitchen: Breast Cancer Outreach Project

1875 Second Ave.

San Diego, CA 92101

619.233.6262 ext. 107

www.mamaskitchen.org

Breast cancer patients and their families will receive three meals a day through the most critical phases of treatment. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Kid's Konnected: Families in Need: Psychosocial Support for Children Co-Survivors

800-899-3989

www.kidskonnected.org

In this free program, kids meet face to face in age specific groups to discuss how a parent's breast cancer is impacting their lives. The group atmosphere is conducive to healing, as children share in one another's strength and in turn realize their own strength. Licensed therapists facilitate the meetings. Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Michelle's Place: Women's Breast Cancer Resource Center

41785 Elm St., Ste. 305

Murrieta, CA 92562

866.304.1280 or 951.304.1280

www.michellesplace.org

Michelle's Place offers a variety of support groups for newly diagnosed, currently going through treatment, and survivors. They also offer meditation and other integrative programs. Please check their web calendar for days and times or call for more information.

Moore's UCSD Cancer Center

3855 Health Sciences Dr.

La Jolla, CA 92093-0658

858.822.6201

www.cancer.ucsd.edu

Breast Cancer support group meets every 4th Wednesday of each month from 2-3:30pm in Room 2007. Please call to RSVP.

Moore's UCSD Cancer Center

3855 Health Sciences Dr.

La Jolla, CA 92093

858.822.5240

www.cancer.ucsd.edu

Young Breast Cancer Patient Education and Psychotherapy Group is for breast cancer patients between the age 18-45. Participate in a research intervention study for young breast cancer patients. If you consent to participate, you will receive a pre-treatment assessment and goal of care plan; an 8-week educational and psychotherapeutic group; a post-treatment assessment and review of care plan; and treatment follow-up. Please contact Danielle Casden, PhD if you are interested in participating.

Naval Medical Center San Diego

34800 Bob Wilson Dr.

San Diego, CA 92134

619.532.5808

www.med.navy.mil

Breast Cancer support group is held every other Wednesday. Support group open to public. Please call for additional information and registration.

Naval Medical Center San Diego

34800 Bob Wilson Dr.

San Diego, CA 92134

619.532.5808

www.med.navy.mil

Breast cancer support group for couples in all stages and all ages. Support groups are open to the public. Please call for additional information and registration.

Oncology Medical Center of North County

910 Sycamore Ave., Ste. 220

Vista, CA 92083

760.598.1700 ext 142

www.sdcancer.com

Breast cancer support group meets on 2nd and 4th Tuesday of month from 2-3:30pm at the Medical Center. Please call for more information.

Palomar Pomerado Health

500 East Valley Pkwy.

Redwood Town Court-2nd Floor Library

Escondido, CA 92029

858.613.6044

www.pphs.org

This free support group is designed specifically for women who have experienced breast cancer. Meets the 2nd and 4th Tuesday of every month, 6:30-8:00pm. Please call to register.

Palomar Pomerado Women's Health Connection

15611 Pomerado Rd

Poway, CA

858.613.6044

www.pphs.org

Rebound: Renewing Healthy Living After Breast Cancer. This is a series of breast cancer classes. All classes are held in the Jean McLaughlin Women's Center for Health and Healing at the Pomerado Outpatient Pavilion. Please contact them for more information.

San Diego Cancer Center

910 Sycamore Ave. Ste. 220

Vista, CA 92081

760.598.1700

www.sdcancer.com

Support group meets monthly on the 1st and 3rd Tuesdays from 2-3:30pm. Please call to register or for additional information. Female patients and guests only.

San Diego Cancer Center

477 N. El Camino Real, Ste. C204

Encinitas, CA 92024

760.598.1700

www.sdcancer.com

Patient and friend group for women only. Meets 2nd and 4th Tuesday of the month from 5:30-7:00pm. Please call to register.

San Diego Food Bank

9850 Distribution Ave.

San Diego, CA 92121

858.527.1419

www.sandiegofoodbank.org

The San Diego Food Bank provides food to people in need, advocating for the hungry and educating the public about hunger-related issues. Please call for food distribution locations and times.

San Diego Food Stamps

1600 Pacific Highway

San Diego, CA 92101

866-262-9881

www.myfoodstamps.org/sandiego.html

The federal Food Stamps program provides funds for individuals and families to purchase food. Please call for eligibility requirements.

Scripps Cancer Center

Scripps City Heights Wellness Center

4440 Wightman St., Ste. 200

San Diego, CA 92105

619.407.7639

www.scripps.org

For African American women with breast cancer. Meets the 3rd Monday of the month, 10-11:30am.

Scripps Memorial Hospital - Encinitas

354 Santa Fe Dr.

Medical Office Building 332

Encinitas, CA 92024

760.633.7551

www.scripps.org

This support group is for women breast cancer patients only. They meet every 1st and 3rd Wednesday of each month, from 7-8:30pm on the Encinitas campus.

Scripps Polster Breast Care Center

9850 Genesee Ave., Ste. 170

La Jolla, CA 92037

858.626.5213

www.scripps.org

Young Women's Breast Cancer: Support group for pre-menopausal women (40's and younger) diagnosed with breast or ovarian cancer. Two groups meet monthly: 1st Tuesday from 11:30am-12:30pm or 3rd Tuesday from 6:30-8:30pm. Both are held at Scripps Polster Breast Care Center. Please call for more information.

Scripps Polster Breast Care Center

9850 Genesee Ave., Ste. 170

La Jolla, CA 92037

858.626.5213

www.scripps.org

Breast Buddy support may match the patient with an appropriate support person. Please call for more information.

Scripps Polster Breast Care Center

9850 Genesee, Ste. 170

La Jolla, CA 92037

858.626.5213

www.scripps.org

Identifying and Managing Breast and Ovarian Cancer: This group meets the 1st and 3rd Friday of every month at 10:30am – 12:00. Various topics are discussed at each meeting. Please call for more information.

Sharp Chula Vista Medical Center

751 Medical Center Ct.

Chula Vista, CA 91911

619.482.3494

www.sharp.com

Support group shares their experiences, learn coping techniques and find emotional support through others. Meets every Thursday from 10-11:00 am. Please call for location and to register.

Sharp Grossmont Hospital

5555 Grossmont Center Dr.

La Mesa, CA 91942

619.740.4500

www.sharp.com

A friendly informal support group for women with breast cancer. Meets 2nd and 4th Thursday of each month, 5:30-7pm in the David and Donna Long Center for Cancer Treatment, Administrative Conference Room. Please call to register.

Sharp Memorial Outpatient Pavilion

3075 Health Center Dr.

San Diego, CA 92123

858.939.5015

www.sharp.com

BEGINNING - A support group for newly diagnosed breast cancer patients and JOURNEY: A support group for breast cancer patients already in treatment and beyond. Please call for more information and to register.

Sharp Memorial Outpatient Pavilion

3075 Health Center Dr.

San Diego, CA 92123

858.939.5005

www.sharp.com

Breast Cancer Education: For newly diagnosed breast cancer patients. Presentations by surgeon, plastic surgeon, oncologist, pathologist. Open forum for questions. Meets at 12-3pm at 1st Floor Conference Room. Please call for dates. Registration is required. Group is free of charge.

SK Sanctuary

6919 La Jolla Blvd.
La Jolla, CA 92037
858.454.3161

www.sk-sanctuary.com

SK Sanctuary offers complimentary spa services for breast cancer patients and survivors. Guest speakers may also be on the calendar. SK Sanctuary will be closed to the public to ensure the privacy of the guests. Please call for days, times, and to reserve your appointment.

Tri-City Medical Center

4002 Vista Way
Oceanside, CA 92056
760.940.3975 or 760.926.0150

www.tri-citymed.org

Breast cancer support group for patients only meets monthly on the 2nd and 4th Wednesday 10:30am-12:00pm. Please call for more information.

Women's Health Boutique

1020 West El Norte Pkwy
Escondido, CA 92026
760.746.5146

Breast cancer support group meets every second Wednesday of each month from 6:00-8:00pm. Please call to make a reservation.

Young Survival Coalition (YSC)

9850 Genesse Ave., Ste. 170
La Jolla, CA 92037
617.669.9170

yscsandiego@youngsurvival.org

Empowering and supporting young breast cancer survivors (under 40) and educating young women about breast health. Open to women throughout San Diego County. Meets every 1st and 3rd Tuesday of the month from 6:00 - 8:30 p.m. at Scripps Polster Breast Care Center on the Scripps Memorial Hospital campus in La Jolla.

Transportation

Every effort has been made for accuracy. Please call specific organization for information because programs change regularly. For additional resources or further assistance, please call the Cancer Navigator HelpLine at 866-324-2628 or visit www.CancerNavigator.org.

211 of San Diego County

2-1-1 or 858.300.1211

www.informsandiego.org/Client/InformSanDiego

Provides a clearinghouse of local transportation resources.

American Cancer Society (ACS)

800.227.2345

www.cancer.org

Offers transportation for ambulatory patients to and from medical appointments. Wheelchairs cannot be transported. Patients must have doctor's permission to use program. Call 7 to 10 days in advance to reserve transportation. ACS also has a reimbursement program to cover costs for gas and public transportation (up to \$250/year)

Angels at Work

31805 Hwy. 79 South, Ste. 166
Temecula, CA 92592
951.775.3202

www.angelsatwork.org

Angels at Work provides basic services to individuals battling cancer in the Temecula Valley. Services offered include transportation to medical treatments, house cleaning, yard maintenance, granting small wishes and more.

Scripps Mercy Hospital

407 Fifth Ave.
San Diego, CA 92103
619.407.4680

www.scripps.org

No charge to patients with a 7 mile radius of the hospital. Please make appointment 24 hours in advance. Doctor or nurse must make the appointment. Lift equipped. 8am-5pm, Mon.-Fri. 10am-2pm Sat.

Rides and Smiles

858.674.1124

Provides transportation to seniors 60 years and over in Poway, Rancho Bernardo, Rancho Penasquitos, and Diamond Gateway. Must be ambulatory. Appointments need to be made 1 week in advance. Cost is a donation based on income. Please call for enrollment.

Sharp Chula Vista Medical Center

751 Medical Center Ct.
Chula Vista, CA 91911
619.644.4228

www.sharp.com

Free door-to-door transportation for individuals going to and from treatment at Sharp hospital. Call 2 weeks in advance M-F 8-4pm to assure transportation.

Sharp Grossmont Hospital

5555 Grossmont Center Dr.
La Mesa, CA 91942
619.644.4288

www.sharp.com

Free transportation to Sharp Hospitals. Serves surrounding area of hospital site. Call two weeks in advance M-F 7-4pm to assure transportation.

Stride

619.699.7336

www.stridesd.org

Stride helps you find specialized transportation throughout the county.

Tri-City Medical Center

4002 Vista Way
Oceanside, CA 92056

760.940.7433

www.tri-citymed.org

No charge to patients within a 7 mile radius of the medical center. Please make appointment 24 hours in advance. 7:30am-3:30pm. Lift equipped.

Vista Community Clinic: VCC Breast Health Support Services

1000 Vale Terrace

Vista, CA 92084

760-631-5000

www.vistacommunityclinic.org

This program provides transportation to increase breast health services. Please call for more information.

Funded by Susan G. Komen for the Cure, San Diego Affiliate.

Wigs and Head Coverings

Every effort has been made for accuracy. Please call specific organization for information because programs change regularly. For additional resources or further assistance, please call the Cancer Navigator HelpLine at 866-324-2628 or visit www.CancerNavigator.org.

A Greater Hope

2333 Camino del Rio South, Ste. 130

San Diego, CA 92108

619.813.4350

www.agreaterhope.com

A Greater Hope is a certified business offering several services including, breast prostheses, wig sales, wig repair, fitting, styling, haircuts, turbans and skin care. All services done in a private room. Consultation included. Most health insurance accepted. Call for appointment. Business hours are Tuesday-Friday 10-5pm, Saturday 10-3pm.

Alvarado Hospital Medical Center

6699 Alvarado Rd., Ste. 2310

San Diego, CA 92120

619.229.3364

www.alvaradohospital.com

Free wigs, turbans and accessories available. Spanish-speaking help is available on Wednesdays. Please call for an appointment.

Breast Cancer Network of Strength

San Diego, CA

858-625-4667

www.networkofstrength.org

Breast Cancer Network of Strength provides wigs and prostheses free of charge for women with limited resources.

Brighter Side

439 S. Cedros

Solana Beach, CA 92075

800.210.8550 or 858.481.7565

www.mybrighterside.com

Products and services are designed specifically for women coping with cancer or any cancer treatment. Products include wigs and custom styling, hats, turbans. Offer makeup and skin care products for sun sensitive or treatment damaged skin. Most major insurances accepted. Open M-F 10-5pm, Sat 10-5pm or by appointment.

Discovery Shop

3651 Midway Dr., Ste. B
San Diego, CA 92110
619.224.4336

www.cancer.org

Wigs and turbans are free through the American Cancer Society. Please call for appointments on Tuesdays.

Michelle's Place: Women's Breast Cancer Resource Center

41785 Elm St., Ste. 305
Murrieta, CA 92562
866.304.1280

www.michellesplace.org

Michelle's Place offers free services to women and their families dealing with breast cancer. Services include free wigs and prostheses. Serving the Temecula Valley and Murietta areas.

New Day's Dawn

10159 Mission gorge Rd., Ste. A/B
Santee, CA 92071
619.596.4042

www.newdaysdawn.com

New Day's Dawn is a women's therapy center and boutique, providing products and services specifically for women who are dealing with the side effects of a cancer diagnosis and treatments. Wigs can be purchased along with customized fitting services. Hats, scarves, and head coverings are also available. Please call for insurance information.

Pomerado Hospital

15615 Pomerado Rd.
Poway, CA 92064
858.613.4044

www.pph.org

Prostheses, wigs, and accessories are free of charge. Please call for appointment.

Scripps Cancer Center at Scripps Memorial Hospital, La Jolla

858.626.6756

www.scripps.org

Wig and Head Wrap Program: this service is available free of charge to any patient throughout the Scripps System. Please contact them for more information.

Sharp Chula Vista

751 Medical Center Ct.
Chula Vista, CA 91911
619.482.3640

www.sharp.com

Wigs and turbans are free of charge. Hats and turbans are homemade. Please call for hours and an appointment.

Tri-City Medical Center

4002 Vista Way
Oceanside, CA 92056

760.940.3229 or 760.940.3975

www.tri-citymed.org

Wigs, turbans, bras and prostheses for women who have had a breast surgery. Please call for appointment and hours.

Woman Only Programs

Every effort has been made for accuracy. Please call specific organization for information because programs change regularly. For additional resources or further assistance, please call the Cancer Navigator HelpLine at 866-324-2628 or visit www.CancerNavigator.org.

American Cancer Society (ACS)

800.ACS.2345

www.cancer.org

The Look Good...Feel Better program is a free service that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments. Please call for locations and times.

Brighter Side

439 S. Cedros

Solana Beach, CA 92075

800.210.8550 or 858.481.7565

www.mybrighterside.com

Monthly events and seminars for young women. Please call for more information.

David Blackburn Wings of Care Program

477 N. El Camino Real, Ste. D200

Encinitas, CA 92024

760.452.3340

www.premiereoncology.org

You Are Not Alone Breast Cancer Support Group for Women. This is a women only support group that is free for breast cancer survivors. They meet every other Wednesday from 10am to 11:15am. Please contact call for more information.

Foundation for Women (FFW)

4747 Morena Blvd. Ste. 375

San Diego, CA 92117

Foundation for Women offers a support group for women with a life threatening diagnosis. It meets on the 3rd Saturday of the month from 11:00-2:00pm.

LGBT Community Center

2313 El Cajon Blvd.

San Diego, CA 92104

619.260.6380 ext. 105

www.thecentersd.org

Cancer patient, women, gay or lesbian or bisexual are welcome to the cancer support group, open to all stages of breast cancer, meets every 1st and 3rd Wednesday of each month. Please call for more information.

Palomar Pomerado Health

15611 Pomerado Rd , Ste. 100

Poway, CA

858.613.6044

www.pphs.org

Women's Cancer Support Group meets every 1st and 3rd Wednesdays, 10:30 a.m. - 12:00 pm, for women newly diagnosed and with previous cancer. Please call for location and more information.

Palomar Pomerado Health

500 East Valley Pkwy.- Redwood Town Court

2nd Floor Library

Escondido, CA 92025

858-613-6044

www.pphs.org

Women's Cancer Support Group is designed specifically for women who have experienced breast cancer. Meets the 2nd and 4th Tuesday of every month, 6:30-8:00pm. Please call for location and to register.

Palomar Pomerado Health

Poway, CA 92064

858.229.5373

www.pphs.org

Women's Recurrent Cancer Support Group: 2nd and 4th Thursday of the month from 2-3pm. Registration is required.

Scripps Polster Breast Care Center

9850 Genesee Ave., Ste. 170

La Jolla, CA 92037

858.626.5213

www.scripps.org

Young Women's Breast Cancer Forum Education and Support Group. This support group meets the 1st Tuesday of every month 11:30am - 12:30pm and every 3rd Tuesday of the month at 6:30pm - 8:30pm. This group is open to the entire San Diego community (non-Scripps patients are welcome). Please call for more information.

Team Survivor San Diego (TSSD) - Dragon Boating, Walk and Talk Group, or Yoga

858.578.5731

www.teamsurvivor.org

TSSD offers a variety of physical activities for cancer patients and survivors. To become a member of TSSD and participate, you must sign an info form and provide a medical release form signed by your physician. Please call for locations and more information.