

# Childhood Cancer Survivorship Resources

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Learn about support groups, educational resources, financial aid and more. Please note: we do not endorse and are not responsible for the information or services on this list.

## Table of contents

General survivorship_____	1	Outdoor camps for survivors and families_____	6
Teens and young adults_____	2	Support groups and peer support_____	7
Educational resources_____	3	Mental health and emotions_____	8
Financial and career help_____	4	Health, nutrition and wellness_____	9
Disabilities_____	5	Transition to adulthood_____	10

## General survivorship

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### **Doernbecher Cancer Survivorship**

Website about our long-term follow-up clinic, resource and scholarship lists, events, link to our Facebook page, and more.

[www.ohsu.edu/doernbecher/doernbecher-cancer-survivorship-program](http://www.ohsu.edu/doernbecher/doernbecher-cancer-survivorship-program)

### **Children's Oncology Group Family Handbook**

For new diagnoses through survivorship. The COG KidsCare App contains the entire COG Family Handbook and New Diagnosis Guide, plus journaling, appointment tracking, and more. Available on the App Store or Google Play.

[childrensoncologygroup.org/index.php/family-handbook](http://childrensoncologygroup.org/index.php/family-handbook)

### **Book: Childhood Cancer Survivors**

A practical guide to your future (Keene, Hobbie, Ruccione).

[www.childhoodcancerguides.org/our-books/childhood-cancer-survivors](http://www.childhoodcancerguides.org/our-books/childhood-cancer-survivors)

### **Pediatric Brain Tumor Foundation Survivorship Guidebook**

[curethekids.formstack.com/forms/survivorship\\_resource\\_guidebook](http://curethekids.formstack.com/forms/survivorship_resource_guidebook)

### **BMT Info Net**

Various resources for survivors and caregivers.

[www.bmtinonet.org](http://www.bmtinonet.org)

### **St. Jude's Together**

Website includes a "Life after Cancer" section where survivors and families can learn to manage school and work issues. Also, learn ways to stay healthy, both physically and emotionally.

[together.stjude.org/en-us/life-after-cancer](http://together.stjude.org/en-us/life-after-cancer)

### **Neuroblastoma Info**

Learn all about after treatment, what happens next and when.

[www.neuroblastoma-info.com/after-treatment/whats-next](http://www.neuroblastoma-info.com/after-treatment/whats-next)

# Teens and young adults

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## **Teens & 20s**

Website for teens and young adults with a cancer experience.  
[together.stjude.org/en-us/teensand20s/about-teens-20s](https://together.stjude.org/en-us/teensand20s/about-teens-20s)

## **Stupid Cancer**

Young adult cancer resources and support.  
[www.stupidcancer.org](http://www.stupidcancer.org)

## **Cactus Cancer Society**

Online wellness programs and support from other young adult survivors.  
[cactuscancer.org](http://cactuscancer.org)

## **CancerCon**

Yearly conference for young adult cancer survivors.  
[stupidcancer.org/events/cancercon](http://stupidcancer.org/events/cancercon)

## **Project Koru**

Camps, retreats and workshops to help cancer survivors diagnosed at ages 18 – 39.  
[www.projectkoru.org](http://www.projectkoru.org)

## **Epic Experience**

Free week-long outdoor camps for anyone age 18+ who was diagnosed with cancer at any time in their lives.  
[www.epicexperience.org](http://www.epicexperience.org)

## **First Descents**

Multi-day adventure program for young adult cancer survivors.  
[firstdescents.org](http://firstdescents.org)

## **True North Treks**

Outdoor adventures for teen and young adult cancer survivors and caregivers.  
[www.truenorthtreks.org](http://www.truenorthtreks.org)

## **Camp Mak-A-Dream**

Montana summer camps and retreats for teens and young adults with cancer experience.  
[www.campdream.org](http://www.campdream.org)

## **LEAP**

Free whitewater kayaking programs for teen patients at Doernbecher Children's Hospital. On the Lower Salmon River in Idaho. Ask a Doernbecher oncology social worker for more information.  
[www.leapadventure.org/partners](http://www.leapadventure.org/partners)



## Educational resources

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### **Booklet: Learning & Living with Cancer**

Advocating for your child's educational needs.

[www.livestrong.org/sites/default/files/Learning\\_Living\\_with\\_Cancer.pdf](http://www.livestrong.org/sites/default/files/Learning_Living_with_Cancer.pdf)

### **Educational Issues Following Treatment for Childhood Cancer**

[www.survivorshipguidelines.org/pdf/EducationalIssues.pdf](http://www.survivorshipguidelines.org/pdf/EducationalIssues.pdf)

### **The National Grace Foundation**

College admissions and financial aid counseling and advocacy for young cancer survivors and their families.

[graceamerica.org/GraceFoundation/services](http://graceamerica.org/GraceFoundation/services)

### **Financial aid information and scholarships**

For students with disabilities.

[www.onlineschools.org/financial-aid/disabilities](http://www.onlineschools.org/financial-aid/disabilities)

### **Scholarships for college textbooks**

Up to \$1000 per year for childhood cancer survivors.

[www.survivorvision.org](http://www.survivorvision.org)

### **U.S. Department of Education**

How students with disabilities can prepare for college.

[www2.ed.gov/about/offices/list/ocr/transition](http://www2.ed.gov/about/offices/list/ocr/transition)

### **College scholarships for survivors**

A list created by Doernbecher teachers.

[www.ohsu.edu/doernbecher/doernbecher-cancer-survivorship-program](http://www.ohsu.edu/doernbecher/doernbecher-cancer-survivorship-program)



# Financial and career help

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## **Triage Cancer**

Free events, materials and resources to learn about the practical and legal issues that may impact survivors and their families.

[trriagecancer.org](http://trriagecancer.org)

## **Family Reach**

Free financial planning services to help families dealing with cancer. Must be in treatment or less than 1 year since the end of treatment.

[familyreach.org/ftp](http://familyreach.org/ftp)

## **Samfund Living Grant**

Grants for young adults after cancer.

[www.thesamfund.org/get-help/grants](http://www.thesamfund.org/get-help/grants)

## **Leukemia and Lymphoma Society**

Help for healthcare costs that include long-term follow-up care.

[www.lls.org/support/financial-support](http://www.lls.org/support/financial-support)

## **Cancer and Careers**

Helps people with cancer and survivors to thrive in their workplace.

[www.cancerandcareers.org](http://www.cancerandcareers.org)

## **Samfund & Triage Cancer Finances Toolkit**

How young adults can find out about disability benefits, health insurance, employment, medical bills and managing money.

[trriagecancer.org/cancer-finances](http://trriagecancer.org/cancer-finances)

## **Vocational Rehabilitation**

Free help for people with disabilities to get and keep a job.

**Oregon:** [www.oregon.gov/dhs/employment/VR/Pages/index.aspx](http://www.oregon.gov/dhs/employment/VR/Pages/index.aspx)

**Washington:** [www.dshs.wa.gov/dvr](http://www.dshs.wa.gov/dvr)

## **US Government Office of Equal Opportunity**

How to ask for workplace accommodations due to disability.

[www.eeoc.gov/laws/guidance/fact-sheet-disability-discrimination](http://www.eeoc.gov/laws/guidance/fact-sheet-disability-discrimination)



# Disabilities

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## **Doernbecher Lifespan Transition Clinic**

For ages 14-21 with disabilities. Help with reaching goals as you become an adult.

Ask your doctor or social worker for a referral.

[www.ohsu.edu/university-center-excellence-development-disability/lifespan-transition-clinic](http://www.ohsu.edu/university-center-excellence-development-disability/lifespan-transition-clinic)

## **Social Security Disability Benefits**

Learn about the benefits and the application process.

[www.ssa.gov/ssi/text-apply-ussi.htm](http://www.ssa.gov/ssi/text-apply-ussi.htm)

[www.ssa.gov/benefits/disability](http://www.ssa.gov/benefits/disability)

## **Oregon and Washington's Guide to Accessible, Inclusive, and Adaptive Activities**

List of sports, attractions, entertainment and more.

[madmagz.com/magazine/1081928#](http://madmagz.com/magazine/1081928#)

## **The ARC**

List of Oregon resources for people and families with developmental disabilities.

[thearcoregon.org/resources/community-resources](http://thearcoregon.org/resources/community-resources)

Learn about legal guardianship and alternatives.

[thearcoregon.org/gaps/guardianship](http://thearcoregon.org/gaps/guardianship)

## **Adaptive Sports NW**

Sports recreation and competition for children and adults with disabilities.

[www.adaptivesportsnw.org](http://www.adaptivesportsnw.org)

## **Oregon Adaptive Sports**

Adaptive sports for kids and adults with disability. Scholarships are available.

[oregonadaptivesports.org](http://oregonadaptivesports.org)

## **Oregon Family to Family Health Center**

Helping kids and families with special health needs to navigate health care systems.

[www.ohsu.edu/oregon-family-to-family-health-information-center](http://www.ohsu.edu/oregon-family-to-family-health-information-center)

Camp and recreation list

[www.ohsu.edu/oregon-family-to-family-health-information-center/sports-and-recreation](http://www.ohsu.edu/oregon-family-to-family-health-information-center/sports-and-recreation)

## **Mt. Hood Kiwanis Camp**

Summer camps for children and adults with disabilities.

[mhkc.org/summer-camp](http://mhkc.org/summer-camp)

## **Consider Camp List**

For children, families and young adults.

[www.ohsu.edu/sites/default/files/2019-05/SummerCampListLiveLinks.pdf](http://www.ohsu.edu/sites/default/files/2019-05/SummerCampListLiveLinks.pdf)



## Outdoor camps for survivors and families

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### **UKANDU**

Free camp for kids and families impacted by childhood cancer.

[ukandu.org](http://ukandu.org)

### **Camp Agape**

Free summer overnight camp to families impacted by childhood cancer.

[campagapepdx.com](http://campagapepdx.com)

### **Camp Millennium**

Free summer camp for children with a cancer experience and their siblings.

[campmillennium.org](http://campmillennium.org)

### **Candlelighters Family Camp**

Free summer camp for families affected by childhood cancer.

[candlelightersoregon.org/connecting-families-with-childhood-cancer](http://candlelightersoregon.org/connecting-families-with-childhood-cancer)

### **Camp Korey**

Free camp for kids with serious medical conditions and their families.

[www.campkorey.org](http://www.campkorey.org)

### **Roundup River Ranch**

Free camp for kids with serious medical conditions and their families.

Year-round fun activities from home.

[roundupriverranch.org](http://roundupriverranch.org)

### **Camp Mak-A-Dream**

Montana summer camps for kids, families, and young adults with a cancer experience.

[www.campdream.org](http://www.campdream.org)



# Support groups and peer support

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## **CoHeals**

Free app to connect with other people or families impacted by childhood cancer.  
[coheals.com](http://coheals.com)

## **Young Adult Writing Group at OHSU**

For people ages 15 – 39 with a cancer experience. Not a workshop to learn to write.  
No writing experience needed.

To register, email [dawnrenethompson@gmail.com](mailto:dawnrenethompson@gmail.com)

[www.ohsu.edu/knight-cancer-institute/support-groups-and-classes-cancer](http://www.ohsu.edu/knight-cancer-institute/support-groups-and-classes-cancer)

## **The Luminaries**

A Candlelighters program for teens with a cancer experience and their siblings ages 13 – 19 to connect with one another.

[candlelightersoregon.org/connecting-families-with-childhood-cancer](http://candlelightersoregon.org/connecting-families-with-childhood-cancer)

## **Candlelighters Parent Support Group**

Connect with other parents who understand what it's like to have a child with cancer.

[candlelightersoregon.org/connecting-families-with-childhood-cancer](http://candlelightersoregon.org/connecting-families-with-childhood-cancer)

## **OHSU Mindfulness-Based Stress Reduction**

Mindfulness classes for patients, survivors and caregivers. People who finish the classes have less pain, fatigue and anxiety.

[www.ohsu.edu/xd/health/services/mindfulness](http://www.ohsu.edu/xd/health/services/mindfulness)

## **Children's Cancer Association**

Fun programs for kids and families.

[joyrx.org](http://joyrx.org)

## **The Children's Brain Tumor Foundation**

Phone support about any topic, such as questions from newly diagnosed families, transitioning back to school after treatment, or long-term effects.

Email [info@cbtf.org](mailto:info@cbtf.org) or call 212-448-9494 to set up a time to talk with a social worker.

## **Imerman Angels**

Mentorship and support for people with a cancer experience.

[imermanangels.org/get-support](http://imermanangels.org/get-support)

## **GRYT**

App with peer support and information for anyone affected by cancer.

[together.stjude.org/en-us/teensand20s/your-emotions-and-relationships/online-support-resources](http://together.stjude.org/en-us/teensand20s/your-emotions-and-relationships/online-support-resources)



# Mental health and emotions

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## **Emotions after childhood cancer**

[www.survivorshipguidelines.org/pdf/healthlinks/English/emotional\\_issues\\_Eng.pdf](http://www.survivorshipguidelines.org/pdf/healthlinks/English/emotional_issues_Eng.pdf)

## **National Children's Cancer Society**

Emotions for survivors.

[www.thenccs.org/emotions](http://www.thenccs.org/emotions)

## **How to find the right therapist**

[www.realsimple.com/health/mind-mood/emotional-health/how-to-find-a-therapist](http://www.realsimple.com/health/mind-mood/emotional-health/how-to-find-a-therapist)

## **Psychology Today Therapist Search Engine**

Search for a therapist by insurance type, issue, location, etc.

[www.psychologytoday.com/us/therapists](http://www.psychologytoday.com/us/therapists)

## **24/7 National Suicide Prevention Lifeline**

Hotline and online chat.

**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## **Lines for Life Youthline**

24/7 teen-to-teen helpline. Crisis support by call, text and chat. Answered by teens daily 4-10 p.m. (and by adults at all other times).

**Call: 877-968-8491**

**Text: teen2teen to 839863**

[www.oregonyouthline.org](http://www.oregonyouthline.org)

## **Oregon mental health crisis hotlines**

[www.oregon.gov/oha/ph/PreventionWellness/SafeLiving/SuicidePrevention/Pages/crisis-lines.aspx](http://www.oregon.gov/oha/ph/PreventionWellness/SafeLiving/SuicidePrevention/Pages/crisis-lines.aspx)

## **Washington mental health crisis hotlines**

[www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/mental-health-crisis-lines](http://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/mental-health-crisis-lines)





# Health, nutrition and wellness

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## **Oregon Food Bank Food Finder**

Find food pantries and pick up sites near you.

[foodfinder.oregonfoodbank.org](http://foodfinder.oregonfoodbank.org)

## **Parks and Recreation**

Classes, gym memberships and pool passes.

Financial help available.

[www.portland.gov/parks/recreation](http://www.portland.gov/parks/recreation)

## **Survivorship Guidelines**

Learn about diet, exercise, skin health, dental health and more.

[survivorshipguidelines.org](http://survivorshipguidelines.org)

## **Oregon State University's Food Hero**

Quick, tasty, healthy recipes and helpful tips.

[foodhero.org](http://foodhero.org)

## **The Academy of Nutrition and Dietetics**

Nutrition information for the whole family.

[www.eatright.org](http://www.eatright.org)

## **Good and Cheap, Eat Well on \$4 a day**

Free cookbook.

[books.leannebrown.com/good-and-cheap.pdf](http://books.leannebrown.com/good-and-cheap.pdf)

## **Nemours TeensHealth**

Learn about nutrition, physical and emotional health, safety and more.

[kidshealth.org/en/teens](http://kidshealth.org/en/teens)

## **The American Academy of Pediatrics Parenting**

Learn about growth and development, safety and prevention, physical and emotional health, and more.

[www.healthychildren.org](http://www.healthychildren.org)

## **The Centers for Disease Control**

Easy-to-read immunization schedules for all ages.

[www.cdc.gov/vaccines/schedules](http://www.cdc.gov/vaccines/schedules)



# Transition to adulthood

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**Family Readiness Toolkit**

[www.gottransition.org/resource/?hct-family-toolkit](http://www.gottransition.org/resource/?hct-family-toolkit)

**Health Care Transition Quiz for Teens**

[www.gottransition.org/youth-and-young-adults/hct-quiz.cfm](http://www.gottransition.org/youth-and-young-adults/hct-quiz.cfm)

**Health Care Transition Quiz for Parents and Caregivers**

[www.gottransition.org/parents-caregivers/hct-quiz.cfm](http://www.gottransition.org/parents-caregivers/hct-quiz.cfm)

**Transition Readiness Checklist for Teens**

[www.gottransition.org/6ce/?leaving-readiness-assessment-youth](http://www.gottransition.org/6ce/?leaving-readiness-assessment-youth)

