

Cancer Survivorship Programs in Sussex County

Cancer Support Community Delaware

Sussex County, 18947 John J. Williams Highway, Ste. 312, Rehoboth Beach, DE 19971

Phone: (302) 645-9150 | E-mail: info@cscde.org

Cancer Support Community Delaware is a statewide nonprofit organization whose mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. Check the schedule for group and class times and locations: <https://cancersupportdelaware.org/support/calendar/>.



Cancer Support Community is now offering virtual programming. Fill out the form on Cancer Support Delaware's website to receive an invitation to the programs that may be of interest to you: <https://cancersupportdelaware.org/virtual-programs/>

Offerings include:

- **Participant Groups** – Support groups for those living with cancer. Groups are free and run by psychotherapists.
- **Site Specific Support Groups** – Support groups for site specific cancers, including: breast, lung, colorectal and prostate cancer groups.
- **Young Adult Survivors Group** - This bi-monthly support group is for young adults (ages 18-39) with cancer in any stage of treatment and beyond.
- **Expressive Arts Program** – This group provides adult participants with a supportive environment in which to be creative and express their cancer journey.
- **Mind*Body*Stress Reduction** – A variety of enrichment classes throughout the state for cancer survivors. Classes include yoga, tai chi, meditation, fitness and creative journaling.
- **Nutrition Sessions** – Nutrition sessions center on identifying foods that help aid healing and recovery as well as offer an opportunity for discussion related to special dietary needs and concerns during treatment and post-treatment.
- **Educational Programs** – Lectures and workshops conducted by oncologists, nurses, attorneys and insurance specialists that focus on medical treatments and the social, financial and quality of life issues connected with cancer.
- **Frankly Speaking About Cancer Series** – This series is the Cancer Support Community's landmark education series that provides trusted information on a variety of topics important to people with cancer. Each workshop is led by a health care professional specializing in the cancer-related topic being presented.

- **Look Good, Feel Better** – This program teaches beauty techniques to people with cancer to help them manage the appearance-related side effects of cancer treatment.
- **Exploring Our Mortality** – A safe space to talk about death.
- **Incyte Cancer Care Assistance Fund** – An emergency fund that was established by Incyte Corporation for the purpose of providing emergency financial assistance to people with cancer, their caregivers and family members who reside in Delaware. Website: <https://cancersupportdelaware.org/resources/incyte-cancer-care-assistance-fund/>

Cancer Care Connection

Delaware Technology Park, 1 Innovation Way, Suite 300, Newark, DE 19711
 Phone: (302) 266-8050 | Toll-Free: 1-866-266-7008
 E-mail: info@can-connect.org

Cancer Care Connection provides immediate help to connect patients to resources, help patients make informed decisions and find ways to cope with cancer and its ripple effect. Cancer Care Connection also provides referrals and face-to-face counseling services.



Delaware Cancer Treatment Program

Division of Public Health, C/O DXC, P.O. Box 950, Manor Branch, New Castle, DE 19720-0950
 Phone: 1-844-245-9580 | Fax: (302) 454-0223
 Website: <https://www.healthylouisiana.org/documents/individuals/get-help/DCTP-Application-Packet-2019-12.pdf>

The **Delaware Cancer Treatment Program (DCTP)** pays for cancer treatment services for eligible clients for up to 24 months after the date that cancer treatment is initiated.

Cancer Care Coordinators

Beebe Healthcare: (302) 387-4178
TidalHealth: (302) 526-1332, ext. 2577
Bayhealth Medical Center: (302) 321-6302

Cancer nursing professionals are on staff in every hospital in the state, ready to provide the help you need. They help coordinate appointments, provide emotional support to you and your family, and arrange transportation. Services are free to all Delaware residents.



Cancer: Thriving & Surviving

Phone: (302) 990-0522

Website: <https://www.healthyliving.org/Individuals/Programs/Cancer/Self-Management>

Cancer: Thriving & Surviving is a free 6-week course that provides those affected by cancer with tools they need to live a healthier life. Through weekly sessions, the workshop provides support for continuing normal daily activities and dealing with the emotions that cancer may bring about.

LIVESTRONG at the YMCA

Healthy Living Department | Phone: (302) 572-9622 | E-mail: healthyliving@ymcade.org

Website: <https://www.ymcade.org/livestrong/>

LIVESTRONG at the YMCA is a free 12-week fitness program for cancer survivors. These small group sessions are facilitated by certified YMCA instructors who assist participants in a variety of physical activity options, including cardiovascular conditioning, strength training, balance and flexibility. Participants can now choose to participate in person or virtually.



Sisters On A Mission

Phone: (302) 745-2634 | E-mail: soaminfo@sistersonamission.org

Sisters On A Mission is an African American breast cancer support group providing information to hundreds of women, their families and friends about the risk factors of breast cancer while promoting healthy lifestyles and the processes of early detection such as mammography, regular doctors' visits and breast self-exams.

Delaware Quitline

Phone: 1-866-409-1858 | Website: <https://dhss.delaware.gov/dph/dpc/quitline.html>

The **Delaware Quitline** offers assistance and support to help quit smoking. There are three ways to connect: by phone, in person or online. Evidence is sufficient to infer a causal relationship between cigarette smoking and adverse outcomes in patients with cancer, including all-cause mortality, cancer-specific mortality, and risk for second primary cancers.

Delaware Breast Cancer Coalition

18977 Munchy Branch Rd, Unit 1, Rehoboth Beach, DE 19971 | Phone: (302) 212-2947
Fax: (302) 260-9741 | Toll Free: 1-866-312-DBCC | E-mail: dbcc@debreastcancer.org

The **Delaware Breast Cancer Coalition** provides outreach, education and support services throughout the state of Delaware. Offerings include:

- **Young Survivors in Action (YSIA)** - Support group for younger women (20s, 30, 40s and early 50s) diagnosed with breast cancer. Phone: (302) 672-6435, ext. 1005
- **Nurture with Nature** - Outings scheduled once per month for survivors to connect. This group plans outdoor activities like horseback riding, hiking, kayaking and biking. Phone: (302) 672-6435
- **Sussex Survivor Socials** - Meet up for survivors to volunteer, socialize and learn crafts. Phone: (302) 644-6844
- **My Sister's Keeper** - Support group for women of color at any stage of life going through and surviving cancer. Phone: (302) 672-6435
- **"Forever Fighters" Metastatic Breast Cancer Conversation** - Monthly support meeting for those living with Stage 4 Metastatic Breast Cancer. Phone: (302) 672-6435
- **Peer Mentor Support** - Free one-on-one support and education for those recently diagnosed with breast cancer. Contact: Connie Holdridge, Phone: (302) 212-2947
- **Breast Cancer Assistance Fund** – Financial assistance for Delaware residents in active treatment and experiencing extreme financial hardship. This fund will provide emergency financial assistance for basic living expenses on behalf of breast cancer patients who have lost all or part of their income during active treatment. Website: <https://debreastcancer.org/recently-diagnosed/breast-care-assistance-fund/>



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