

## Meeting Online

### Cancer Survivors Network (CSN)

- Chat rooms
- Tools to create personal messages
- Suggestions on coping

Log on to [csn.cancer.org](http://csn.cancer.org).

Call CSN toll free at 877-333-4673.

- Pre-recorded talk discussions

The **I Can Cope Online** is an educational program which offers practical coping skills.

### Cancer Care

Offers online meetings and telephone support groups at [www.cancercare.org](http://www.cancercare.org), or toll-free at 800-813-HOPE. Free telephone education workshops are also offered.

### Cancer Support Groups

Support groups offer education and let cancer patients and their families discuss common stresses and changes that may accompany cancer. This provides an opportunity to meet with others experiencing a similar situation and to address any questions or concerns participants bring to the group.

## CANCER INFORMATION AND RESOURCES

The American Cancer Society – Accurate and reliable answers to cancer-related questions  
Call 800-ACS-2345 – 24 hrs/day – 7 days/week.  
Website: [www.cancer.org](http://www.cancer.org)

### INFORMATION CENTER

Resource library – Cancer related topics

- Books
- CDs
- Audio and videotapes on cancer

May be checked out for home use.

Social Worker available to locate support groups

For more information, call 701-364-8756.

# THE CARING NETWORK

**Fargo-Moorhead Cancer  
Support and Information  
Programs for Persons  
with Cancer and Their  
Families**

**Innovis Health**  
CANCER CENTER

1702 S University Dr  
Fargo, ND 58103  
701-364-8910

Visit our Website:  
[www.innovishealth.com](http://www.innovishealth.com)

**Innovis Health**  
CANCER CENTER

## PROGRAMS FOR ADULTS

### **Nativity Church Cancer Support Group**

Mondays – 10 a.m.-11:15 a.m.  
Church of the Nativity – Youth Room  
1825 11th Street South, Fargo, ND  
Call 701-232-2414 for information.

### **Trinity Lutheran Church**

Educational support group  
7:30 p.m. – First Wednesday of each month  
Trinity Lutheran Church – 1st floor lounge  
210 7th Street South, Moorhead, MN  
For more information, call 218-236-1333.  
(No summer meetings)

## PROGRAMS FOR MEN

### **Prostate Support Group – Us Too!**

- Forum for patients and families to discuss problems and anxieties with others affected by prostate cancer
- Information source for patients requiring treatment

7:00 p.m. – 4th Tuesday of each month  
Bethesda Lutheran Church  
401 40th Avenue S, Moorhead, MN  
For more information, call Theresa at 218-233-1176 or contact the national organization at 800-80-USTOO or [www.ustoo.org](http://www.ustoo.org).

## PROGRAMS FOR CHILDREN

### **Cancer Care**

Education and support services for children that have cancer or have a family member with cancer are available from Cancer Care.  
Call 800-813-HOPE or visit [www.cancercare.org](http://www.cancercare.org).

### **The Trish Green Back to School Program**

Program for children who are re-entering the classroom after a cancer diagnosis

- Basic information about cancer, cancer treatment and survival
- Sponsored by the Leukemia and Lymphoma Society

Call 888-220-4440 ext. 110 for more information or visit [www.lls.org](http://www.lls.org).

## PROGRAMS FOR WOMEN

### **Reach to Recovery**

American Cancer Society – Peer Visitation Program  
Trained breast cancer survivors provide information and support.  
Call American Cancer Society at 1-800-227-2345.

### **Look Good...Feel Better**

FREE – Volunteer cosmetologists help women cope with appearance-related side effects of cancer treatment.

- Quick and easy makeup tricks
  - How to compensate for hair loss
  - How to choose and care for a wig
- 2 p.m. – 2nd Wednesday of each month  
Innovis Health Cancer Center

For information or appointments, call The American Cancer Society 701-232-1385 or 800-227-2345.

### **Breast Cancer Seminar**

Educational and support seminar to help women and families deal with breast cancer  
Innovis Health Cancer Center  
1702 S University Dr, Fargo, ND  
For more information, call 701-364-8910.

### **Women's Cancer Support Group**

7 p.m. – 1st Thursday of each month  
September through May  
Olivet Lutheran Church – Chapel  
1330 S University Dr, Fargo, ND  
For more information, contact the Parish Nurse at 701-235-6603.

### **FM Breast Friends**

Connect and share experiences with other breast cancer survivors.

Meetings at Moorhead Public Library  
For more information, call  
Pam Knapper at 701-640-6282 or  
Lisa Verworn at 218-233-7528.

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The Caring Network