

Community Resource Guide



No one should have to face cancer alone.

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We welcome your feedback. Please contact us if you have any comments or would like to recommend a cancer-related organization to be included in these materials.

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National Resources

American Cancer Society Nationally available support resources, education, programs, and services. Call (800) 227-2345 or visit [Cancer.org](https://www.cancer.org)

Cancer Information Service, National Cancer Institute at the National Institute for Health Focuses on providing education and access to clinical trials, call (800) 4CANCER (800-422-6237) or visit www.cancer.gov to learn more.

Cancer Support Community offers information online and a hotline for general cancer support. Contact their hotline at (888) 793-9355. Learn more about them at: www.cancersupportcommunity.org/

Triage Cancer provides a free toolkit and reference information for navigating finances after cancer (including insurance, employment, education, family building, genetic testing, medical bills & financial resources). Learn more online at <https://triagecancer.org/> or call (424) 258-4628.

The National Cancer Institute, www.cancer.gov/types

Local Resources

2-1-1 Virginia is a free service connecting individuals to local resources. They are available to provide information and referral 24-hours a day, seven days a week. Contact them by dialing 2-1-1 on your telephone, texting CONNECT to 247211, or self-help navigation of resources visit www.211virginia.org

The Span Center (formerly Senior Connections) offers a wide range of services to help older adults, caregivers, and individuals with disabilities to live more independently and comfortably in the Greater RVA. VICAP, Umbudsman, and VITA Call 804-343-3000 or visit the new website at <https://spancenter.org/> to learn more.

YMCA Help1RVA.org is an online tool to locate free or reduced-cost services like food, housing, childcare, and work by zip code. Complete the 'Get Help' form to be assigned a Social Needs Navigator for individualized support <https://help1rva.org/>

FeedMore Partners with local food pantries, emergency and delivery food supports. Use the search function to identify local pantries hours and eligibility requirements or call the Help Line at 804-237-8617. <https://feedmore.org/agency-locator/>

Charles City Social Services provides financial assistance and cash payments directly to fuel vendors and utility companies on a family's behalf. Contact them (804) 652-1708 or visit their website at www.charlescityva.us/177/Social-Services

Eastern Henrico FISH Eastern Henrico FISH, Inc. provides short-term emergency services for residents of Eastern Henrico County. They provide emergency food, financial assistance for bills, expenses, and clothing. Contact them at (804) 257-7730 or visit the website for an overview <https://www.cabcva.org/eastern-henrico-fish/>

Goochland Cares Free Clinic and Family Services provides medical services, financial assistance, food, clothing, medical transportation, and emergency housing for Goochland residents. Contact them at (804) 556-6260, or online at <https://goochlandcares.org/>

Richmond City Department of Social Services General Relief (GR) provides limited financial assistance to individuals and families. Someone who is eligible for assistance from Temporary Assistance for Needy Families (TANF) or Supplemental Security Income (SSI) may be eligible for GR. Contact them by dialing 3-1-1 (customer care center), or visit them online at www.rva.gov/social-services/esi-general-relief-gr

Paying For Medical Care

How to get medical insurance if you do not already have it

Marketplace Health Insurance: Sign up during Open Enrollment (11/1-1/15) or after a major life change for those that do not qualify for Medicaid or Medicare. Contact them at (800) 318-2596, or visit <https://www.marketplace.virginia.gov/>

Medicare is a federal health insurance program, which provides coverage to individuals 65 years of age or older, or otherwise meet eligibility requirements. Call 800-MEDICARE (800-633-4227), or visit www.medicare.gov

Medicaid is a joint federal and state program in the United States that provides free or low-cost health insurance coverage to millions of individuals with limited income and resources, including children, pregnant women, elderly adults, and people with disabilities. Learn more at: www.medicaid.gov.

Medicaid/Insurance (Navigators) Contacts –

- **Carla Torres-Barrera**, Health Care Navigator, 804-200-6035, carlatb@cvas.org
- **Carolina Álvarez**, Certified Navigator (804) 200-6040 carolina@cvas.org
- **Norma Ryan**, FAMIS Medicaid Application Specialist 804 -955-9578, norma@vhcf.org
- **Virginia Health Agent contact** – Chris Lynch, chris@vahealthagent.com

The Virginia Department of Veterans Services assists veterans and their families in obtaining state, federal, and local benefits as well as advocates in the resolution of healthcare claims. To learn more visit <https://www.dvs.virginia.gov/healthcare>

Virginia Insurance Counseling and Assistance Program (VICAP) is a free counseling program offered at The Span Center for individuals with Medicare, their families, and/or caregivers. VICAP counsels on Medicare, Medicaid, Supplementals and Long-Term Care. Counselors can also assist eligible clients with tracking insurance claims and resolving complaints. VICAP through [Span Center](#) call (804) 343-3014

Keeping Health Insurance after Terminating Employment: COBRA may allow you to maintain health insurance coverage if you experience a qualifying event, such as leaving your job. Learn more at: <https://www.dol.gov/agencies/ebsa/laws-and-regulations/laws/cobra>

Insurance Denials & Coverage

CancerLINC connects eligible cancer patients with free legal and financial services, including insurance attorneys. Contact them at 804-562-0371, or at www.CancerLINC.org

Patient Advocate Foundation provides case management in obtaining insurance and with insurance denials. Call (800) 532-5274 or visit <https://www.patientadvocate.org/>

Virginia Insurance Counseling and Assistance Program (VICAP) is a free counseling program offered through The Span Center. Counselors can assist clients with tracking insurance claims and resolving complaints. Counseling can be provided by telephone or in-person. Individuals in the Richmond Metro area may contact VICAP at (804) 343-3014 or visit <https://spancenter.org/> for more information.

Social Services and Social Security

Virginia Department of Social Services (DSS) (804) 726-7000 and learn more at: www.dss.virginia.gov/benefit/

DSS uses the **CommonHelp** online screening and application tool to determine eligibility and submit applications for; SNAP, WIC, TANF, EAP and Medicaid. The screening tool takes about 15 minutes and begins the applications for desired programs. Visit <https://www.commonhelp.virginia.gov/>

The Social Security Administration manages benefits for individuals who have worked long enough & paid taxes (SSDI) & low-income individuals with a disability (SSI). Call (800) 772-1213 or visit www.ssa.gov to get started

Allsup (Free SSDI assessment) has specialized in disability services for over 36 years and has successfully helped more than 350,000 individuals receive the Social Security Disability benefits they deserve. Learn more and contact them via their website at www.allsup.com/empower/Questionnaire or call (800) 405-8339.

Financial Assistance for Medical Bills, Insurance Premiums & Copays

Accessia Health Foundation helps patients with rare and chronic conditions afford treatment. Through financial assistance, copay support, and personalized resources, we remove barriers to care and improve access to life-changing therapies. Contact them at (800) 366-7741 or online at www.accessiahealth.org

Patient Advocate Foundation helps insured cancer patients with funding for copayments and cancer genetic testing. Call (757) 952-0118 or visit <https://totalassist.org/>

Good Days provides eligible patients assistance with insurance co-pays, transportation, and diagnostic testing assistance. Call (877) 968-7233 or visit www.mygooddays.org

The **Immune Recovery Foundation** supports low- and moderate-income individuals, particularly, historically marginalized groups. Teammates help patients identify regional support groups, clinical trials, diagnostic treatment, premium assistance, prescription cost support, travel costs aid, and more. <https://immunerecovery.org/patients/apply-now/>

HealthWell Foundation assists people with health insurance pay their copayments for a wide range of diseases. Learn more at <https://www.healthwellfoundation.org/disease-funds/> or call (800) 675-8416.

Dollar For helps low- and middle-income patients to apply for financial assistance programs to reduce or eliminate medical bills from non-profit hospitals. They have online guides on checking eligibility, filling out charity care applications, following up, and appealing a denial. They also have a program where the organization prepares and submits the application for you. Learn more at <https://dollarfor.org/>

Good Doctors Foundation is a resource for those currently being treated or living in the central Virginia community. They provide financial assistance to pay for insurance premiums, medications, housing expenses, transportation, or medical equipment. Applications must be submitted by a social worker or healthcare provider <https://gooddoctorsfoundation.org/application/>

Cancer Research Life Foundation offers a variety of financial assistance for expenses related to treatment. These costs can include airfare, accommodation, and treatment. To apply visit <https://crlfoundation.org/financial-assistance/>

1 Up on Cancer Grants offers financial assistance grants for adults in the Video Gaming Community currently undergoing cancer treatment facing medical expenses and bills. Grants are paid directly to the provider; amounts vary based on need and current program funding. Applications open quarterly. <https://www.1uponcancer.org/help/>

Prescription Assistance

AstraZeneca AZ & Me Rx Savings Program <https://www.azandmeapp.com/>
Bristol-Myers Squibb Patient Assistance 800-736-0003, <http://www.bmspaf.org/>
Genentech Access Solutions <https://www.gene.com/patients>
Merck 800-727-5400, www.merckhelps.com
Novartis 862-778-2100, www.novartis.com
Pfizer 844-989-7284, www.pfizerxpathways.com

GoodRX provides free coupons to use at pharmacies for deep discounts on prescriptions. Visit <https://www.goodrx.com/>

Mark Cuban's Costplus drugs is a very inexpensive place for patients to get medications. Learn more at <https://www.costplusdrugs.com/>

Medicine Assistance Tool is a free service to help individuals find free, or nearly free, prescriptions. Learn more about them at <https://medicineassistancetool.org/>

NeedyMeds is an online resource of programs aiding with the costs of medication and health care. Call (800) 503-6897 or visit www.needymeds.org

Rx Hope is a service that helps individuals access discounted prescriptions. Learn more at <https://www.rxhope.com/Patient/Home.aspx>

RX Partnership helps individuals who are low income / uninsured access discounted and free prescriptions. Call (804) 377-1057 or visit www.rxpартnership.org to learn more.

Together RX Access provides help to those who are uninsured gain access to prescription savings. Learn more at www.togetherrxaccess.com

Mobility & Rehabilitation Equipment

Friends of Man for medical and mobility equipment (*social worker referral required*). Learn more at www.friendsofman.org or call (303)798-2342.

Foundation for Rehabilitation Equipment & Endowment (FREE) mobility rehabilitation equipment to low-income uninsured or under-insured adults in Virginia. Contact them at (804) 920-9828, or learn more at www.free-foundation.org

Good Doctors Foundation is a resource for those currently being treated or living in the central Virginia community. They provide financial assistance to pay for insurance premiums, medications, housing expenses, transportation, or medical equipment. Applications must be submitted by a social worker or healthcare provider <https://gooddoctorsfoundation.org/application/>

Financial Services

Burial Assistance

DSS offers General Relief (GR) services, which provide limited financial assistance. You can request burial assistance for up to \$500. Call (855) 635-4370 or visit www.rva.gov/social-services/esi-general-relief-gr

Debt, Bankruptcy, & Budgeting Services

Money Management International is a 50+ year old non-profit company that provides individual financial counseling and education. They specialize in credit and debt counseling, housing counseling, including rental and foreclosure prevention, reverse mortgage counseling, bankruptcy, student loan debt, and medical debt. Contact them at (800) 642-2227, or visit them online at <https://www.moneymanagement.org/>

Cancer Financial Assistance Coalition (CFAC) is a group of organizations helping cancer patients manage their financial challenges. Visit them at www.cancerfac.org

Care Connect USA assists with credit card and medical bills by contacting creditors and reducing amounts owed. Contact the Debt Relief Hotline at 888-790-1337, or the Bankruptcy Relief Hotline at (888) 734-2585. Learn more online at www.careconnectusa.org

Tax Assistance

The Community Tax Law Project ensures the fairness and integrity of the tax system by providing free legal representation to low-income Virginia taxpayers in tax disputes, educating taxpayers about their rights and responsibilities, and advocating for issues that impact low-income taxpayers. Call (804) 358-5855 or visit them online at www.ctlp.org

IRS – Free Tax Return Preparation for Qualifying Taxpayers the IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals. Visit <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>

VITA sites offer free tax help to people who need assistance in preparing their own tax returns, including:

- People who generally make \$60,000 or less
- Individuals with disabilities; and
- Limited English-speaking taxpayers

Financial Assistance

Grants and financial assistance for flexible or multiple needs

Bright Spot Network offers a small grants program called Bright Grants, where any Bright Spot Network families/parents/caregivers in need of financial assistance are eligible to apply for \$500 in funding. *Families must be caring for a child 0-6 years old or pregnant.*

Learn more at <https://www.brightspotnetwork.org/bright-grants>

Cancer Cartel Warrior Grant provides grants to cancer patients in the USA who are either in active treatment or have had cancer treatment within the last 12 months. Offering funding for unmet expenses, including housing, household expenses, food, travel (fuel/lodging), and childcare. Applications open Quarterly (Jan, Apr, Jul & Oct). Social workers, case managers, or patient navigators must submit applications. Share website with your care team for consideration <https://cancercartel.org/>

Dayforce Cares US make grants to eligible recipients, with a focus on helping people and families get access to food, clothing, and shelter, as well as items that support their physical and emotional well-being. Applications reviewed quarterly. To apply visit

<https://www.dayforcecares.com/application>

Mom Bomb Grant Program is a national nonprofit organization that provides mothers or fathers in the USA facing financial hardship due to serious illnesses like cancer with grants to help with household expenses including meals, childcare, housecleaning and laundry services. To apply visit <https://www.mombomb.org/apply-for-relief>

Help Me Bounce is for families in the USA experiencing financial hardship due to critical medical illness. The “Help Me Bounce” program is a public crowdfunding initiative of Spare Key. All applicants must work with their provider’s social worker to provide proof of health status. 100% of donations go to the recipient. Eligibility is based on funding and financial need. To apply, visit <https://www.helpmebounce.org/apply-for-aid>

The Red Cross’ Hero Care Network connects eligible military members, and their dependents to financial assistance. Assistance can include funds for emergency travel, food, shelter and more. To learn more or apply, download the Hero Care app by texting GETHEROCARE to 90999, call a Hero Care specialist at 877-272-7337, or visit <https://www.redcross.org/get-help/military-families/hero-care-network/financial-assistance.html>

Ink Against Cancer Financial Assistance: For those with cancer with less than \$50,000 in accessible funds, live and receive treatment in the U.S., and have a valid Taxpayer Identification Numbers. Visit <https://www.inkagainstcancer.com/ink-against-cancer-financial-assistance-applicaztion> for more information.

Hawthorne Cancer Foundation is a Richmond-based non-profit that provides monetary grants to individuals for a wide range of needs, including food, shelter, transportation, and living expenses, but not medical bills. Applications must be submitted by a social worker or healthcare professional. Contact them at (804) 483-6136,

<https://www.thehawthorne.org/grants>

Vital Options International Selma Schimmel Vital Grant – Will provide monetary support for either utility bills or groceries. The grant program will assist those facing a significant financial hardship due to the diagnosis of a chronic, terminal or rare condition such as cancer, Parkinson’s, Huntington’s Disease or many others. To apply, follow the link and click the “Apply for Assistance Here” button at the bottom of the page

<https://www.vitaloptions.org/assistance>

Housing

Finding Local Housing

Housing Resource Line. The Housing Resource Line is a program of the Partnership for Affordable Housing. The organization will connect people to needed housing-related resources in the Richmond area. These resources include locating rental housing, rental payment assistance, utility payment assistance, emergency assistance, home rehab and repair, housing discrimination, credit counseling, homebuyer education, down payment assistance, foreclosure prevention, and first-time mortgage. Must meet AMI income guidelines to qualify. Contact them at (804) 422-5061 or visit <https://pharva.com/the-housing-resource-line/>

Resources for Independent Living is the Richmond area Center for Independent Living (CIL) assisting individuals with severe disabilities to obtain housing services, transportation, and personal care attendance. Contact them directly at (804) 353-6503, or learn more online at ril.va.org

Richmond Redevelopment and Housing Authority RRHA provides homes for low-income families, seniors, and the disabled as well as manages the housing choice voucher waitlist. Contact them at (804) 780-4200 or learn more online at www.rrha.com

VHDA (Virginia Housing & Development Authority) Affordable Housing offers affordable housing opportunities. Learn more by visiting them online at www.virginiahousing.com or call (804) 782-1986.

U.S. Department of Housing and Urban Development offers an online search to local housing counseling services. Search for a program in your area at <https://hudgov-answers.force.com/housingcounseling/s/> or call them at (202) 708-1112.

Virginia Easy Access has a service finder tool that helps individuals locate resources within their community. Individuals pick the county or city to find topics in that area including housing options, in-home services, transportation programs, and more. Access the search finder tool online at <https://easyaccess.virginia.gov/service-finder>.

Virginia Supportive Housing provides rental assistance, case management, and resources to help people who are chronically homeless (living on the street for at least a year). Contact them at (804) 788-6825, <http://www.virginiassupportivehousing.org/>

Mortgage, Eviction Issues, & Housing Rights

Care Connect USA provides mortgage payment assistance by working with mortgage companies for missed payments to help avoid foreclosure. Contact (888) 770-7312, or visit www.careconnectusa.org to learn more

Commonwealth Catholic Charities (CCC) offers the Housing & Financial Counseling Program, which provides free housing counseling to help develop a plan for retention or transition. Financial assistance may be available. Contact them at (804) 285-5900, or learn more online at www.cccofva.org/housing-and-financial-counseling

HOME (Housing Opportunities Made Equal) of Virginia provides foreclosure prevention education. Contact them at (804) 354-0641, or online at www.homeofva.org

Homeownership Preservation Foundation provides free help tailored to your unique financial circumstances. Contact them at (888) 995-HOPE, or online at www.995hope.org

Housing Counseling Agency provides discounted services to help organize finances and mortgages and represents homeowners in negotiations with lenders. Contact (800) 569-4287 or visit www.hud.gov/homeownerhelp

U.S. Department of Housing and Urban Development offers an online search to local housing counseling services. Search for a program in your area at <https://hudgov-answers.force.com/housingcounseling/s/>

Cap Up (Capital Partnership Uplifting People) for Richmond area emergency financial assistance (rent/mortgage, utilities, food, health), employment services (coaching, networking), Food Buying Club (food pantry services), and senior centers. Contact them at (804) 788-0050, or visit www.capup.org

Salvation Army Family Services - Richmond Area provides financial support (utilities, food, and clothing), counseling, and job training. Contact them at (804) 225-7470, www.virginiasalvationarmy.org/richmondva/programs/family-services

Virginia Eviction Legal Hotline (VA Poverty Law) has resources and help for tenants. Contact them at (833) 663-8428, or online at www.reduceevictions.org

Eviction Defense Center (VA Poverty Law Center) offers an easy-to-use online tool that offers self-help legal information to help those who cannot afford an attorney. Help is also available in Spanish. <https://www.evictiondefensecenter.org/>

Join the Flock, Inc. is dedicated to easing the financial burden on families battling cancer by providing monthly housing payments, so they can focus on what matters most—their loved ones. Nominate your loved one or, if you're facing hardship due to cancer and could use help with your housing payment, please feel free to nominate yourself. Nominations can be submitted on their website <https://www.jointheflockinc.org/>

Emergency Housing

Homeless Connection Line is the RVA's centralized shelter management line for individuals current undomiciled or within 3 days of experiencing homelessness call (804)972-0813 Monday to Friday from 8am to 12pm and 1pm to 9pm, Saturday and Sunday from 1pm to 9pm. Please call once weekly until placement is secured as a lapse in contact may result in removal from waitlist. Learn more at <https://hclrva.org/>

Utility & Home Expense Assistance

Housing Resource Line is a program of the Partnership for Affordable Housing. The organization will connect people to needed housing-related resources in the Richmond area. These resources include locating rental housing, rental payment assistance, utility payment assistance, emergency assistance, home rehab and repair, housing discrimination, credit counseling, homebuyer education, down payment assistance, foreclosure prevention, and first-time mortgage. Individuals must meet AMI income guidelines to qualify. Contact them at (804) 422-5061 or visit <https://pharva.com/the-housing-resource-line/> for more information

Salvation Army Central Virginia provides rent or utility assistance to individuals in need. Decisions are issued within 3-5 business days. Assistance is available in the following areas: Richmond City, Henrico, Colonial Heights, Dinwiddie, Hopewell, Petersburg, and Prince George. Apply for help at the following link: <https://southernusa.salvationarmy.org/centralvirginia/get-help/>

ACTS RVA - Funds provided by ACTS can be used to pay for rent, mortgage, and utilities to keep families intact and stably housed. ACTS' main number is (804) 644 -2401, please visit for more information <https://www.actsrva.org/>

Referral through partner organization required:

St. Mary's Catholic Church is a partner. Contact Rebecca Oxenreider at St. Mary's at 804-740-4044, ext. 11 for referral.

The PHA is also an ACTS partner. [Housing Resource Line](#) or call (804) 353-6503

Cap Up (Capital Partnership Uplifting People) for Richmond area emergency financial assistance (rent/mortgage, utilities, food, health), employment services (coaching, networking), Food Buying Club (food pantry services), and senior centers. Contact them at (804) 788-0050, or online at www.capup.org

Commonwealth Catholic Charities (CCC) assists eligible individuals with rent, mortgage and utilities assistance through housing counseling program. Call 804.285.5900 or visit <https://www.cccofva.org/housing-and-financial-counseling> to learn more.

Cancer Option Collaborative (The COC) offers the “Dollars Allocated to Assist” (DATA) program to connect active treatment cancer patients to established resources in the area where they live. Should none be identified, the program works to help prevent evictions, utility disconnections, car repos, and more. Applicants must be in active treatment and have a need that is the result of being actively treated. For more information, and to apply visit <https://www.thecoccares.org/receive-support>

Energy Share & PIPP are programs of the energy company Dominion Resources. They provide bill assistance for qualified customers facing financial hardship and Percentage of Income Payment options. The program supports bill pay assistance, as well as free weatherization and energy-saving upgrades. Contact them at (888) 366-8280, or online at www.dominionenergy.com/virginia/billing/billing-options/energyshare

Hawthorne Cancer Foundation is a Richmond-based non-profit that provides monetary grants to individuals for a wide range of needs, including food, shelter, transportation, and living expenses (not medical bills). Applications must be submitted by a social worker or healthcare professional. Contact them at (804) 483-6136, <https://www.thehawthorne.org/grants>

The SPAN Center- Capital Area Agency on Aging provides information and resources to support older adults with community living. Contact (804) 343-3000, or learn more at <https://spancenter.org/>

St. Mary's Catholic Church provides food pantries and utility support (ACTS referrals). Call (804) 740-4044, or visit www.stmarysrichmond.org to learn more

Virginia Department of Social Services' Energy Assistance (EA) helps eligible low-income households offset expenses associated with heating and/or cooling their home. Contact them at (800) 552-3431, or learn more at www.dss.virginia.gov/benefit/ea/index.cgi

Virginia Easy Access has a service finder tool that helps individuals locate resources within their community. Individuals pick the county or city to find topics in that area including housing options, in-home services, transportation programs, and more. Access the search finder tool online at <https://easyaccess.virginia.gov/service-finder>.

Good Doctors Foundation is a resource for those currently being treated or living in the central Virginia community. They provide financial assistance to pay for healthcare related expenses not covered by insurance or other available funding sources such as insurance premiums, medications, housing to receive treatment, transportation, or medical equipment. Applications must be submitted by a social worker or healthcare provider <https://gooddoctorsfoundation.org/application/>

Vital Options International Selma Schimmel Vital Grant – Will provide monetary support for either utility bills or groceries. The grant program will assist those facing a significant financial hardship due to the diagnosis of a chronic, terminal or rare condition such as cancer, Parkinson's, Huntington's Disease or many others. To apply, follow the link and click the "Apply for Assistance Here" button at the bottom of the page <https://www.vitaloptions.org/assistance>

In-Home Care

Caregivers.com is a national resource for finding an in- home support caregiver. Visit them online at www.caregivers.com

Commonwealth Catholic Charities is a non-profit providing care coordination and independence services for older adults and people with disabilities. Contact them at 804-285-5900, or learn more at www.cccofva.org

Instructive Visiting Nurse Association (IVNA) provides reduced cost home health care and case management for individuals who are uninsured or under-insured at a lower cost. Call (804) 355-7100

Jewish Family Services provides home care services, companion services, and care management. Contact them at (804) 282-5644, or at www.jfsrichmond.org

Resources for Independent Living is the Richmond area Center for Independent Living (CIL) assisting individuals with severe disabilities to obtain housing services, transportation, and personal care attendance. Contact them directly at (804) 353-6503, or learn more online at ril.va.org

The SPAN Center offers care coordination, help transitioning home from hospital and support for older adults to remain in their homes. Contact them at (804) 343-3000, or learn more at <https://spancenter.org/>

Home Repair/ Modification

Amramp is a for-profit organization that helps people with mobility concerns to live better lives everyday by eliminating accessibility barriers through wheelchair ramps, stair lifts, lifts, and other modifications. Call (888) 715-7598 to be connected to the Amramp location in your area or visit <https://amramp.com/>

Project: HOMES serves older adult, disabled, and low-income residents with home repair, weatherization, indoor plumbing and rehabilitation, multi-family housing, homeownership assistance, minor home repairs, and accessibility improvements, such as wheelchair ramps. Contact them at (804) 233-2827, or visit them online at www.ProjectHomes.org

Rebuilding Together Richmond is a regional affiliate of the national Rebuilding Organization. The organization provides home improvements and safety and wellness enhancements for senior, low-income neighbors in select areas. Learn more at www.rtrva.org or call (804) 447-3841

USDA Rural Development - 504 Home Repair Program provides loans to low-income homeowners to repair, improve, or modernize their homes, and grants to low-income senior homeowners to address health and safety hazards. Learn more at <https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants/va>

Virginia Housing Accessibility Grants administers grants to foster independence and support those in need of barrier-free housing. Typical modifications include installing ramps and chairlifts, installing remote entry devices, modifying bathrooms and kitchens, and widening doorways and sidewalks. Owner-Occupied and Rental Unit Accessibility Modifications, income at or below 80% HUD FIL.

<https://www.virginiahousing.com/en/accessibility-grants#OwnerOccupiedGrant>

Cleaning Services

Cleaning for a Reason is a non-profit that provides information on local cleaning agencies that provide services at reduced prices or for free to eligible cancer patients. Contact them at (877) 337-3348, or at www.cleaningforareason.org

Two Maids of Richmond supports two cancer patients' homes a month for two consecutive months free of charge in select service areas. To learn more visit <https://www.twomaidscleaning.com/richmond/>

Cellular/Internet

PCs for People is a national nonprofit social enterprise working to get low-cost quality computers and internet into the homes of individuals, families, and nonprofits with low income <https://pcsrefurbished.com/>

Human-I-T offers internet for \$15 per month with no long-term contracts, hidden / cancellation fees for qualifying low-income households <https://www.human-i-t.org/>

Compudopt recycles/refurbishes donated computers and preloads them with essential software. Free computers available through the “Computer Giveaway”. Visit <https://www.compudopt.org/> to learn more.

Lifeline is a federal program that lowers the monthly cost of phone or internet service for low-income users. Learn more and apply at <https://www.lifelinesupport.org/>

Employment Issues

Taking Time off Work

Patients may opt to continue working during treatments, others may need flexible schedules, and some need time off. Workers may be protected, depending on the size of their employer, by: (1) the FMLA described above, (2) the Americans with Disabilities Act (the “ADA”), and/or (3) the fair employment laws of certain states for employees with disabilities at very small businesses.

The Family and Medical Leave Act (FMLA) gives eligible employees the right to up to 3 months of unpaid, job- and health-benefit protected leave per year. Even if you do not qualify for FMLA, you may be eligible for medical leave under state law or the rules of your specific employer. You may check with your company’s human resource representative or one of these organizations:

Cancer Legal Resource Center (“CLRC”) for advice regarding all cancer legal resources including medical leave. Contact them at (866) 843-2572, or learn more at <https://thedrlc.org/cancer-justice/>

Department of Labor, Family Medical Leave Act for the FMLA. Call (866) 487-9243, or visit <https://www.dol.gov/agencies/whd/fmla>

Staying Employed During & After Treatment/ Exhausting Leave

Equal Employment Opportunity Commission (EEOC) for the Americans with Disabilities Act. Call (800) 669-4000, or visit www.eeoc.gov

Job Accommodation Network is a strong non-profit for answering questions about workplace accommodations for disabilities or the ADA. Contact them at: (800) 526-7234, TTYL: (877) 781-9403, or online at www.askjan.org

Cancer Legal Resource Center (CLRC) for advice regarding all cancer legal resources including medical leave. Contact them at (866) 843-2572, or online at <https://thedrlc.org/cancer-justice/>

Applying for a Job with a History of Cancer

Cap Up (Capital Partnership Uplifting People) provides employment services such as workforce development training, coaching and networking as well as other food, childcare and senior citizen services. Contact them at (804) 788-0050, or online at www.capup.org

Community Foundation's Connect VA manages a list of employment opportunities. Visit www.connectva.org for current postings.

Cancer & Careers is a non-profit supporting employment. Free resume review, job development and coaching as well as support through job search process. Call (646) 929-8032, or visit them online at www.cancerandcareers.org

Salvation Army Family Services for Richmond provides job-training services. Contact them at (804) 225-7470, or visit them online at <https://www.salvationarmyusa.org/usn/assist-the-unemployed/>

Virginia Department of Aging & Rehabilitative Services provides information and access to vocational rehabilitation for individuals with disabilities. Call (804)662-7000, or learn more online at www.dars.virginia.org

Virginia State job listings are posted online at www.jobs.virginia.gov

Virginia Career Works is an excellent resource for anyone living in Virginia who needs assistance to find a job. With job boards, training, resume help, access to printing and internet services, Disability and ADA friendly services, free GED testing, hiring events, and more. Visit <https://virginiacareerworks.com/> to learn more and review current positions

Medical Services

Caregiver Support

Livestrong Foundation has a specialized website for tools, including a special application, helpful for caregivers. Contact their hotline at (855) 220-7777, or access their information at www.livestrong.org/we-can-help/caregivers

CancerCare provides free, professional support services for caregivers and loved ones, as well as information and resources. Visit their website <https://www.cancercare.org/tagged/caregiving>

The American Cancer Society Caregiver Resource Guide is a tool for people who are caring for someone with cancer. It can help you: learn how to care for yourself as a caregiver, better understand what your loved one is going through, develop skills for coping and caring, and take steps to help protect your health and well-being. <https://www.cancer.org/cancer/caregivers/caregiver-resource-guide.html>

Clinical Trials

National Cancer Institute (NCI) sponsors most government funded cancer clinical trials. NCI has a list of active studies, as well as some privately funded studies. Contact them at 800-4-CANCER (800-422-6237), or visit www.cancer.gov/clinicaltrials

National Institutes of Health (NIH) has an even larger database of clinical trials and can be found at www.clinicaltrials.gov

Center Watch is a publishing and information services company that keeps a list of both industry sponsored and government funded clinical trials for cancer. Learn more at www.centerwatch.com or call (703) 538-7600.

Dental

Crossover Healthcare Ministry provides a dental clinic. Learn more at www.crossoverministry.org/programs-services/

St. Mary's Catholic Church offers a dental clinic in partnership with VCU. Call (804) 740-4044, or visit online at www.stmarysrichmond.org

Virginia Dental Association Foundation – Donated Dental Services (DDS) Program provides comprehensive treatment to eligible patients (not emergency services). Individuals must have a permanent disability, be 55+ years of age, or qualify as medically fragile. Learn more at <https://dentallifeline.org/virginia/>

VCU Dental offers affordable, comprehensive and high-quality dental care to all Virginians. Call (804) 828-9190 or visit <https://dentistry.vcu.edu/patients/> to learn more.

Fertility & Cancer

Livestrong Foundation has free personalized cancer support. Contact them at (855) 844-7777, or online at www.livestrong.org/what-we-do/program/fertility

Shady Grove Fertility is a nationally recognized fertility clinic with a Richmond office that can be reached at (804) 256-2986. Learn more at www.shadygrovefertility.com/trying-to-conceive/cancer

Expect Miracles Foundation: The Sam Fund provides grants to cancer survivors aged 21-39. To qualify, individuals must have completed treatment. Funds may be used in various ways, from fertility assistance to college costs. Learn more at <https://expectmiraclesfoundation.org/samfund> or call (617) 938-3484.

Free Medical Clinics

Free Clinics lists all free and income-based clinics in your area. Visit them online at www.freeclinics.com/cit/va-richmond

Cross Over Healthcare Ministry has free and income based medical and mental health services. Contact them at (804) 521-8263, or at www.crossoverministry.org

Health Brigade offer an array of medical, mental health and coordination services for low-income, and the uninsured. Visit <https://www.healthbrigade.org/> or call (804) 358-6343

Virginia Association of Free and Charitable Clinics lists these clinics in Virginia. They can be contacted at (804) 340-3434, or online at www.vafreeclinics.org/

Transplants

National Foundation for Transplants provides fundraising assistance for patients needing transplants, including bone marrow and stem cell transplants. Call (800) 489-3863 or visit www.transplants.org

National Bone Marrow Transplant Link can be contacted at (800) 546-5268, or at www.nbmtlink.org

Ostomy

United Ostomy Association of America provides resources, education, support and advocacy to promote quality of life for people with ostomies <https://www.ostomy.org/>

Greater Richmond Ostomy Association offers local support groups, healthcare networking, and a local supply closet for individuals with colostomies, ileostomies, urostomies, and other diversions <https://www.rvaostomy.com/>

Pediatric Resources

ASK is a local non-profit organization supporting children with cancer and their families. Call (804) 658-5910, or visit www.askccf.org

Camp Kesem has free summer camps that support children through a parent's cancer in locations throughout the United States. Contact them at (253) 736-3821, or learn more at <https://campkesem.org>

Chai Lifeline has programs offering emotional, social, psychological, and financial assistance to families living with pediatric illness or loss. (410) 205-2085, www.chailifeline.org

Comfort Zone Camp has free summer camps for grieving children. Call (804) 377-3430, or visit www.comfortzonecamp.org to learn more

Connor's Heroes provides services such as meals and yard work, as well as financial help such as provision of gas cards, to families experiencing pediatric cancer. Contact them at (804) 897-1272, www.connorsheroes.org

Heroes For Kids provides character visits to children in hospitals and home care. We also provide goods such as coloring books/supplies/toys and more. "Happiness is only a HERO away" Contact at (804)228-1310 for additional contact info visit www.heroesforkids.net

Life with Cancer provides FREE counseling, education, and support groups predominantly in Northern Virginia. Contact them at (703) 206-5433, or online at www.lifewithcancer.org/get-help/children-teens-and-cancer/

Ronald McDonald House provides reduced housing for pediatrics throughout the United States. Contact their local office at (804) 355-6517, or visit them online at www.rmhc-richmond.org

Patches of Light assists families with children facing catastrophic health issues and financial hardship. Offers financial assistance, HUG bags (care packages), and other resources. Please be aware that any applications must be submitted directly by the child's current social worker. <https://www.patchesoflight.org/>

The Jack Strong Foundation provides annual applications for \$500 to families with financial needs resulting from expenses associated with their child's cancer treatments. <https://jackstrong.org/financial-assistance>

Transportation

CARE Van provides ADA compliant paratransit service within the GRTC system. ADA Ride eligibility and application and approval required before scheduling. Complete the ADA Ride Application <https://www.adaride.com> or by calling (877) ADA-RIDE. Learn more about GRTC system maps and hours by visiting <https://www.ridegrtc.com/grtc-services/care-paratransit/>

Road to Recovery with the American Cancer Society has free or income-based transportation, local and long distance. Call in advance, as it may take a few days to organize. Contact them at (800) 227-2345, select 3. Learn more at www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

Ride Assist Services provides transportation to older adults in Powhatan. Contact them at (804) 698-0438, or via email at RAServices.PVA@gmail.com

The SPAN Center coordinates transportation for participants in various daily programming. Call (804) 343-3000 or visit <http://spancenter.org/> to learn more

The Shepherd's Center of Richmond provides free transportation to those in need who are 60 years of age and older. Contact them at (804) 355-7282 or learn more at <http://tscor.org/>

Let's Go Service is a non-profit organization in Richmond, Virginia that provides donation-based transportation services. This includes trips to the grocery store, medical appointments, and more in select, local areas. Appointments should be made >2 weeks in advance using <https://www.letsgoservices.org/contact-us> Individuals who need services inside of the two-week timeframe should call 804-366-0670 for availability.

Mercy Medical Angels & National Patient Travel Center gives charitable travel assistance by providing commercial airline tickets and supports ground transportation with gas cards, bus, and train tickets. Call (757) 318-9174, or toll-free at (800) 296-1217. Visit <https://mercymedical.org> for more information

Road to Recovery with the American Cancer Society has free or income-based transportation, for both local and long distance. Call in advance, as it may take a few days to organize. Contact them at (800) 227-2345, select 3, or visit them at www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

Air Transportation

Air Care Alliance provides free air transportation for qualifying patients. Contact them at (888) 260-9707, www.aircarealliance.org

Air Charity Network is the largest unified volunteer pilot organization for qualified patients that travel nationwide. Contact them at (877) 621-7177, or visit them online at www.aircharitynetwork.org

Corporate Angel Network, Inc. provides free air transportation for qualifying patients. Contact them at (914) 328-1313, or learn more at www.corpangelnetwork.org

Lifeline Pilots provides free air transportation for qualifying patients in the Midwest. Contact them at (800) 822-7972, or learn more at www.lifelinepilots.org

Mercy Medical Angels gives charitable travel assistance for qualifying patients by providing commercial airline tickets and supports ground transportation with gas cards, bus, and train tickets. The National Patient Travel Center and Angel Airline Samaritans are part of Mercy Medical Angels. Contact them at: (757) 318-9174, www.mercymedical.org

Housing For Medical Care

Doorways is the largest lodging facility for medical care in the Richmond area, serving VCU. Contact them at (804) 828-6901, or online at www.thedoorways.org

Reinhart Guest House provides lodging for Bon Secours patients undergoing treatment and their families. Contact them at (804) 287-7300, or visit them online at www.bonsecours.com/locations/community-services/richmond/reinhart-guest-house

Joe's House is not an actual house, but a non-profit organization helping individuals with cancer and their families find a discounted place to stay near medical hospitals. Contact them at (877) 563-7468, or visit them online at www.joeshouse.org

Ronald McDonald House provides reduced housing for pediatrics throughout the US. Contact their local office at (804) 355-6517, or learn more at www.rmhc-richmond.org

Mental Health Services

Cancer-Related Behavioral Health Fund is a Grant program established to assist individuals in need of cancer-related behavioral health treatments. Applicants must be insured residents of the US with a total household income under 500% of FPL.

<https://www.healthwellfoundation.org/fund/cancer-related-behavioral-health/>

Bloch Cancer Foundation has a National Cancer Hotline that matches cancer patients with individuals who have recovered from the same type of cancer. Contact the Hotline at (800) 433-0464, or learn more at www.blochcancer.org

CancerCare has counselors and support groups as well as financial assistance and resource navigation (over the phone, online, and in-person). Contact them at (866) 552-6729 and (800) 813-HOPE (4673) or visit https://www.cancercare.org/support_groups

Cancer Support Community has a hotline for general cancer support, including managing costs, support groups, and cancer reference materials. Contact them at (888) 793-9355, or visit them online at <https://www.cancersupportcommunity.org/>

Full Circle Grief Center provides support for grieving children, families, adults, and communities through free support groups, at and reduced cost individual counseling services, remembrance programs, and grief education support. Contact them at (804) 912-2947, or visit them online at <https://fullcirclegc.org>

Health Brigade has free mental and medical income-based services. Contact them at (804) 358-6343, or online at www.healthbrigade.org

Imerman Angels provide comfort and understanding for all cancer fighters, survivors, previvors and caregivers through a personalized, peer-to-peer mentorship program with someone who has been there. Visit them online at <https://imermanangels.org/>

Jewish Family Services (JFS) provides counseling services and can be contacted at (804) 282-5644. Learn more at www.jfsrichmond.org

NAMI Central Virginia (National Alliance on Mental Illness Central Virginia) has mental health programs, as well as a hotline that can be contacted at (804) 285-1749 Learn more online at www.namicva.org

Richmond Behavioral Health Authority provides mental health services, as well as 24-hour crisis intervention services. Contact them (804) 819-4100

St. Joseph's Villa has free/reduced mental health outpatient services for qualifying individuals. Contact them at (804) 837-0842, or visit them online at www.neverstopbelieving.org/services/mental-health-services

VBHDS (Virginia Department of Behavioral Health) provides information on free counseling services and can be contacted at (804) 786-3921, or online at www.dbhds.virginia.gov/behavioral-health/mental-health-services

ULMAN Foundation: Where YA Meet is for young adults (ages 15 through 39) who are currently in treatment for cancer, post-treatment, or living with long-term disease. Through guest speakers, social activities, and community excursions we make sure no one is fighting alone. <https://ulmanfoundation.org/support/>

Support Groups

Bon Secours Support Groups

- **Cancer Diagnosis Support** in-person & virtually 10-11am every 1st and 3rd Thursday of the month at Bon Secours Cancer Institute at St. Francis. Contact Ann Petersen, MSW at (804) 764-7201
- **Coping as a Cancer Caregiver** Bon Secours Memorial Medical Center, Cancer Resource Center Main Hospital Entrance, Room 1110, 1st Tuesday of every month; 2 – 3:00 pm, contact Ann Petersen, MSW at (804) 764-7201
- **Cancer Support for Men** Bon Secours Memorial Regional Medical Center, Cancer Resource Center Main Hospital Entrance, Room 1110, 2nd and 4th Tuesday of every month 3:30 – 5 pm, contact Ann Petersen, MSW at (804) 764-7201
- **Don't Ignore Stage 4 / Support for Those Living with Metastatic Cancer** Bon Secours Memorial Regional Medical Center, Cancer Resource Center Main Hospital Entrance, Room 1110, 2nd and 4th Tuesday of every month 10 – 11 am, contact Ann Petersen, MSW at (804) 764-7201
- **Cancer Survivorship Support** 8-week in-person & virtual support group held in multiple cycles per year on Tues from 5:30-6:30 pm at Bon Secours Cancer Institute at St. Mary's Contact Katherine Bell 804-288-8900 or katherine_bell@bshsi.org

VCU Support Groups

- **Women's Support Group** 4th Monday, 6:30-7:30 pm virtually, contact Freda Wilkins, S.W., M.Div., at (804) 305-2709
- **Men's Support Group** 3rd Tuesday, 6:30-7:30 pm virtually, contact Charles Riffie, M.Div., at (804) 573-5456
- **Brain Tumor Support Group** St. Mary's Hospital, Education Center, 2nd Tuesday of every month at 6:30 pm, contact Nancy Hsu at (804) 852-2976, or nancy.hsu@vcuhealth.org

Richmond Brain Tumor Support Group meets virtually 2nd Tuesday of each month between 6:30-8pm visit <https://btsupport-rva.org/> to learn more and sign into meetings

Blood Cancer United offers weekly virtual support groups, online chats and phone engagement, visit <https://bloodcancerunited.org/resources/patients/online-chats> or call

Personal Care

Care Packages and Self-Care

Harmony Healing Foundation is a nonprofit supporting individual with cancer by providing in-kind assistance. This includes mailing care packages with essential non-medical items, finding transportation and home care support, offering nutritional guidance, helping complete applications for grocery assistance programs, and more. Visit their website to find more information or start an application: <https://www.harmonysupport.org/>

Car Repair

Mechanics of Faith (804) 277-3205 www.mechanicsoffaith.org

Clothing & Home Furnishings

Belmont Community Resource Services “The Closet” is a clothing donation and distribution program run at Belmont. They serve the community on Fridays from 9 am – 1 pm. 3510 Broad Rock Blvd, Richmond, VA 23234. Call at (804) 868-8434 or visit them online <https://bcrrsra.org/the-closet/>

Caring Closet provides consignment quality; FREE clothing, in a timely manner, in a supportive setting, as well as bags filled with necessities and comfort items. To receive clothes, fill out the request form <https://www.caring-closet.org/receive> and email to info@caring-closet.org. Tell them your age, gender, sizing, clothing style, and articles needed. Pick-Up at the caring closet 24/7 and call 804-533-2657 for address.

Mercy Mall is a ministry offering free clothing, houseware (not furniture), baby items, toiletries, cleaning supplies, and more to individuals and families overcoming the obstacles to home and life stability. If you and/or your children have 2 or less outfits that fit and are weather appropriate; if you lost all your clothing/household/baby items due to a fire, sudden re-housing, theft, or other crisis; if you have transitioned from homelessness or unstable housing to new housing and do not have the necessary items to live and cook in the home; if you are pregnant and due to give birth within 30 days and do not have the necessary items to properly care for the baby. If any of these situations describe your circumstance, please text your name and a description of your current crisis to 804-728-2928. <https://mercymallva.org/>

~~**Sarah’s Den** offers a Monthly Community Outreach Event Join us on the 1st Saturday of every month for our community outreach event where we serve those in need of a hot meal and smile. In partnership with The Bridge Church of Mechanicsville, we provide hot meals, free clothing, and encouragement for anyone in need. We also provide essential household and toiletry items to those in need. Our emergency food pantry is stocked with nutritious food options and is open to anyone in need. Call 804-653-2105 or visit <https://sarahsden.com/index.html>~~

Cooking

- **Cancer Nutrition Consortium:** <https://www.cancernutrition.org>
- **Cook for Your Life:** <https://www.cookforyourlife.org>
- **Eat to Beat Cancer:** <https://www.eattobeat.org>

End-of-Life Care

A Peaceful Passing provides certified End-of-Life doulas who work to help people find meaning and purpose in their life, to understand the impact they have made, and the legacy they are leaving. They help plan and educate for how the final days will unfold, while supporting loved ones left behind. Doulas also guide family and friends through these last days and help ease the suffering of grief. Contact them at (804) 502-3667, or learn more at www.apeacefulpassing.info/

Find Medicare-certified hospices that serve your area and compare them based on the quality of care they provide. Hospice provides care and support for people who are terminally ill. <https://www.medicare.gov/care-compare/?redirect=true&providerType=Hospice>

Find **Certified End-of-Life Doulas** using the National End of Life Doula Alliance- a searchable database listing location, hours of operation and contact information for EOL Doulas. Visit <https://nedalliance.org/directories/find-a-doula/>

Eyeglasses

New Eyes - Social service agencies/Health advocates/ Social Workers/ Health Providers can apply on behalf of client. New Eyes provides a pair of lenses at no cost to the client. Learn more and/or apply at <https://new-eyes.org/application>

Exercise & Wellness

Yoga Health Foundation www.yogahealthfoundation.org

The Endorphasm Foundation empowers individuals to move past obstacles in their life by embracing the healing power of community and fitness. In collaboration with health provider, a Certified Cancer Exercise Specialist works directly with the individual to prescribe appropriate movement based on their diagnosis and physical capabilities. Visit <https://www.endorphasmfoundation.org/> to learn more.

Core Compassion Project exists to strengthen breast cancer survivors through a post-rehab Pilates program. <https://corecompassionproject.org/>

Livestrong Foundation has free Cancer-informed exercise recovery and information. **Livestrong at the YMCA** is a 12-week physical activity program designed to help adult cancer survivors regain strength, energy, and community at their local YMCA. For more information call (855) 220-7777 or visit www.livestrong.org

Food Pantries

A Place of Miracles aids families of the Chesterfield area that need daily meals. Contact them at (804) 722-9577, or online at www.apomcafe.com/

Cap Up (Capital Partnership Uplifting People) provides emergency financial assistance (rent/mortgage, utilities, food, health), employment services (coaching, networking), Food Buying Club (food pantry services), and senior center information in the Richmond area. Contact them at (804) 788-0050, or online at www.capup.org

Chesterfield/Colonial Heights Department of Social Services aids individuals and families who have experienced, or are experiencing, an emergency that limits their funds for essential items, such as food. Contact them at (804) 796-3715, or learn more online at www.cchasm.org/food-assistance

Chesterfield Food Bank serves a variety of our neighbors, the majority of whom do not qualify for government assistance. Contact them at (804) 414-8885, or learn more at www.chesterfieldfoodbank.org/

Colonial Heights Food Pantry is committed to alleviating hunger and developing collaborative strategies to encourage self-reliance and preserve human dignity. Contact them at (804) 520-7117, or online at www.chfoodpantry.org/

Commonwealth Catholic Charities can assist individuals searching for a food pantry and can be contacted at (804) 285-5900, or online at www.cccofva.org. They also provide several local food pantries, including:

- **Dilbert Food Pantry (Richmond)**, open Tuesdays, Wednesdays, and Thursdays, 9am to 12pm. Recipients may receive food once within a 30-day period. Located at 1601 Rolling Hills Drive, Richmond, VA 23229. Call (804) 285-5986 for more information.
- **St. Francis House Food Pantry (Roanoke)**, open Monday through Friday, 9am to 12pm. Recipients may receive food once within a 30-day period. Located at 836 Campbell Avenue, SW, Roanoke, VA 24016. Contact them at (540) 268-0098.

The Feed More Help Line connects neighbors with local food pantries across in Central Virginia including SNAP and Meals on Wheels. Feed More Help Line at (804)237-8617 to get connected to food resources. You can also complete the request form at www.feedmore.org/helpline.

St. Mary's Catholic Church has a food pantry and provides utilities support. Call (804) 740-4044, or visit www.stmarysrichmond.org for more information

Federation of Virginia Food Banks has a statewide map of their member food banks online at <https://vafoodbanks.org/virginia-food-bank-locator/>

Shine Farm CSA/Farm Share: For RVA patients with the financial means, shine farm will deliver fresh, local produce. Community Supported Agriculture (CSA) helps farmers afford what they need to grow for the season, and in return members receive weekly fresh produce, 15% discount on additional produce, flowers, or handmade products and 50% off all farm workshops and events. Various sizes and seasons are available. Generally, runs March – October and costs vary depending on the chosen plan. <https://shine.farm/farm-share-csa/>

Farm Bus CSA/Farm Share: For RVA patients with financial means, the Farm Bus will deliver local produce, meats, dairy, bread, mushrooms, and fermented goods. Delivery for a 6-mile radius from Farm to Family in Church Hill, the Fan, Downtown, Manchester, Lake Side, Forest Hill, Museum District, Jackson Ward, Northside, Ginter Park. Costs vary depending on the plan selected and are purchased for an entire season. <https://thefarmbus.csaware.com/store/>

Seasonal Roots: For Virginia patients with financial means, Seasonal Roots will deliver fresh local produce as well as artisan goods and everyday essentials such as coffee, bread, salsa, and more. Seasonal roots require a \$50 year-long membership fee and then you pay weekly for your goods, making it more accessible than other options. Seasonal roots have a wide service area, check their website to see if your zip code is covered and to sign up <https://www.seasonalroots.com/>

Meadowbridge Community Market (MCM) is a free grocery and supply store located in the Northside neighborhood of Richmond, VA (3613 Meadowbridge Rd) MCM does not require identification, proof of income, or personal information because everyone deserves free and easy access to food and other basic needs. Open every Saturday from 10am – 4pm. <https://www.madrva.org/home/meadowbridge-community-market>

Henrico Community Food Bank Food Delivery is available to any resident of Henrico regardless of income level, age, or immigration status, and operates 5-6 days a week. Each delivery is household-specific, and changes depending on family size, food allergies/dietary restrictions, and religious and ethnic considerations. Families are eligible to receive one delivery per month per household. Contact us at (804) 616-8534 or info@henricocommunityfoodbank.org

Grocery & Food Financial Assistance

Vital Options International Selma Schimmel Vital Grant – Will provide monetary support with groceries. The grant program will assist those facing a significant financial hardship due to the diagnosis of a chronic, terminal or rare condition such as cancer, Parkinson's, Huntington's Disease or many others. To apply, follow the link and click the "Apply for Assistance Here" button at the bottom of this page:

<https://www.vitaloptions.org/assistance>

MADRVA offers direct financial assistance through \$200 mini-grants prioritizing marginalized and vulnerable groups. Each person is eligible for two grants per year. Applications are open Quarterly. Filling out an application does not guarantee approval. A randomized system is used to approve applications. Contact by text 804-362-0624 or visit their website for more info: <https://www.madrva.org/home/mini-grants>

Hawthorne Cancer Foundation is a Richmond-based non-profit that provides monetary grants to individuals for a wide range of needs, including food, shelter, transportation, and living expenses, but not medical bills. Applications must be submitted by a social worker or healthcare professional. Contact them at (804) 483-6136, or visit

<https://www.thehawthorne.org/grants>

Recreational Activities

New Day Equine Therapy in Ashland, Virginia has riding with Bruce D. Nachman. Contact them at (804) 307-5156, or online at www.newdayequinetherapy.com

Therapeutic Horse Back Riding Association of Virginia <http://travinc.org/>

Sail Beyond Cancer provides meaningful relief for cancer patients and their loved ones through the experience of private sailing excursions. They can accommodate up to 6 people comfortably. The sails are offered to guests at no charge. Call (802) 233-9777 for more information, or visit their website <https://www.sailbeyondcancer.org/sbc-va-chapter>

Camp Kesem is a free, overnight summer camp for children aged 6-18 who are coping with a parent's cancer. This unique camp experience provides fun-filled activities and a supportive community, helping kids navigate anxiety, isolation, and uncertainty — reminding them they are never alone. Learn more about camp online at www.kesem.org/programs-services/camp-kesem

Cancer Care's Healing Hearts Family Bereavement Camp allows families who have experienced the loss of a loved one to cancer to come together for a weekend retreat. Each year, families spend three days in the Poconos. Horseback riding, fishing and games are combined with therapeutic grief activities led by CancerCare professional oncology social workers. This camp is for families (parents or guardians with children and teens, ages 4 to 17) who have lost a loved one to cancer within the past two years.

https://www.cancercare.org/services/community_programs/healing-hearts-family-bereavement-camp

Pet Assistance

Cancer Care's PAW (Pet Assistance and Wellness) program helps dog and cat owners affected by cancer with financial assistance, educational programs, counseling, and case management. Contact them at (800) 813-HOPE (4673), or learn more at

www.cancercare.org/blog/cancercare-pet-assistance-wellness

Richmond SPCA will provide low-cost veterinarian services, as well as food and supplies, if needed. Contact them at (804) 521-1300, or visit them online at

<https://richmondspca.org/who-we-are/contact-us/>

Little Free Pet Pantries provide food and other supplies for pets. Accessible anytime, outside, open to all visit <https://www.ral.org/pet-food-resources> for the nearest location.

Smoking

The **Guide to Quit Smoking** from the **American Cancer Society** can be found online at

www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html

Visit www.smokefree.gov for support with quitting smoking, including a text message support program

Wigs, Prosthetics & Reconstruction

Amputee Coalition provides financial support for prosthetic services. Contact them at (888) 267-5669, or visit them online at www.amputee-coalition.org/resources/financial-assistance-for-prosthetic-services

The Areola Restoration Center provides free consultation for 3D Areola/Nipple restoration. Restoration surgery is covered by insurance in most cases. Learn more at www.areolarestitutioncenter.org or call (804) 716-9804.

EBeauty is a non-profit supporting woman with a wig exchange program and other beauty support. Learn more at www.ebeauty.com

Godiva's Secret Wigs is a for-profit wig company that can be contacted at (877) 567-9447, or online at www.godivassecretwigs.com

Look Good Feel Better of the American Cancer Society can be contacted at (800) 227-2345 (toll-free).

SteppingStones Women's Center is a great center located in Mechanicsville, Virginia that provides breast prosthetics, pocketed bras, postop garments, pocketed swim and active wear, wigs, head coverings, and more. Contact them at (804) 746-9880, or online at www.steppingstones4women.com

Wigs by Aya provides free wig donations for cancer or hair loss patients. Visit <https://www.wigsbyaya.com/> to learn more and submit request.

Domestic Violence Resources

YWCA Provides emergency and support services to empower survivors of intimate partner and sexual violence. Safety planning, emergency shelter, hospital accompaniment, counseling, case management, legal advocacy, workforce navigation, and additional resources. Call or text the 24-hours helpline 804-612-6126 or visit their website at <https://ywcarichmond.org/get-help/>

Safe Harbor support those who are experiencing or have experienced domestic violence, sexual violence, or human trafficking. In collaboration with Bon Secours, Commonwealth Catholic Charities, The Salvation Army, VCU, and the YWCA. Primarily serves Henrico. Get help through the 24-hour helpline at (804) 500-2755 or <https://safeharborshelter.com/>

Carol Adams Foundation supports those who are experiencing or have experienced domestic violence, sexual violence, or human trafficking across the Commonwealth. They offer an emergency hotline to aid women in distress, emergency shelter programs, children's services, workforce assistance, emergency financial support, transitional housing programs, counseling, mental health support, and coordinated follow-up program to ensure that survivors thrive. Call (804) 218-2866 or <https://www.caroladamsfoundationva.org/>

Legal Services

Richmond Area

CancerLINC provides free and low-cost legal and financial services for eligible cancer patients and their families in the Central Virginia region. Contact CancerLINC at (804) 562-0371, or online at www.CancerLINC.org

Central Virginia Legal Aid Services is a community of lawyers who provide free civil legal services to eligible low-income individuals and preventative legal education in our communities. To learn more, visit www.cvlas.org or call (804) 648-1012

George Hatcher Community Law Center in Church Hill provides pro bono legal assistance regarding family law, housing and real estate, and guardianship. Contact: Sandy Reynolds, 804-775-2248

Northern Virginia

- **Alexandria Bar Lawyer Referral Service**, (703) 548-1106
- **Arlington Bar Lawyer Referral**, (703) 228-3390
- **Fairfax Bar Association Lawyer Referral & Information Service**, (703) 246-3780
- **Legal Aid Justice Center**, (703) 778-3450
- **Legal Services of Northern Virginia**, (703) 778-6800, www.lsnv.org
- **Prince William County Bar Association Lawyer Referral Service**, (703) 393-2306

Fredericksburg, Tappahannock, & Culpeper

Legal Aid Works, (540) 371-1105, www.legalaidworks.org

Charlottesville

Legal Aid Justice Center, (434) 977-0553

Statewide

- Disability Issues: **Office of the Attorney General**, Human Rights, (804) 225-2292
- **Disability Law Center of Virginia** (800) 552-3962, www.dlcv.org/programs
- **Virginia Poverty Law Center** (804) 782-9430, www.vplc.org
- **Free Legal Answers** can be accessed at <https://virginia.freelegalanswers.org>

Virginia Sexual and Domestic Violence Action Alliance provides legal support to survivors of sexual and domestic violence. Contact them at (800) 838-8238, or learn more at www.vsdvalliance.org/resources-helpayuda/legal-help/?view=mobile

Virginia Lawyer Referral Service will connect you to a lawyer in your area for a \$35 fee. You receive a consultation of up to a half hour with the lawyer – no strings attached. Contact them at (804) 775-0808, or online at www.vsb.org

Access to JUSTICE provides a guide to low- and medium-income Virginians in need of legal services. Contact them at (804) 775-0500, or learn more at <https://vsb.org/EN/Site/legal-help/access-guide.aspx>

Virginia Legal Aid Society (VLAS) provides free civil legal services to eligible low-income residents in Virginia. VLAS provides free information, advice, and representation in the areas as housing, healthcare, income and benefits, family issues, consumer, and education. Visit www.vlas.org or call the VLAS Law Line (866) 534-5243.

Immigrant/Refugee Support

Commonwealth Catholic Charities provides interpreter, immigration, and resettlement services to migrants and refugees. Staff are accredited by the Department of Justice, providing the community with a nonprofit alternative to immigration lawyers.

<https://www.cccofva.org/migrantsandrefugees>

ReEstablish Richmond connects refugees and new immigrants in Richmond with resources to establish roots, build community, and become self-sufficient. They work in collaboration with resettlement agencies, government services, faith communities, and volunteers. For help visit <https://www.reestablishrichmond.org/>

Virginia Poverty Law Center (LA VIDA). VPLC established the Legal Assistance to Victim-Immigrants of Domestic Abuse (LA VIDA) program for eligible low-income, under-documented immigrant victims of domestic or sexual violence. LA VIDA determines if survivors qualify for visas, VAWA Self-Petitions, Removal of Conditions for Battered Spouses, or T visas. Completing an intake does not guarantee eligibility for a visa or any other immigration petition nor does it guarantee free legal representation. LA VIDA prepares and submits visa applications for those eligible and connects with attorneys and professionals who can help them with appropriate immigration petitions.

https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393408-Virginia_Poverty_Law_Center

Latinos in Virginia Empowerment Center is as a resource for Latinos who experienced sexual/domestic violence and human trafficking. General Helpline Richmond – 804-658-3341. Crisis Support line 888-969-1825. Visit <https://latinosenvirginia.org/get-help> for a safe space to learn about the services offered.

Sacred Heart Center supports the local Latino community through Free health, career, and financial resources navigation, as well as case management, for individuals and families. Provides connections to basic resources, education, immigration services and more for the Latino community. Visit <https://shcrichmond.org/> or call **804-230-4399**

- **Immigration Legal Services Program Application:** <https://bit.ly/shclegal>

Diagnosis Specific Resources

Blood Cancer

Blood Cancer United is the leading organization for everyone affected by blood cancer. <https://bloodcancerunited.org/> Find available financial resources for those impacted by blood cancer at <https://bloodcancerunited.org/financial-assistance>

Lymphoma Foundation of America (734) 424-2000 www.lymphomahelp.org

Lymphoma Research Foundation (800) 500-9976 www.lymphoma.org

Blood Cancer United North Carolina - Virginia may help with copay assistance, travel assistance, information specialists, and support groups. Visit them online at <https://bloodcancerunited.org/regions/nc-va> or call an information specialist at +1-800-955-4572.

Brain Cancer

American Brain Tumor Association (800) 886-2282, www.abta.org offers limited financial assistance for patients diagnosed with central nervous system (CNS) tumors. The fund may cover certain expenses and/or bills, such as mortgages, medical bills, and utilities. To learn more about the program or to apply for financial assistance, please download and complete this application <https://www.abta.org/wp-content/uploads/2024/01/LO2-ABTA-GGF-Application-Pt.HCP-Fillable-1.pdf>

Cullather Quality of Life Cancer Center for Brain Cancer services include navigation support, advocacy, education, in addition to therapies such as massage, meditation, acupuncture, yoga, counseling, respite care, music therapy and legacy work. Call (804) 287-7809 or visit www.cullather.org

Mission4Maureen provides financial assistance to families who are burdened with the staggering cost of brain cancer treatment. Financial aid is available for medical bills as well as childcare, housing payments, utility bills, transportation, medication and other areas of assistance. Applicants may submit up to three bills to be considered totaling no more than \$1,500 per application. Call 440-840-6497 or visit <https://form.jotform.com/241163772178157>

National Brain Tumor Society manages a resource database for individuals facing brain tumors and their families to obtain access to services including financial assistance, advocacy, clinical trials and support groups as well as providing individualized case management services. Call (617) 924-9997, visit <https://braintumor.org/> or to review self-help options, visit <https://braintumor.org/support-services/toolkit/patient-and-care-partner-resources/>

Breast Cancer

Breast Cancer Options, 845-339-HOPE, www.breastcanceroptions.org

BreastCancer.org, (610) 642-6550

National Association of Breast Cancer Organization, www.nationalbreastcancer.org (972) 248-9200

SHARE: Self-Help for Women with Breast or Ovarian Cancer

(212) 719-0364, www.sharecancersupport.org

Virginia Breast Cancer Foundation, (804) 285-1200, www.vbcf.org

Young Survival Coalition – Breast Cancer, (877) 972-1011, www.youngsurvival.org

Alliance in Reconstructive Surgery (AiRS) Foundation Reconstructive Surgery Grant- Offers up to \$2,500 towards breast reconstructive surgery, including insurance co-pays and related surgical and/or facility fees. Apply 1-3 months prior to surgery and must include a written estimate from surgeon/provider. Applicants must be able to provide documentation to demonstrate financial hardship if their income is over 175%

<https://airsfoundation.org/apply-for-grant/>

Here for the Girls is a Virginia non-profit providing local, in-person support groups for breast cancer patients under 51 years of age. Learn more at <https://hereforthegirls.org/>

Virginia Breast Cancer Foundation has put together some resources for caregivers that can help you take the best care of your loved one, but also to take care of yourself. They have resource packets available for caregivers of patients with early-stage as well as metastatic breast cancer. Download through their website: <https://www.vbcf.org/caregiver/>

Living Beyond Breast Cancer Fund has financial assistance programs to serve the national breast cancer community through one-time grants for basic living expenses to help decrease financial burdens. Applications are accepted every other month on the third Monday through Friday (January, March, May, July, September, and November) To apply: 1) Complete application during open period, and 2) Health care provider verification of breast cancer diagnosis must be submitted. <https://www.lbbc.org/about-us/what-we-do/lbbc-fund>

Susan G. Komen Foundation is a Richmond-based breast cancer non-profit providing \$400 grants annually for rent, utilities, food, transportation, childcare, or medical needs for eligible applicants. <https://www.komen.org/financial-assistance-program/>

The Pink Fund provides 90-day, non-medical cost of living expenses to individuals in active breast cancer treatment. This fund also distributes short-term financial aid for basic living expenses to patients who have lost all, or part of, their income during active treatment. This aid is paid directly to creditors. Contact them at (877) 234-7465, or online at www.pinkfund.org

Pink Aid Pink Purse - Provides emergency assistance to underserved breast cancer patients in financial crisis while undergoing active treatment for a breast cancer diagnosis. This emergency fund helps with critical non-medical essential household expenses within 48 hours. Applications must be submitted by a social worker. To apply visit <https://pinkaid.org/pink-aid-pink-purse/>

Donna M. Saunders Foundation Provides resources and financial assistance to breast cancer patients. Funding policy allows for a wider range of approved expenses, such as housing expenses, transportation expenses, medical co-pays, and groceries. Provides decision within two weeks. To apply visit <https://breastcanceraid.org/apply-for-assistance/>

Remember Betty Provides financial assistance grants for Mortgage/Rental payments, medical bills, transportation, general use, and compression garments. Applications are accepted on the 1st and 7th of each month. Decisions issued by the 17th. Applications must be physically mailed and signed by the patient. To apply visit <https://www.rememberbetty.com/apply-for-assistance>

The Lymphedema Sleeve Program by Core Compassion Project in collaboration with Lymphediva, LLC, provides compression sleeves for patients and survivors of breast cancer at any point in time during their healing process. To apply, visit their website <https://corecompassionproject.org/lymphedema-sleeve-program/>

United Breast Cancer Foundation Grant provides support to breast cancer patients and survivors within 3 years of remission. This grant can be used for the following types of expenses: medical procedures, prescription medications, COBRA insurance coverage, housing expenses, utilities, therapeutic services, transportation expenses, vehicle insurance, healthy and nutritious foods, and housekeeping services. Visit <https://ubcf.org/programs-services/individual-grants/> for more information

Provision Project provides financial assistance to women in active treatment for breast cancer. Applications will open again beginning at 8am Pacific Time (11am EST) on the first day of each month. Email michelle@provisionproject.org for more information or visit <https://provisionproject.org/application/> to apply.

Colorectal Cancer

Colon Cancer Alliance, (877) 422-2030 www.ccalliance.org

Meredith's Miracles awards Miracles for basic needs such as rent/mortgage, utilities (heat, lights, water), telephone, car payments, car insurance or other basic expenses. Eligibility requires a diagnosis of colorectal cancer or experiencing symptoms, currently receiving treatment for diagnosis, having dire financial circumstance, and being an adult aged 40 or under. <https://www.merediths-miracles.org/apply>

National Colorectal Cancer Roundtable, www.nccrt.org

Shine for Scott provides financial assistance for people under 50 diagnosed with colon cancer or in need of screening. Funds for screening, treatment, co-pays, prescriptions, rent, mortgage, utilities, travel for second opinions, and special funding for unspecified categories. Visit <https://shineforscott.org/>

Colorectal Cancer Alliance supports patients, survivors, caregivers, family members, and other people impacted by colorectal cancer through educational resources, financial assistance, and online support groups. Visit their website <https://colorectalcancer.org/> or call (877) 422-2030

Blue Hope Treatment Award provides eligible patients with a one-time \$200 check to help with daily expenses. Applicants in active treatment for colorectal cancer (Chemotherapy, Radiation, Immunotherapy, and/or Surgery within the last 30 days) and have pre-tax household income at or below 300% of the Federal Poverty Line (FPL) <https://colorectalcancer.org/resources-support/resources/financial-assistance>

Kidney Cancer

Kidney Cancer Association (800) 850-9132 www.kidneycancer.org

CancerCare Co-Payment Assistance Fund provides grants of up to \$10,000 to patients that are currently receiving treatment for renal cell cancer or have a treatment plan in place. Funds open and close periodically throughout the year, so please check the website frequently for the most up-to-date fund status or sign up to receive email updates. https://www.cancercare.org/co_payment_fundings/renal-cell-cancer

Lung Cancer

GO2 For Lung Cancer is your trusted source for lung cancer support including a user-friendly library of [educational materials](#), free [HelpLine](#) including treatment and trial navigation, and a [video library](#) featuring expert speakers and peers. Call (800) 298-2436 or visit <https://go2.org/> for more info.

LungCancer.org is a non-profit organization providing free professional support, including counseling, support groups, financial assistance, and workshops for lung cancer. Visit them online at www.lungcancer.org or call (844) 360-5864

CancerCare provides individuals diagnosed with mesothelioma copays assistance, transportation, childcare, and other care-related costs. Call (800) 813-HOPE (4673) or visit <http://www.cancercare.org/financial>

Myeloma

Multiple Myeloma Research Foundation (203) 229-0464 www.themmr.org

International Myeloma Foundation (IMF) (800) 452-2873 www.myeloma.org

Family Reach Multiple Myeloma Funding supports multiple myeloma patients with up to \$1,000 towards nonmedical expenses. Visit <https://familyreach.org/gethelp/>

Oral, Head, & Neck Cancer

Support for People with Oral, Head, & Neck Cancer (800) 377-0928 www.spohnc.org

HNC Living Foundation provides financial assistance for expenses related to the diagnosis, treatment, or recovery of head and neck cancer. Payment made directly to service providers or vendors for future services. <https://www.hncliving.org/for-patients/apply-for-financial-assistance/>

Ovarian Cancer

National Ovarian Cancer Coalition Financial Assistance Program supports patients who have been diagnosed with ovarian cancer, fallopian tube cancer or peritoneal cancer, by providing financial assistance of \$1,500 for non-medical expenses and common non-medical expenses related to clinical trial participation for eligible applicants. (214) 273-4200 www.ovarian.org

Ovarcome's Ovarcare Grant is a financial, psycho-social, and informational support program for ovarian cancer patients in active treatment. They offer a \$200 grant, \$100 gas card, \$100 grocery card, optional 6 psycho-social counseling sessions by a licensed Clinical Psychologist, and optional genetic counseling session by a licensed Genetic Counselor (as applicable). Eligibility requires a diagnosis of ovarian cancer by an oncology healthcare provider, active treatment, and meeting the financial eligibility requirements of 265% of the Federal Poverty Limit. <https://ovarcome.org/ovarcare-grant-application/>

Pancreatic Cancer

The Pancreatic Cancer Action Network (877) 272-6226 www.pancan.org

The National Pancreatic Cancer Foundation provides financial assistance for patients and access to counseling as well as an advocacy hotline. Contact the hotline at (800) 859-6723, or learn more online at www.npcf.us/programs/financial-resources/

The Hirshberg Foundation offers grants to people with pancreatic cancer for transportation and treatment costs, pain medication, home care and childcare. Call (310) 473-5121 or visit <https://pancreatic.org/patients-caregivers/financial-aid/>

Project Purple provides financial aid for medical and everyday living expenses to patients in treatment for pancreatic cancer. Aid is paid directly to the patient's creditors. Call (203) 714-6052 or visit online at <https://www.projectpurple.org/ways-we-help/pancreatic-cancer-patient-financial-aid/>

Dawn Hill Fight Foundation provides financial support to pancreatic cancer patients <https://www.dawnhillfightfoundation.org/application>

Prostate Cancer

Prostate Cancer Foundation provides support groups, wellness advice, and resources for patients with prostate cancer 800-757-2873, www.pcf.org

Prostate Health Matters (PHM) foster awareness in men about their prostate health through interactive sessions that include sharing survivor stories, resources, and education that highlight prostate health resilience. www.prostatehealthmatters.org

CancerCare Co-Payment Assistance Fund provides grants of up to \$10,000 to patients that are currently receiving treatment for renal cell cancer or have a treatment plan in place. Funds open and close periodically throughout the year, so please check the website frequently for the most up-to-date fund status or sign up to receive email updates. https://www.cancercare.org/co_payment_fundings/prostate-cancer

Rare Disorders

National Organization for Rare Disorders (NORD) provides assistance to obtain medications, assistance with insurance premiums, co-pays, diagnostic tests, and travel for clinical trials/specialist consultations. Call (202) 588-5700, or visit www.rarediseases.org

Sarcomas

Sarcoma Alliance, (415) 381-7236, www.sarcomaalliance.org

Kylee's Dancing Angels is a non-profit that provides the financial means necessary to help sarcoma patients get to their "happy place". <http://www.kyleesdancingangels.org/find-your-happy-place/>

Skin Cancer

Skin Cancer Foundation, (212) 725-5176, www.skincancer.org

Testicular Cancer

The Testicular Cancer Resource Center, www.thetcrc.org

Thyroid Cancer

ThyCa: Thyroid Cancer Survivors' Association offers in-person and virtual support groups, awards research grants, as well as providing education for consumers and healthcare providers. (877) 588-7904 <https://thyca.org/>

HNC Living Foundation provides financial assistance for expenses related to the diagnosis, treatment, or recovery of head and neck cancer (including thyroid). This includes copayments, lodging, medical equipment not covered by insurance, prescriptions, nutritional supplements, and dental care. Payment made directly to service providers <https://www.hncliving.org/for-patients/apply-for-financial-assistance/>

Resources Outside the Greater Richmond Area

Centers for Independent Living (CILs) provide independent living services for people with disabilities. CILs provide tools, resources, and support for integrating people with disabilities into the community and promote equal opportunities. Find the CIL in your area online at <https://vacil.org/cils-in-virginia/> or calling (540) 433-6513 x711.

Lee's Friends in the Hampton area provides free support services, including transportation and basic human needs (e.g., food and clothing). Contact them at (757) 440-7501, or at www.leesfriends.org

Virginia Easy Access has a service finder tool that helps individuals locate resources within their community. Individuals pick the county or city to find topics in that area including senior/ADA housing options, in-home services, NEMT transportation, and more. Access online at <https://easyaccess.virginia.gov/service-finder> or call (888) 992-0959.

Fredericksburg Regional Continuum of Care (CoC) offers a list of utility assistance resources for Fredericksburg and surrounding counties <https://www.fredericksburgcoc.org/>

JABA Cares Caregiver Support Group offers emotional support, resources, information, and guidance to help you make the right decisions for you and your loved one. Held every second Thursday of the month 2:00 - 4:00 pm at 674 Hillsdale Drive, Charlottesville, VA. Free and open to the public. No RSVP is needed. All caregiving experiences are welcome. <https://www.jabacares.org/caregiver-support-groups>

Halifax County Cancer Association provides referrals, education, travel vouchers, medication assistance, and hospital equipment loans for the residents of Halifax. Contact them at (434) 476-2714, or visit them online at www.hccahope.org

The VCS Cancer Foundation supports cancer patients in Northern Virginia struggling with everyday living expenses. They provide financial assistance for non-medical expenses while patients are receiving active cancer treatment. Visit their page at <https://www.vcscancerfoundation.org/rainy-day-gift-program>

Area Agencies on Aging is the national provider database of local agencies offering services for older adults to remain in their homes; home-delivered meals, homemaker assistance, and other services to support independence. Find your local AAA by visiting <https://eldercare.acl.gov/home> or calling 1-800-677-1116.

Gloucester & Mathews Area's: The Giving Garden provides financial support for rent, mortgages, fuel, utilities, groceries, treatments, prescriptions, and any other necessary expenses for cancer patients residing in Gloucester & Mathews. Assistance is typically turned around within 72 hours and payments are made to the patients' service providers. To learn more and apply please visit www.thegivinggarden.org

Gloucester & Mathews Area's The Samaritan Group provides its residents' financial assistance for families temporarily in need. Contact them at (804) 693-3600, or visit them online at www.thesamaritangroup.org



No one should have to face cancer alone.

(804) 562-0371 | info@cancerLINC.org

cancerLINC.org