



UCSF Patient and Family Cancer Support Center

The **Patient and Family Cancer Support Center** supports wellness and healing by providing patients and their loved ones with information, emotional support, and community resources. Most services are open to all cancer patients, regardless of where they receive their care.

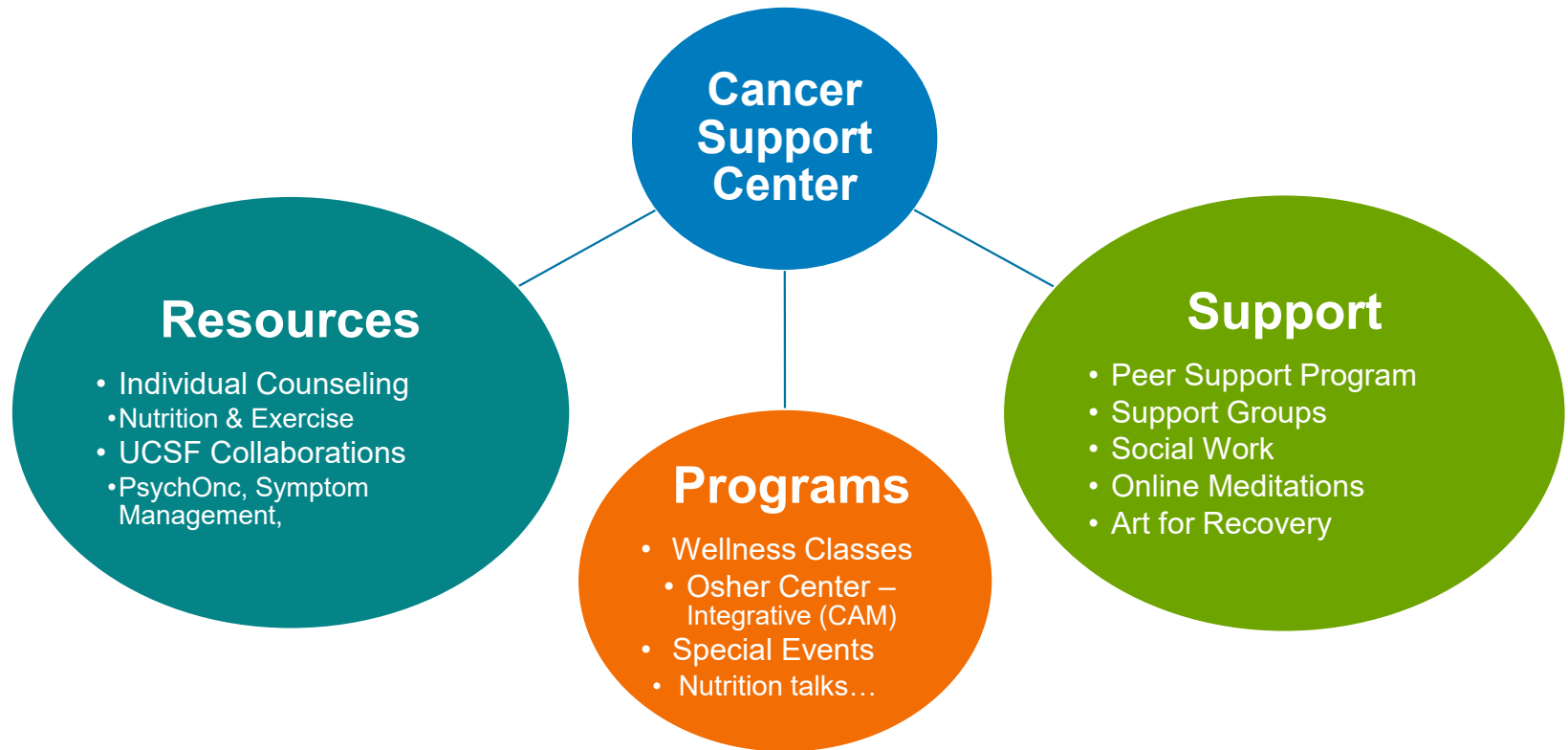
OPEN for walk-in visits at our Mission Bay site

Monday through Friday, from 9 am to 4:30 pm.

We are also available by phone and email Monday through Friday from 9 am to 5 pm.

Call: 415.885.3693 | **Email Us:** cancersupportcenter@ucsf.edu

PFCSC Services Overview



415-885-3698

cancer.ucsf.edu/support/crc

UCSF Collaborations

We connect patients with:

Art for Recovery

Clinical Trials

Friend to Friend / Boutique & Specialty Shop

Peer Support Program

Hereditary Cancer Practices

Interpreting Services

Osher Center for Integrative Health

Patient Support Corps

Psycho-Oncology

Social Work

Symptom Management Services

...and much more



415-885-3698

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UCSF Patients Individual Counseling

These services are **FREE** to UCSF patients and requires a referral by your oncology team.

For more information call: **415-502-5547**

Appointments available by via zoom or phone.

Nutrition Counseling:

Individual nutritional counseling with an UCSF Oncology Dietician



Exercise Counseling:

Individual exercise counseling sessions with an UCSF Exercise Counselor



Additional Movement Classes:

Various Yoga Classes | Core and More | Restorative Movement

For more information call: **415-885-3693**

415-885-3698

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Community Connections



American Cancer Society

cancer.org

Improve the lives of people with cancer
Nationwide



Circulo de Vida

circulodevida.org

Variety of support programs for
Latinos living with cancer
San Francisco



SHARE - Cancer Support

<https://www.sharecancersupport.org/>

Breast and Most Gynecologic Cancers
Programs and Support Groups
Nationwide (East Coast)



New Hope Chinese Cancer Care Foundation

newhopecancer.org

Serves for Chinese cancer patients
Bay Area and South Bay



Cancer Support Community

<https://cancersupport.net/>

Support programs including support groups,
nutrition, exercise, patient education, and
emergency financial assistance
East Bay



Stupid Cancer | Adolescent & Young Adult

<https://stupidcancer.org/who-we-are/>

Supports to empower those affected by cancer as an
adolescent through young adult years. Ending isolation
and building community virtually and meetups.
Nationwide



Ceres Community Project ceresproject.org

Home delivery of plant based meals to
cancer or heart disease patients
Sonoma, Marin Counties and some SF areas

Community Connections

Lipstick Angels – Beauty 101 does more than Lipstick:



Each participant will receive a **"complimentary, personalized, specially curated bag"** of non-toxic makeup and skincare supplies to use during the class for the fully interactive experience.

The course includes:

- Aromatherapy & guided breathing
- Skincare basics
- Self-care tips
- Makeup tutorials (including eyebrow shaping)

Also offered thru [BACC](#) for all patients

Campfires of Hope:



Stories of Cancer aims to empower the adult cancer community through storytelling and education.

The Campfires of Hope: Stories of Cancer podcast brings warmth, storytelling, and education to the cancer community. Campfire is a time for gathering together with family and friends, being in the present moment, and feeling love and connection as we share and receive knowledge from one another. During these campfire chats we discuss topics that empower those impacted by cancer, including mental health, living with stage 4 cancer, working with your medical team, personal wellness, fertility, and more. Available where you listen to podcasts.

COZY CORNER BOOK CLUB

This is a bi-weekly 3-month series

(Email or call for specific dates/times)

We are switching gears from **In-person to Online Zoom**

Are you looking for a community of kindred spirits to share the joy of reading, your inspiration and insight of stories with? Come join us every other week in the Cozy Corner of the UCSF Patient and Family Cancer Support Center.

We will be reviewing our third book:

Our Missing Hearts – Celeste Ng



COME CROCHET! with Linda Karrer

1st & 3rd Thursdays | 11:00am – 1:00pm

Yes, in-person

Whether you're looking to learn a fun new skill, or just looking to connect while working on an existing project? Come and enjoy some creative fun!

Location: Cozy Corner of UCSF Patient and Family Cancer Support Center 1825 4th Street Room M1210 | First Floor Lobby



Come and enjoy some creative fun!
We are currently working on various projects from beginner to advance:

Sign up for the PFCSC Monthly Newsletter:
<https://lp.constantcontactpages.com/su/uTifWF5>

Community Connections



National Institutes of Health



What is *All of Us*?

Part of the [National Institutes of Health](https://www.nih.gov), *All of Us* is changing how health research is done.

We're building one of the largest and most diverse health databases of its kind. Researchers are already using this data to learn more about why people get sick or stay healthy, and what makes each of us unique.

They're using this information to find better ways to prevent and treat cancer and other illnesses in order to care of all of us.

NIH: <https://www.nih.gov/>

Join All of Us: <https://www.joinallofus.org/>

For more information
Please call: 844-842-2855