

## Support Groups (English)

### GENERAL CANCER

#### Cypress Fairbanks Medical Center-Northwest Houston

10655 Steepletop Dr.  
Houston, TX 77065  
Contact: *Margie Kannel 281-897-3108*  
When: *Last Tuesday of the month, 12:30pm.*

#### M.D. Anderson Cancer Center Cancer Patients & Families

Where: *Jesse H. Jones Rotary House, 1600 Holcombe*  
When: *Wednesday, 4:00pm*  
Facilitator: *Carol Dimmett, MA, BA*  
Description: *Share concerns you and your loved ones may have about your family member's cancer and its impact on your lives. The patient is also invited to attend.*

#### Memorial Hermann Memorial City

Where: *909 Frostwood, Houston, TX 77024, Professional Bldg. II, 1<sup>st</sup> Floor, Ste. 152*  
When: *Every Monday of the month 7-8pm*  
Contact: *Naureen Ismail, 713-242-3564*

#### Memorial Hermann Northwest

Where: *1635 North Loop West, Houston, TX 77008 South Tower, 2<sup>nd</sup> Floor*  
When: *2<sup>nd</sup> Wednesday of the month, 1:30-3pm*  
Contact: *Linda Dunn, 713-867-4657*

#### Memorial Hermann Southeast

Where: *11800 Astoria Blvd., Houston, TX 77089 Medical Plaza II, ste.100*  
When: *1<sup>st</sup> Wednesday of the month, 12-1 pm*  
Contact: *Gayle Hatch, RN, OCN, 281-929-4152*

#### North Cypress Medical Center

21216 Northwest Freeway  
Cypress, TX 77429

Contact: *Janet Kantenberger, 832-912-3658*  
When: *2<sup>nd</sup> Tuesday of the month, 6:00 pm.*

### BRAIN TUMOR

#### M.D. Anderson Cancer Center Brain Tumor-The Houston Area Brain Tumor Network

Where: *Place...of wellness Mays Clinic Building, ACB2.1049*  
When: *1<sup>st</sup> Tuesday of the month, 6:00 pm-8:00pm*  
Facilitators: *Mark Anderson, LMSW 713-794-1777*  
Description: *Guest speaker followed by discussion/support group for patients, family and friends.*

### BREAST CANCER

#### Coping with Breast Cancer American Cancer Society

Where: *North Cypress Medical Center, 21216 Northwest Freeway, Houston, TX 77429*  
Contact: *1-877-227-1618*  
When: *2<sup>nd</sup> Tuesday of the month, 6:00pm call for more information*  
Description: *A support group that helps women cope with breast cancer. Participation in the group promotes education and emotional support to assist in the recovery process.*

#### Coping with Breast Cancer American Cancer Society

Where: *Houston Northwest, 710 FM 1960 Est , Houston, TX 77090*  
Contact: *1-877-227-1618*  
When: *2<sup>nd</sup> Tuesday of the month, 7-8:30pm call for more information*  
Description: *A support group that helps women cope with breast cancer. Participation in the group promotes education and emotional support to assist in the recovery process.*

#### Coping with Breast Cancer American Cancer Society

Compiled by the Asian American Health Coalition.

Funded by the Cancer Prevention and Research Institute of Texas.

\*Information subject to change at any time. Please contact the number listed for updates.

AUG 2008

Where: *Brazosport Regional Health System, 100 Medical Dr 4<sup>th</sup> Floor, Lake Jackson, TX 77566*

Contact: 1-877-227-1618

When: *Time and dates for meetings vary. Please call the facilitator for a schedule.*

Description: *A support group that helps women cope with breast cancer. Participation in the group promotes education and emotional support to assist in the recovery process.*

### **Memorial Hermann Cancer Center Northeast**

Where: *18960 Memorial N., Humble, TX 77338*

When: *2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month*

Contact: The Cancer Center at 281-540-7905

### **Memorial Hermann Southwest**

Where: *7600 Beechnut, Houston, TX 77074*

Contact: 713-456-4028

Description: *Newly Diagnosed Breast Cancer Support Group*

### **Memorial Hermann Southwest**

Where: *7777 Southwest Freeway, Houston, TX 77074, Professional Building II, Austin Room 1 & 2, Hospital Concourse level*

When: *1<sup>st</sup> Wednesday of the month, 5:30pm*

Contact: *Dianne Gilbert, RN, 713-456-4028*

### **Reach to Recovery**

#### **American Cancer Society**

6301 Richmond, Houston, TX 77057

1-877-227-1618

Description: *Program for women facing a diagnosis of breast cancer. Trained volunteer visitors treated for breast cancer and successfully adjusted to their diagnosis, visit patients before and after surgery. These volunteers are trained to respond to individuals with concern about breast cancer; those facing a possible diagnosis and those recently diagnosed who are going through treatment.*

Fee: *Free*

### **Young Breast Cancer Survivors' Support Group M.D. Anderson**

Where: *Place...of wellness, Mays Clinic Building, ACB2.1041*

When: *2<sup>nd</sup> Monday of the month, 3:00pm; 4<sup>th</sup> Monday of the month, 4:00pm.*

Description: *A group for breast cancer patients and survivors aged 45 and younger. Parking is paid for.*

### **YourShoes 24/7 Breast Cancer Support Center**

1-800-221-2141

Language(s): *English, Spanish, 150 additional languages through interpreters.*

Description: *Confidential resource for information about breast cancer and support. Staffed by trained peer counselors who are breast cancer survivors. These peer counselors are experienced in handling all types of questions related to breast cancer, and can talk with you about your feelings and concerns. They will make sure your questions are answered and give you the information you need in plain language. If you are a man with breast cancer, call the YourShoes and be matched with a male breast cancer survivor.*

### **Breast Cancer Network of Strength Survivor/Partner Match Program**

1-800-221-2141

Description: *Cancer patients can be paired with a peer counselor, who had the same diagnosis, is the same age, or has experienced similar challenges.*

Fee: *Free*

## **LARYNGECTOMY**

### **American Cancer Society**

6301 Richmond

Houston, TX 77057

1-877-227-1618

When: *2<sup>nd</sup> Sun each month at 2:00pm*

Description: *The Houston Lost Chord Club: Provides support to individuals with laryngectomies in the Houston area and Whispers Lost Chord Club provides support to individuals with laryngectomies in the Spring area. Meetings are held at ACS office.*

Fee: *Free*

## LEUKEMIA & LYMPHOMA CANCER

### Memorial Hermann The Woodlands

Where: 9250 Pinecroft, The Woodlands, TX 77380,  
Conference Center, Rooms A/B, 1<sup>st</sup> Floor  
When: 4<sup>th</sup> Thursday of the month, 6-7pm  
Contact: Cherry Evans, Erika Pomares, 713-680-8088

## LYMPHEDEMA

### American Cancer Society

6301 Richmond  
Houston, TX 77057  
1-877-227-1618  
When: 3<sup>rd</sup> Tuesday every other month, 7:00pm  
Description: Offering support to individuals and those affected by lymphedema. Please call to confirm group is meeting before attending.  
Fee: Free

## MEN

### M.D. Anderson Cancer Center

#### Men Only

Description: For more information call Bill Cutshall, 713-899-1680  
When: 2<sup>nd</sup> Monday of the month, 7-8:30pm  
Where: St. Martin's Episcopal Church, 717 Sage Road  
Facilitators: Chaplains Steve Thorney, M.Div; Bill Cutshall

## MULTIPLE MYELOMA

### American Cancer Society

6301 Richmond  
Houston, TX 77057  
1-877-227-1618, Linda O'Brien 713-723-4898  
When: 3<sup>rd</sup> Saturday each month, 10am-12pm  
Description: Provide a support group for those living with multiple myeloma.  
Fee: Free

## OSTOMY

### American Cancer Society

6301 Richmond  
Houston, TX 77057  
1-877-227-1618  
When: 3<sup>rd</sup> Monday of each month, 7:00pm  
Description: A monthly support and information group for those who live with an ostomy. One on one visitation may also be available. Call for more information.  
Fee: Free.

## PROSTATE

### Wellness Center

Where: 7731 Southwest Freeway, Houston, TX 77074, Executive Suite, 2<sup>nd</sup> Floor  
When: 1<sup>st</sup> Thursday of the month, 7:00pm  
Contact: 713-456-6842, 713-448-WELL

### Man to Man

#### Conroe Regional Medical Center

Where: 504 Medical Center Blvd., Conroe, TX 77304  
When: 2<sup>nd</sup> Mondays 6:30-8:00pm  
Contact: 1-877-227-1618  
Description: A support and education program for those affected by prostate cancer. The program may include a group support program, visitation component, and support for partners.  
Fee: Free

### Man to Man

#### North Cypress Medical Center

Where: 21216 Northwest Freeway, Cypress, TX 77429  
When: 3<sup>rd</sup> Tuesday of the month, 6:00 pm  
Contact: 1-877-227-1618  
Description: A support and education program for those affected by prostate cancer. The program may include a group support program, visitation component, and support for partners.  
Fee: Free

**Man to Man****William Temple Episcopal Center**

Where: 427 Market Street, Galveston, TX 77550

When: 4<sup>th</sup> Wednesday 7-8pm

Contact: 1-877-227-1618

Description: A support and education program for those affected by prostate cancer. The program may include a group support program, visitation component, and support for partners.

Fee: Free

**WOMEN****M.D. Anderson Cancer Center****Well-Wives: For Any Woman Whose Husband Has Cancer**

Where: Jesse H. Jones Rotary House International, 1600 Holcombe

When: Thursdays, 4:00pm

Eligibility: Women Only

Description: This group is for female family members when the male is the cancer patient.

Facilitator: Carol Dimmett, MA, BA

**Support Group**

(Chinese)

**GENERAL CANCER****Tzu Chi-Southwest Houston**

6200 Corporate Drive

Houston, TX 77036

Contact: Shiou-Bih Huong, 713-270-9988

When: Last Sunday of the month, time varies.

Please call ahead.

Description: Offering support to individuals and those affected by cancer.

**Herald Cancer Association Houston**

7001 Corporate Drive, ste. 250.

Houston, TX 77036

Contact: May Shen RN, 281-785-8846

Website: [www.cancer.cchc.org](http://www.cancer.cchc.org)

**Light and Salt****Chinese Bible Church-Southwest Houston**

6025 Sovereign Dr.

Houston, TX 77036

Contact: Furjen Deng, 713-988-4724

When: 1<sup>st</sup> Saturday of the month, 2-4 pm.

Description: Offering support to individuals and those affected by cancer.

**BREAST CANCER****Light and Salt - Breast Cancer Support Group**

7001 Corporate Dr. Suite 120, Houston, TX 77036

Contact: Furjen Deng, 713-988-4724

When: 2<sup>nd</sup> Saturday of the month, 2-4pm.

**Other Services**

(English)

**BREAST PROSTHESES AND ACCESSORIES****American Cancer Society**

6301 Richmond Houston, TX 77057

Contact: 1-877-227-1618, Mon-Fri 8:30am-4:00pm

Eligibility: Must have a doctor's prescription. No insurance.

Description: Free breast prosthesis to patients in the Houston area who do not have insurance.

Supplies and choices may be limited.

Fee: Free

**Breast Cancer Network of Strength Wig and Prosthesis Bank**

1535 West Loop South, suite 200

Houston, TX 77027

Contact: 713-624-7155 (English, Spanish, Vietnamese)

1-800-221-2141 (Interpreters available)

Description: *Offers wigs and breast prosthesis for women with limited resources.*

Fee: *Free.*

## **EDUCATION GROUP**

### **Memorial Hermann The Woodlands**

Where: *920 Medical Plaza Drive, The Woodlands, TX 77380, Cancer Center, suite 100.*

When: *1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month 12-1:30pm*

Contact: *To RSVP, call 281-364-5655.*

### **Breast Cancer Network of Strength: ShareRing Network**

1-800-221-2141

Website:

[www.networkofstrength.org/programs/sharering](http://www.networkofstrength.org/programs/sharering)

When: *3<sup>rd</sup> Wednesday of each month, 7:00pm*

Description: *A monthly one hour teleconference featuring a breast cancer related presentation by a medical professional followed by a question and answer session. Participants are divided into small groups for discussion, which are moderated by peer counselors. Please call to register and receive dial-in instructions.*

## **HOUSING**

### **American Cancer Society**

6301 Richmond

Houston, TX 77057

Contact: *1-877-227-1618, Mon-Fri 8:00am-4:30pm*

Eligibility: *Patient in active treatment and one family member. Two weeks notice is often necessary to accommodate requests.*

Description: *Hotel Guest room program provides free lodging for patient (in active treatment and traveling 50 miles or more one way for treatment) and one family member. This voluntary service is based on availability.*

Fee: *Free based on availability. Sometimes medical rates offered.*

## **LOOK GOOD FEEL BETTER**

### **Deke Slayton Cancer Center**

Where: *501 Medical Center Blvd, Webster, TX 77598*

When: *3<sup>rd</sup> Thursday of the month, 11:00am*

Contact: *Eileen Gilley 281-332-7505*

Eligibility: *Must be a female cancer patient undergoing active treatment (chemo or radiation).*

Description: *A free service that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemo and radiation. Volunteer beauty professionals lead groups, usually of 6 to 10 women, through practical, hands-on experience. Women learn makeup techniques, skincare, nail care, and options related to hair loss (wigs, turbans, scarves). Each participant receives a free kit of sample size cosmetics for use during and after the workshop.*

Fee: *Free*

### **MD Anderson**

Where: *1515 Holcombe Blvd, Houston, TX 77030*

When: *1<sup>st</sup> Thursday of the month, 11:00am*

Contact: *1-877-227-1618*

Eligibility: *Must be a female cancer patient undergoing active treatment (chemo or radiation).*

Description: *A free service that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemo and radiation. Volunteer beauty professionals lead groups, usually of 6 to 10 women, through practical, hands-on experience. Women learn makeup techniques, skincare, nail care, and options related to hair loss (wigs, turbans, scarves). Each participant receives a free kit of sample size cosmetics for use during and after the workshop.*

Fee: *Free*

### **Memorial Hermann Cancer Center Northwest**

Where: *18960 Memorial N., Humble, TX 77338*

When: *Call the Cancer Center for an appointment.*

Contact: *281-540-7905*

### **Memorial Hermann Memorial City**

Where: *921 Gessner Rd., Houston, TX 77024, Conference Center*

When: *Call for an appointment.*

Contact: *Linda Dunn, 713-867-4657*

Eligibility: *Must be a female cancer patient undergoing active treatment (chemo or radiation).*

Description: *A free service that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemo and radiation. Volunteer beauty professionals lead groups, usually of 6 to 10 women, through practical, hands-on experience. Women learn makeup techniques, skincare, nail care, and options related to hair loss (wigs, turbans, scarves). Each participant receives a free kit of sample size cosmetics for use during and after the workshop.*

Fee: *Free*

### **Memorial Hermann Southwest Hospital**

Where: *7600 Beechnut, Houston, TX 77074, Cancer Resource Center, 10<sup>th</sup> Floor*

When: *1<sup>st</sup> Wednesday of the month, 11-12:30pm*

Contact: *Hedy Sullivan, 713-456-5180*

Description: *A free service which teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related effects from chemotherapy and radiation treatments, provided by certified/trained cosmetologist. This is a non-medical service that does not promote any cosmetic product line. Group classes and one-on-one services are available, depending on the area.*

Fee: *Free.*

### **Methodist Hospital**

Where: *6565 Fannin, Smith Tower, Rm 1727, Houston, TX 77030*

When: *October 16, 2008, 10 am-11:30 am*

Contact: *1-877-227-1618*

Eligibility: *Must be a female cancer patient undergoing active treatment (chemo or radiation).*

Description: *A free service that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemo and radiation. Volunteer beauty professionals lead groups, usually of 6 to 10 women, through practical, hands-on experience. Women learn makeup techniques, skincare, nail care, and options*

*related to hair loss (wigs, turbans, scarves). Each participant receives a free kit of sample size cosmetics for use during and after the workshop.*

Fee: *Free*

### **North Cypress Medical Center**

Where: *21216 Northwest Freeway, suite 110, Cypress, TX 77429*

When: *September 17, October 15, November 19, 12:00 pm.*

Contact: *1-877-227-1618*

Eligibility: *Must be a female cancer patient undergoing active treatment (chemo or radiation).*

Description: *A free service that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemo and radiation. Volunteer beauty professionals lead groups, usually of 6 to 10 women, through practical, hands-on experience. Women learn makeup techniques, skincare, nail care, and options related to hair loss (wigs, turbans, scarves). Each participant receives a free kit of sample size cosmetics for use during and after the workshop.*

Fee: *Free*

### **Oakbend Medical Center**

Where: *1603 Main, Richmond, TX 77469*

When: *3<sup>rd</sup> Monday of the month, 11:00am*

Contact: *1-877-227-1618*

Eligibility: *Must be a female cancer patient undergoing active treatment (chemo or radiation).*

Description: *A free service that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemo and radiation. Volunteer beauty professionals lead groups, usually of 6 to 10 women, through practical, hands-on experience. Women learn makeup techniques, skincare, nail care, and options related to hair loss (wigs, turbans, scarves). Each participant receives a free kit of sample size cosmetics for use during and after the workshop.*

Fee: *Free*

Compiled by the Asian American Health Coalition.

Funded by the Cancer Prevention and Research Institute of Texas.

\*Information subject to change at any time. Please contact the number listed for updates.

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**Texas Oncology Cancer Center**

Where: 1350 First Colony Blvd Sugarland, TX 77479

When: Last Monday of the month-please call ahead

Contact: 1-877-227-1618

Eligibility: Must be a female cancer patient undergoing active treatment (chemo or radiation).

One session per patient please.

Description: A free service which teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related effects from chemotherapy and radiation treatments, provided by certified/trained cosmetologist. This is a non-medical service that does not promote any cosmetic product line. Group classes and one-on-one services are available, depending on the area.

Please give 24 hours notice for transportation.

Fee: Free

**UTMB**

Where: 301 University #1.630, Houston, TX 77555

When: October 15, 2008, 8:30 am.

Contact: 1-877-227-1618

Eligibility: Must be a female cancer patient undergoing active treatment (chemo or radiation).

Description: A free service that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemo and radiation. Volunteer beauty professionals lead groups, usually of 6 to 10 women, through practical, hands-on experience. Women learn makeup techniques, skincare, nail care, and options related to hair loss (wigs, turbans, scarves). Each participant receives a free kit of sample size cosmetics for use during and after the workshop.

Fee: Free

**MEDICAL EQUIPMENT AND SUPPLIES****American Cancer Society**

6301 Richmond Houston, TX 77057

Contact: 1-877-227-1618, Mon-Fri 8:00am-5:00pm

Eligibility: Requires a doctor's prescription.

Fee: Free-however charges may be billed to the patient's insurance company( Medicaid, Medicare) when possible.

Description: The American Cancer Society assists cancer patients with the loan of home medical equipment (hospital beds, wheelchairs, walkers, bedside commodes and shower seats only) in areas of Texas where there is a local, licensed, contracted provider.

**PATIENTS, FAMILIES, AND CAREGIVERS****Place...of Wellness****M.D. Anderson Cancer Center**

713-794-4700

Eligibility: Open to anyone touched by cancer, their family members and caregivers, whether or not they were treated at M.D. Anderson. No physician referral is required.

Description: Programs include Yoga, tai chi, meditation, other expressive therapies, lectures on complementary and integrative therapies, daily counseling, support groups, and family discussion groups.

**Relaxation Class for Patients & Families****M.D. Anderson Cancer Center**

When/Where: Times subject to change.

Call 713-794-4700

\* 2<sup>nd</sup> Wednesday of the month, 4-5pm

Place...of Wellness, Main Building, R1.2000

\* 4<sup>th</sup> Tuesday of the month, 3:30-4:30pm

Jesse H. Jones Rotary House, 1600 Holcombe Blvd.

Facilitated by: Aida Molano, LCSW, LMFT, AAC

Description: Techniques on relaxation and self hypnosis.

**Stage IV Cancer for Relatives/Caregivers****Memorial Hermann The Woodlands**

Where: 9250 Pineroft, The Woodlands, TX 77380, Conference Center, Rooms C/D, 1<sup>st</sup> Floor

Contact: To RSVP call 281-364-5655

When: 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month 6-7pm

Description: *For relatives/caregivers of loved ones diagnosed with Stage IV cancer*

## **PERSONAL ITEMS**

### **American Cancer Society**

6301 Richmond Houston, TX 77057

Contact: 1-877-227-1618, Mon-Fri 8:00am-5:00pm

Description: *The American Cancer Society provides gift items such as ostomy supplies, comfort pillows, blue pads and other materials related to rehabilitation programs.*

Fee: *Free-some restrictions may apply*

## **SMOKING CESSATION AND TOBACCO**

### **Aldine Health Center**

4755 Aldine Mail Route Houston, TX 77039

Contact: (713) 706-5631

Eligibility: *Gold card.*

Description: *Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Tobacco referral and assistance for adults and youths.*

Fee: *May be free for Gold card.*

### **American Cancer Society**

2433 Ridgpoint Ste A Austin, TX 78754

Contact: (877) 937-7848, 7 days a week 24 hours a day.

Description: *Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. American Cancer Society's Quitline provides assistance for smokers who want to quit. This is a state quitline.*

Fee: *Free.*

### **Ben Taub General Hospital**

1504 Taub Loop Houston, TX 77030

Contact: Laura Pena (713) 873-4465

Eligibility: *Gold card*

Description: *Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Tobacco referral and assistance for adults and youths.*

Fee: *May be free for Gold card*

### **Casa De Amigos Health Center**

1615 N Main St Houston, TX 77009

Contact: (713) 706-5631

Eligibility: *Gold Card*

Description: *Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Tobacco referral and assistance for adults and youths.*

Fee: *May be free for Gold card.*

### **Council on Alcohol and Drugs**

303 Jackson Hill, Houston, TX 77007

Contact: 713-942-4100, Sharlee Davis

Eligibility: *Gold card*

Description: *Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Tobacco referral and assistance for adults and youths.*

Fee: *May be free for Gold card*

### **DAPA Family Recovery Program**

6260 Westpark suite 150 Houston, TX 77074

Contact: Michelle Nunez, (832) 724-2529.

Eligibility: *Gold card.*

Description: *Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Tobacco referral and assistance for adults and youths.*

Fee: *May be free for Gold card*

### **Lyndon Baines Johnson General Hospital**

5656 Kelley St Houston, TX 77026

Contact: (713) 706-5631

Eligibility: *Gold card*

Description: *Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Tobacco referral and assistance for adults and youths.*

Fee: *May be free for Gold card*

**Martin Luther King Jr Health Center**

3601 N MacGregor Way

Houston, TX 77004

Contact: 713-873-4705, Melody Pierce

Eligibility: Gold card

Description: Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Tobacco referral and assistance for adults and youths.

Fee: May be free for Gold card

**Memorial Hermann Northeast**

18951 Memorial N., Humble, TX 77338

Contact: Trisha Miller 281-540-7851

When: Tuesday 6:30 pm – 8:00 p.m.

Eligibility: Gold card

Description: Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Tobacco referral and assistance for adults and youths.

Fee: May be free for Gold card

**Northwest Health Center**

1100 W 34th St Houston, TX 77018

Contact: (713) 706-5631

Eligibility: Gold card

Description: Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Tobacco referral and assistance for adults and youths.

Fee: May be free for Gold card

**People's Health Center**

6630 DeMoss St Houston, TX 77074

Contact: (713) 706-5631

Eligibility: Gold card

Description: Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Tobacco referral and assistance for adults and youths.

Fee: May be free for Gold card

**University of Texas Health Science Center-  
MD Anderson**

1515 Holcombe Blvd Houston, TX 77004

Contact: (713) 706-5631

Eligibility: Gold Card

Description: Program to support those in need of assistance with cessation of tobacco use, smoking and nicotine addiction. Tobacco referral and assistance for adults and youths.

Fee: May be free for Gold card.

**TRANSPORTATION****Road to Recovery****American Cancer Society**

6301 Richmond

Houston, TX 77057

Contact: 1-877-227-1618, Monday-Friday 9am-5:00pm

Eligibility: Available only to chemotherapy and/or radiation appointments. Patients must have a doctor fill out a referral form.

Description: Program that assists ambulatory cancer patients with ground transportation to and from cancer treatment. Rides are provided by volunteer drivers who donate their time and the use of their personal vehicles, so patients must be able to get into and out of a car without assistance in order to receive transportation. Requires 5 business days notice to request a ride and verify coverage area.

**WIGS****American Cancer Society**

6301 Richmond Houston, TX 77057

Contact: 1-877-227-1618, Mon-Fri 8:00am-4:00pm

Eligibility: Must be a cancer patient

Description: Free wigs, turbans and other headcoverings available. All wigs have been donated. Availability depends on stock.

Fee: Free.

**Breast Cancer Network of Strength  
Wig and Prosthesis Bank**

1535 West Loop South, suite 200

Houston, TX 77027

Contact: 713-624-7155 (*English, Spanish, Vietnamese*)

1-800-221-2141 (*Interpreters available*)

Description: *Offers wigs and breast prosthesis for women with limited resources.*

Fee: *Free*

## **YOGA**

### **Memorial Hermann The Woodlands**

Where: *9250 Pinecroft, The Woodlands, TX 77380, Parent Education Center, 1<sup>st</sup> Floor*

When: *Every Tuesday of the Month, 12-1pm*

Contact: *To RSVP, call Terry Albores 281-364-2466.*

## **Other Services** (Chinese)

### **Light And Salt Association**

#### **Cancer Support Network**

9800 Town Park Dr. Suite 253

Houston, TX 77036

713-988-4724

Services: *General Cancer Support Group, Breast Cancer Support Group, Telephone Helpline, Visitations and Caring, Free Cancer Resources, Books, and Brochures, Patient Assistance, Monthly Newsletter and Annual Edition, Radio Talk Show AM 1050 (Wed 8:35-9am).*