

Resource Guide

SPRING 2023

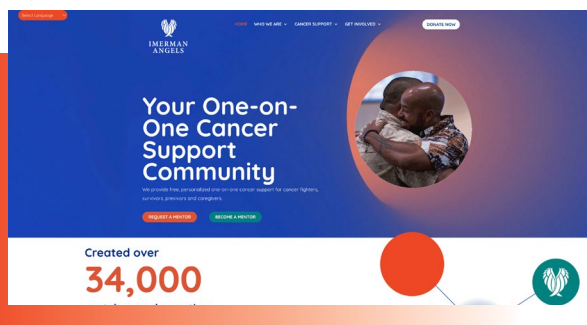
Wellness and the Cancer Community

IMERMAN ANGELS UPDATES

We've moved! Update your address book, our office has moved.

2001 N. Halsted, Suite 302
Chicago, IL 60614

[Check out our new website](#)



“

There isn't any other resource like this. You can ask any and every question openly that you are afraid to ask. There were just little things I never thought about during my treatment, like long charging cables that my mentors had advice on. My angels were very candid on their journey with recovery. It was very helpful because we discussed things the doctors never even talked about. If you are on the fence, just jump in! You could help someone going through something similar feel more relaxed, comfortable, and confident."

– Michael F., Sarcoma, Support Seeker

Upcoming Events in the cancer community

General
Events

DESCRIPTION	DATE/TIME	LINK
Women's Intimacy and Sexual Health Forum	3/16/23 5:30 pm CT	Email to Register
Medical Bills: Tips, Taxes, Appeals, & Financial Help	3/22/23 10:30 am CT	Register
Looking for something crafty to do? Twistout Cancer + Joy Studios Workshop	3/23/23 7:00 pm CT	Register
Midwest Conference on Work & Cancer	3/24/23 9:00 am - 4:00 pm CT	Register
Yoga 4 Cancer	4/3/23 & 4/5/23 7:15 am CT	Register
Potential Contribution of Cancer Genomics Information to Community	4/13/23 8:00 am CT	Register
Kids affected by parent's cancer virtual program "Empower", 5 week program offered by Pickles Group	April 23- May 21	Register
National Conference on Work & Cancer	6/24/23 7:30 am CT	Register

Wellness Spotlight

Wellness
House for LIVING
with CANCER

You'll feel better inside.

Wellness House envisions a community where all people affected by cancer thrive. Offered at no cost, and as a complement to medical treatment, our programs educate, support and empower participants in order to help them improve their physical and emotional well-being.

wellnesshouse.org

WELLNESS HOUSE UPCOMING EVENT

How Self-Compassion can Provide Strength and Resilience for People Affected by Cancer.

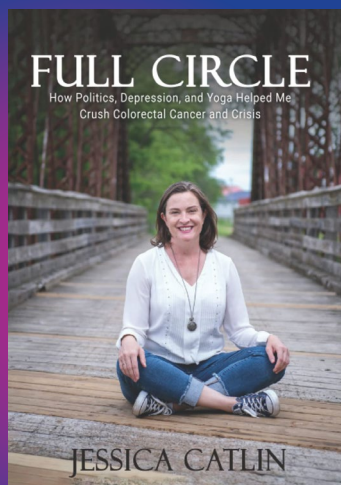
This event is free and takes place virtually.

Thursday, May 18th at 7:00 pm CT

[REGISTER](#)

Mentor Angel Publishes Wellness Journey

Get
Inspired



As I reflect on the journal entries I wrote during chemo, including those in this forthcoming chapter, it's very clear the hardest part wasn't the physical demands. The hardest part was managing my brain. Luckily for me, I'd already had decades of experience in this area. From my teens through my twenties, I knew I had trouble with my mood, but exercise, sleep, and green foods were enough to keep me balanced. Eventually, and as I've detailed that fall of 2001 and after the car crash in 2008, my condition got worse, and I added brain medicine, brain doctors, and therapy to the regimen, too.

[Read full story](#)

Jessica Catlin - Author of *"Full Circle- How Politics, Depression, and Yoga Helped Me Crush Colorectal Cancer and Crisis"* AND Imerman Angels Mentor Angel.

Wellness Resources

DESCRIPTION

LINK

Self-Care: Practical Approaches at Work and Beyond

[Register](#)

Low Impact Training Classes - Virtually join and access Epic Experience's pre-recorded low-impact intensity trainings designed to improve fitness without feeling overwhelmed

[Register](#)

Self Care for the Cancer Patient

[Watch](#)

Self Care in Journaling

[Watch](#)

Cancer Caregivers Need Care Themselves

[Watch](#)

Beyond Medicine: Housing & Your Health PART I
Beyond Medicine: Community & Your Health PART II

[Register](#)

[Register](#)

Want to heal through being an inspiration of Art?

[Register](#)

Guided Yoga Nidra Series

[Register](#)

Building Confidence at Work

[Register](#)

Community Event Series

[View Series](#)

Community Event Series

Using Mindfulness When Things Feel Beyond Your Control

Virtual Edition

WEDS FEB 22 6:30 PM CT

Presented with: Zen Caregiving Project

IMERMAN ANGELS

The poster features a woman in a grey tank top and black pants sitting in a meditative lotus position on a wooden deck. The background is a soft-focus outdoor scene with green trees. A red circular badge with the text 'Virtual Edition' is positioned in the upper left corner of the poster area.

Did you miss Imerman Angels' Community Event Series presented with Zen Caregiving Project?

Now available on demand.

[WATCH NOW](#)

Resources

CAREGIVER RESOURCES

[Coping With Your Loved One's Metastatic Triple Negative Breast Cancer](#)

[For Caregivers: Practical Tips to Cope with a Loved One's Bladder Cancer](#)

[Cancer Risk Assessment Tool](#)

[Find Your Caregiver Self-Care Style](#)

[Love Your Caregiving Life Podcast](#)

GENETICS

[Understanding Genetic Mutations & Biomarkers in Ovarian Cancer](#)

[Genetic Testing and Previvors](#)

BILINGUAL RESOURCES

[Recursos en Español](#)

[Prostate care en Espanol](#)

[Prostate care en French](#)

[Prostate care in Shalom](#)

[Thyroid Cancer en Espanol](#)

[Videos en Espanol on Radiation therapy for Cancers of the Brain, Breast, Gynecologic areas, Head and neck, Lung, Prostate](#)

[Cancer Care en Espanol](#)

RESEARCH PROJECT

[Study to reduce COVID-19 severity in immunocompromised people and those over 65](#)

AYA RESOURCES

[Fertility After Cancer](#)

[Parenthood Options for Infertile Survivors](#)

[Family Cancer Support Kit- Age Appropriate Conversations For Kids And Teens About Cancer](#)

[Young Adult Survivor/ Caregiver Retreats](#)

CANCER SPECIFIC INFO

[Thriving and Breast Cancer](#)

[2023 Best of Breast Conference](#)



IMERMAN ANGELS RESOURCES

Imerman Angels Grief ToolKit - A guide to coping and supporting the grief process.

[Download](#)

Listing of helpful cancer related resources.

[Resource Page](#)

[Request Brochures](#)

[Shop Imerman Angels](#)

Partner Feature



The Patient Story

thepatientstory.com

BLADDER CANCER SERIES: THROUGH THE EYES OF BLACK WOMEN

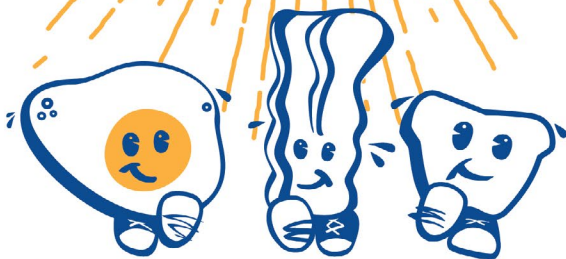
In this series, the cancer journey of Ebony, who was diagnosed with stage N2 bladder cancer, and LaSonya, who was diagnosed with high-grade bladder cancer are shared. They open up about their first symptoms, how they processed their diagnosis, how they decided on treatment options, and how they found support. Dr. Samuel Washington, a urologic surgeon who specializes in oncology at the University of California, San Francisco, also gives an overview of bladder cancer and its treatments.

[WATCH NOW](#)

SAVE
THE
DATE

IMERMAN ANGELS

Brunch
RUN -5K- & WALK



Learn more or register at:

BRUNCHRUN5K.COM

YOU HAD ME AT *Mimosa*

SATURDAY
JUNE 17, 2023

Montrose Harbor on Chicago's Lakefront
Competitive 5K or Fun Run 5k or 1-Mile Walk/Run

Proceeds benefiting:

IMERMAN ANGELS
Your One-on-One Cancer Support Community

Support Groups in the cancer community



DESCRIPTION	DATE/TIME	LINK
Virtual Support Group- Weekly Happy Hour For Peers In The Cancer Space	Every Friday at 4:30 pm CT	Register
Virtual Support Group For Parents With Stage Iv Cancer	Bi-Monthly 12:30 pm CT	Register
Virtual Support Group For Caregivers (To Someone W Cancer) Who Are Parents	Bi-Monthly	Register
Virtual Support Group For Survivors Who Are Parents That Have Been Out Of Treatment For 6 Months Or Longer	2nd Sunday Every Month 12:30 pm CT	Register
Virtual Support Group for Parents in Active Treatment	3rd Monday of Every month 12:30 pm CT	Register
Kidney Cancer Association Virtual Caregiver Connections Support Group	Last Tuesday of Every Month 7 :00 pm CT	Register
Kidney Cancer Association Virtual Patient Perspectives Support Group	Last Wednesday of Every Month 7:00 pm CT	Register

Become a Mentor Angel

Have you sought support with Imerman Angels, are you willing to give back? Join our worldwide cancer support community as a Mentor Angel and provide personalized, one-on-one support for cancer fighters, survivors, previvors and caregivers.

[LEARN MORE](#)



Looking for other ways to get involved?

Being a part of Imerman Angels' volunteer community makes you a special type of supporter that believes in the same future we do – to see a world where no one faces cancer alone! [Learn more](#)

“

Being a Mentor Angel means to try to help someone in a similar situation as you. We are always there for each other to talk about anything and everything. Our conversations flow so smoothly and I know I have opened my Mentees eyes to understanding how to take care of yourself and be your own advocate. At the end of the day, we both end up supporting each other and that is all I can truly ask for. If you are afraid about joining Imerman Angels, don't be! This will be the most positive connection and will be a turning point in your cancer journey."

– Nathan, Liposarcoma, Mentor Angel

Connect with us

Imerman Angels

2001 N. Halsted, Suite 302
Chicago, IL 60614

Toll Free Number

866-IMERMAN (463-7626)

imermanangels.org

info@imermanangels.org

[facebook.com/imermanangels](https://www.facebook.com/imermanangels)

twitter.com/imermanangels

[instagram.com/imermanangels](https://www.instagram.com/imermanangels)

[youtube.com/user/imermanangels](https://www.youtube.com/user/imermanangels)

vimeo.com/user85396031

[linkedin.com/company/imerman-angels](https://www.linkedin.com/company/imerman-angels)