

# Cancer Survivorship

## Resource Guide

SPRING 2025



 MAY 28  6:00 PM CT

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## Community Event Series

### **You're Invited: A Conversation On Cancer Survivorship**

Whether you've just been diagnosed or are years into life after cancer, this special event offers insight, support and community. Join us for a powerful and heartfelt discussion featuring a panel of cancer survivors who will share their personal journeys and reflections on what it truly means to live beyond cancer. The conversation will be moderated by Alison Snow, PhD, LCSW, OSW-C, Senior Director of Cancer Supportive Services at Mount Sinai Health System, and hosted by Imerman Angels' Executive Director, Stephanie Lieber.

Together, we'll explore a wide range of topics, including:

- How each survivor defines "Survivorship"
- Life after cancer—what's changed, what's stayed the same
- What they wish someone had told them
- Advice they'd give to their newly diagnosed selves
- Navigating the "new normal" – emotionally, physically and socially
- The importance of advocacy and supporting others

This event is designed to bring comfort, clarity and connection—from those who've been there to those who are just beginning the journey. We hope you'll join us for this moving and meaningful conversation.

[imermanangels.org](https://imermanangels.org)

# 3 Things No One Tells You About Survivorship

It's common knowledge that undergoing a cancer diagnosis and treatment is full of challenges. What's not talked about as much is that survivorship can bring plenty of difficulties too. After finishing long, grueling months of chemotherapy, radiation and surgery, you think you've made it and you're done: Now that treatment is over, you can finally be happy and get on with your life.

In reality though, it usually doesn't happen like that. You might not be told what to expect after you complete treatment and ring that bell, and you may not have the support you need, like you did during treatment, to navigate the transition from active treatment to survivorship.

Wendy Griffith, LCSW, oncology social worker and Director of the Adolescent and Young Adult (AYA) Program at The University of Texas MD Anderson Cancer Center, shares some common surprises about survivorship – and her advice on how to navigate these unexpected challenges.

## 1. Your body might not bounce back to how it was before.

Treatment might be over, but its impact could last for a long time and even permanently, cautions Griffith. This can include external physical changes – from surgical scars and amputations, to differences in your skin and hair to weight loss or weight gain – as well as internal, invisible changes, like persistent fatigue and brain fog.

“The body can take a long time to heal,” Griffith says. “[After treatment], a lot of patients say they don't feel like they belong in their body anymore.”



Wendy Griffith, LCSW, Director of the Adolescent and Young Adult (AYA) Program at The University of Texas MD Anderson Cancer Center

**Her Advice:** Oftentimes there can be a tendency to dismiss or downplay these types of concerns; after surviving a life-threatening disease like cancer, people might feel like they shouldn't care about changes to their appearance, for instance. But ignoring discomfort with your physical appearance, struggles with energy and difficulties with mobility and strength can lead to diminished quality of life.

Griffith advises people to share their concerns – no matter how trivial they may seem – with their medical team. Their providers might be able to suggest helpful interventions, such as procedures or medications, or provide a referral to another specialist, like an occupational therapist to help with daily functioning.

## 2. You might not feel as happy as you expect to.

“You think you're going to feel happy and excited after treatment, and sometimes you do,” Griffith says. “But the end of treatment can also bring up feelings of sadness, anxiety or anger that you aren't familiar with and perhaps don't even know how to explain.”

**Her Advice:** If you're struggling with difficult emotions after finishing treatment, Griffith says it can be helpful to speak to a therapist. A couple of sessions might be enough to set you on the right track, she says. "Or you might be surprised at how much you uncover and how much you want to keep going."

### 3. The transition might be difficult and last longer than you expect.

After treatment, there can be expectation that life will return to how it was before cancer; people may think all their physical symptoms will disappear and they're just going to jump right back into their daily routines, says Griffith.

"They see this light at the end of the tunnel, and then they get to the light and realize that now they're just in a different tunnel, and there's still a lot of work and healing to do," she says.

**Her Advice:** "Find your people," Griffith advises. "The people who are in that phase and experiencing that too, who will get it."

While you may have supportive friends and family, it's hard for people who haven't had cancer to understand what you've been through, she points out. "Patients say over and over that they need their 'cancer friends' who really get it without having to over-explain everything to them – they just inherently understand."

There are different ways to connect with others in the cancer community depending on what type of support you're seeking. Some people may be more comfortable joining private Facebook groups and just observing the posts and discussions, says Griffith. Others who want to actively engage might seek out online or in-person support groups, among other alternatives.

### How Peer Mentoring Can Help

In addition to therapy and online and in-person support groups, another option for support in survivorship is **peer mentoring**. A peer mentor is someone who provides **psychosocial support** to another person with similar circumstances. At Imerman Angels, our peer mentors (called Mentor Angels) are trained volunteers who've been educated on how to provide the best support to their Mentees.

**<sup>1</sup>psychosocial support:** Support for people who've been diagnosed with a medical condition or disease that helps meet their mental, emotional, social and spiritual needs.

While licensed therapists are equipped to help people manage mental health conditions, peer mentors serve a different function: Mentors call upon their **lived experience** to be a compassionate and understanding listener, supporter and guide. Peer mentorship can be utilized alone or in combination with other forms of support.

Below, two of our Mentor Angels share some advice for cancer survivors and a few of the benefits of having a peer mentor.

**"Get support! Find support outside of your circle of friends and family. Not only does it give friends and family space to breathe, but [another cancer survivor] can relate to your journey without filters."**

– Kim, Mentor Angel

**"My Mentor Angel deserves the lion's share of gratitude for being an excellent role model, a gifted listener and a steadfast cheerleader. [My Mentor Angel] rocks and Imerman Angels is the best cancer support system available!"**

– Cec, Mentor Angel

Survivorship may be full of challenges, but you don't have to face them alone. If you're having difficulties post-treatment, contact Imerman Angels to be matched with a peer mentor who can help you navigate the challenges of survivorship. And if you're a cancer survivor and want to help guide and support another survivor, contact us about being a peer mentor. Visit our website [imermanangels.org](https://imermanangels.org) or call us at 866-IMERMAN (463-7626) to learn more.

# Survivorship Resources

DESCRIPTION	LINK
Campfires Of Hope Podcast By Epic Experience	<a href="#">Watch</a>
Survivor's Guilt, Trauma And Life Beyond	<a href="#">Watch</a>
Creating A Survivorship Plan With Your Healthcare Team	<a href="#">Watch</a>
Re-Defining Life After A Cancer Diagnosis: Why “Survivorship” Is Such A Tricky Term	<a href="#">Watch</a>
Kidney Cancer Unfiltered Podcast Episode, "Long-Term Survivorship"	<a href="#">Watch</a>
Kidney Cancer Association: Living With Kidney Cancer, Survivorship	<a href="#">Read</a>
Sex After Cancer: Maintaining Intimacy & Connection	<a href="#">Watch</a>
Prostate Cancer Survivorship	<a href="#">Watch</a>
Lifestyle And Wellness In Survivorship	<a href="#">Watch</a>
A Practical Guide To Cancer Rights: Navigating Employment, Insurance And Finances	<a href="#">Read</a>
Cancer Survivorship Care Plans And Late Effects Webinar	<a href="#">Watch</a>
Cancer Survivorship Care Plans	<a href="#">Watch</a>
Treatment's Done... Now What?	<a href="#">Watch</a>
Empower Your Recovery: Safe Exercise Guidelines During And After Cancer Treatment	<a href="#">Watch</a>
Surviving Survivorship - Webinar Fight Colorectal Cancer	<a href="#">Watch</a>
Cancer Survivorship Series - Young Adults Survivorship	<a href="#">Watch</a>
Cancer Survivorship Series - Body Image And Intimacy	<a href="#">Watch</a>
Cancer Survivorship Series - Support And Planning For The Patient And Caregiver	<a href="#">Watch</a>
Follow-Up Care And Survivorship	<a href="#">Read</a>
Survivor Guilt: Common Yet Under-Discussed	<a href="#">Listen</a>
Survivor, Author, Athlete And Overcomer: Bishoy's Story	<a href="#">Listen</a>
LIVE! At CancerCon: The Roadmap Of Survivorship	<a href="#">Listen</a>
Cancer & Caregiving: Navigating My Parent's Cancer – Survivorship	<a href="#">Listen</a>

# Survivorship Resources

DESCRIPTION	LINK
Cancer & Caregiving: Navigating My Child's Cancer – Survivorship	<a href="#">Listen</a>
Cancer & Caregiving: Navigating My Young Adult's Cancer – Survivorship	<a href="#">Listen</a>
Not Cashing In My Chips: Living with Cancer	<a href="#">Listen</a>
How Do I - Short Videos	<a href="#">Watch</a>
Paths To Recovery: Stories From Two Blood Cancer Survivors	<a href="#">Watch</a>
What Is Bladder Cancer Survivorship?	<a href="#">Read</a>
Navigating Survivorship Care Plans: A Map to Life After Bladder Cancer	<a href="#">Watch</a>
Thrivers-ship: Insights From Bladder Cancer Survivors And Advocates	<a href="#">Watch</a>
What Is Bladder Cancer Survivorship?	<a href="#">Read</a>
National Ovarian Cancer Coalition YouTube Playlist	<a href="#">Watch</a>
2025 PAC Webinar: Pediatric Cancer Survivorship And Oncofertility	<a href="#">Watch</a>
College Scholarships For Teen Cancer Survivors	<a href="#">Read</a>



I was telling some people. 'I hope when you're done, you will consider becoming a mentor. First of all, whether you realize it or not, you're gaining insights that people newer to the journey could use. And second, I hope that for you, like for me, that will help you feel healed.' I would encourage them to think of themselves on a continuum that goes through to what do you do when you're healed with all of this experience that you have. Wouldn't somebody benefit from talking to you about it?"

Bruce, Mentor Angel, Stage 2 Tonsil Cancer



# Survivorship Events

*\*All events listed are offered virtually unless noted otherwise*

DESCRIPTION	DATE/TIME	LINK
ZERO Prostate Cancer Virtual Education & Support Summit	June 3rd-5th at 2pm CT	<a href="#">Register</a>
Triage Health Conference	May 17th from 9am to 5:30pm CT	<a href="#">Register</a>
Navigating Health Care: How To Plan Ahead Webinar	June 26th at 12pm CT	<a href="#">Register</a>
Breathe Now Retreats For College Aged Survivors	June 27th-29th	<a href="#">Register</a>
Breathe Now Retreats For Survivors And Partners	September 18th-22nd and October 23rd-27th	<a href="#">Register</a>
Virtual Twistshops	May 15th, June 19th, and July 17th at 6:30pm CT	<a href="#">Register</a>
ANCAN Support Groups	Ongoing	<a href="#">Register</a>
YACC Support Groups: Survivorship	Wednesdays from 8pm to 9:30pm CT	<a href="#">Register</a>
YACC Chats: Post-Treatment Survivorship Chat	Last Tuesday of the Month at 7pm CT	<a href="#">Register</a>
STEEP: Sitting Together In Empathy And Emotional Perversance	First Tuesday of the Month 6pm - 7:30pm CT	<a href="#">Register</a>
Healing Through Writing Workshops	Series	<a href="#">Register</a>
Virtual Meet-up For Parents Post-Treatment	Ongoing	<a href="#">Register</a>
Survivor Conference 2025 (Calgary, Canada)	November 6th-9th in Calgary	<a href="#">Register</a>

## Become a Mentor Angel

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](#)



# Partner Spotlight



**Elephants and Tea** believes in the power of storytelling and community to foster connection, coping and expression for young adults (ages 15-39) experiencing cancer. They are the only FREE quarterly magazine written by and for the young adult cancer community, focusing on themes such as identity, expectations, challenges of survivorship and more.

Through these quarterly printed or digital magazines, as well as an extensive online

library, these personal stories provide a space for self-expression, validation and empowerment surrounding topics they believe need to be discussed more in the community.

In addition to the publications, Elephants and Tea offers virtual and in-person programming for additional opportunities for young adults and their supporters to feel less alone, including Healing Through Writing Workshops, Perkatory (virtual events where authors share their stories in a safe space for conversation), STEEP (a monthly virtual group focusing on challenging emotions), Guided Yoga Nidra Meditation series, YA Cancer Gabfest (a free, week-long, virtual, and interactive conference in partnership with Cactus Cancer Society), training for healthcare professionals (AYA POWER), in-person Magazine Release Events, and Young Adult Cancer Camp (in partnership with YASU).

[LEARN MORE](#)



When I was struggling with treatment and I needed more support, I came upon Imerman Angels and thought, 'Oh my goodness, that is perfect.' Mentors have been through this themselves. They know what you're saying and how you're feeling. They can support and empathize and validate you. At a stressful time like that, I really needed validation for my feelings. I had never been through something quite that intense before. My mentor was able to normalize my feelings so I could understand why I was feeling that way. And when you understand something about yourself, it gives you a chance to do something about it. It didn't take away all my fear, but it really helped a lot."

– Susan, Support Seeker, Stage 2 Breast Cancer

# Additional Resources

## ADOLESCENTS AND YOUNG ADULTS (AYA) RESOURCES

[Bright Spot Network](#)

[Young Survival Coalition](#)

[Stupid Cancer](#)

[Dear Jack Foundation](#)

[Elephants And Tea](#)

[The Cassie Hines Shoes  
Cancer Foundation](#)

## BILINGUAL RESOURCES

[The Latino Cancer Institute](#)

[Nueva Vida](#)

[Chinese Community  
Cancer Information Center](#)

[ALAS Wings](#)

[Triage Cancer - Seguros,  
Empleo, Finanzas](#)

[New Hope Chinese  
Cancer Care Foundation -  
Translated](#)

[Latinas Contra Cáncer](#)

## CANCER-SPECIFIC RESOURCES

[National Ovarian Cancer  
Coalition](#)

[The Paula Takacs  
Foundation For Sarcoma  
Research](#)

[Learn Look Locate \(Breast\)](#)

[Leukemia & Lymphoma  
Society](#)

[American Lung Association](#)

[Melanoma Research  
Foundation](#)

[Leukemia Research  
Foundation](#)

[Hope For Stomach Cancer](#)

[MPN Research Foundation](#)

[National Brain Tumor  
Society](#)

[Melanoma Action  
Coalition](#)

[Sarcoma Alliance](#)

[Bladder Cancer Advocacy  
Network](#)

[Head & Neck Cancer  
Alliance](#)

[Northwest Sarcoma  
Foundation](#)

[Kidney Cancer Association](#)

[Male Breast Cancer Global  
Alliance](#)

[Blue Faery \(Liver\)](#)

[Colontown](#)

## GENETICS

[What Is Genetic  
Counseling And Genetic  
Testing ? What Are  
Previvors?](#)

[What If I Test Positive For  
Genetic Mutations - Should  
I Tell My Family](#)

[Alive And Kick'n - Lynch  
Syndrome](#)

[Decoding Genetic Tests for  
Parents-To-Be](#)

[Living LFS - Li-  
Fraumeni Syndrome](#)

[KRAS Kickers](#)



# Additional Resources

## RESEARCH & CLINICAL TRIALS

[Participate In The Inherited Genetic Cancer Registry](#)

[Paid Research Study For Those Diagnosed With Lynch Syndrome](#)

[Black Women And Cancer Study](#)

[Paid Research Study On Mindfulness And Social Support](#)

[Self-Perception And Intimacy After The Cancer Experience](#)

[Open Clinical Trials Related to Hereditary Cancers](#)

[A Healthy Diet And Exercise May Prevent Colorectal Cancer Recurrence](#)

## ADDITIONAL RESOURCES

[Pickles Group - Kids Supporting Kids](#)

[Camp Kesem - A Child's Friend Through And Beyond A Parent's Cancer](#)

[Cocktails & Caregivers](#)

[Cancer Care - Free Professional Support Services And Information](#)

[Twist Out Cancer - Creative Arts](#)

[National LGBT Cancer Network](#)

[Triage Cancer - Insurance, Employment, Finances](#)

[Cure Today - Online Magazine](#)

[Worth The Wait - Fertility Treatments, Adoption, And Surrogacy](#)

[Lazarex - Access To Care And Clinical Trials](#)

[Alliance For Fertility Preservation](#)

[Empowering Intimacy](#)

[Team Maggie's Dream - Fertility Preservation](#)

[Epic Experience - Adventure Camps](#)

[Patient Empowerment Network - Education](#)

REGISTER TODAY!



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**CHICAGO LAKEFRONT**

**GOURMET BRUNCH**

**FAMILY FUN**

**MIMOSAS + MORE**

REGISTER AT: **BRUNCHRUN5K.COM**



## Imerman Angels Grief ToolKit

A guide to coping and  
supporting the grief process.

[DOWNLOAD](#)

List of helpful cancer  
related resources.

[Resource Page + Videos](#)

[Request Brochures](#)

[Shop Imerman Angels](#)

## Share your journey



Everyone has a story to tell. It only takes one story to inspire and provide hope to others. Whether it is a story of survivorship or your experience as a caregiver, others like you will find comfort in knowing they are not alone.

[SHARE YOUR STORY](#)

## Connect with us

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