



ncccf  
NorthCounty**CancerFitness**

# San Diego Resource Guide

North County Cancer Fitness  
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760-517-6223

<http://www.northcountycancerfitness.org/>

Compiled by: Stephanie Parker  
and Charlene Robinson

A collaborative partnership between North County Cancer Fitness,  
California State University San Marcos, and Azusa Pacific University



## **North County Cancer Fitness**

North County Cancer Fitness (NCCF) is a 501(c) (3) non-profit organization promoting strength and wellness for individuals who are newly diagnosed, undergoing treatment, or recovering from cancer. Founded in 2010 by a breast cancer survivor, North County Cancer Fitness is a board-governed organization who is dedicated to improving the quality of life for those affected by cancer through programs of fitness, education, referral and social connection. These services are available at no cost to those coping with cancer.

NCCF believes exercise is an essential component to cancer treatment and recovery. It is well documented that fitness increases the body's ability to heal, encourages healthier lifestyles and reduces the risk of recurrence. NCCF creates individualized fitness programs that incorporate physical therapy, exercise classes, personal rehabilitation, nutritional guidance and mentorship. These elements are critical components for cancer recovery.

Our professional partners – physical therapist, personal trainer, massage therapist and nutritionist – are highly trained individuals holding degrees, certifications and experience working within the field of oncology. Their skills greatly enhance our program in dealing with cancer related issues.

North County Cancer Fitness is entirely run by volunteers who are passionate about improving the lives of those affected by cancer. NCCF is a donation-based organization depending on the financial support, generosity and giving of others. North County Cancer Fitness envisions a committed community offering hope, healing and support for those in treatment and recovery from cancer.



## Introduction

Welcome to the San Diego Resource Guide. North County Cancer Fitness has partnered with California State University, San Marcos student interns to implement the design and research of this project. The cancer resource guide was initiated by student interns from Cal State San Marcos in 2014 and was completed in May of 2015 by two students, Stephanie Parker and Charlene Robinson. The table of contents illustrates an eclectic and complete list of resources to assist and empower the cancer survivor on their journey.

We understand that coping with cancer and managing the effects of treatment demands endurance. Therefore spending one's time and energy to investigate quality resources can be overwhelming. An individual may spend hours researching various aspects for battling cancer, and precious resources can also be overlooked. In addition, resources vary greatly; therefore survivors may not have access to specific services such as those that North County Cancer Fitness (NCCF) provides. NCCF recognized that the cancer experience necessitates a guide of resources for cancer survivors to navigate while dealing with these circumstances. As a result, NCCF determined that in order for survivors to have a high level of continuum of care, creating a comprehensive resource guide would be very beneficial to the cancer recovery process.

Oncologists in your area will be identified along with other resources that could ease the burden of treatment and recovery. Treating cancer requires a multidimensional approach and this guide allows cancer survivors to find the necessary resources available to approach their cancer needs. Treatment options focusing on an array of modalities along with fitness are identified through organizations similar to North County Cancer Fitness. We hope that this cohesive guide will provide the necessary information to assist cancer survivors with a manageable and successful treatment plan into recovery.

Sincerely,

North County Cancer Fitness



## Biographies

**Stephanie Parker** is a fourth year student at California State University San Marcos. She graduated June 2015 with her Bachelor's Degree in Human Development with a concentration in Health Services. Post-graduation she plans to continue her education and become a Physician Assistant specializing in geriatrics. Stephanie managed the development and completion of the San Diego Resource Directory. In the future she hopes to incorporate what she learned at NCCF into her own career in helping and healing others.

**Charlene Robinson** began an internship with the NCCF in July 2013 as a student at Cal State San Marcos (CSUSM). She aided in developing the San Diego Resource Directory, and the NCCF National Resource Directory. She graduated from CSUSM in May 2014 with her Bachelor's Degree in Human Development and Minor in Psychology. She is currently attending Graduate School at Azusa Pacific University (San Diego) in Nursing as of August 2014 for her Family Nurse Practitioner license and continues to play an active role with the NCCF. She has deeply valued her time working with the NCCF, and hopes to gain more experience and insight to better serve her community.

**Deb Snyder** is the founder and creative force that brought NCCF into fruition as a vitally needed, fitness oriented cancer treatment organization in North San Diego County. Her success as a business entrepreneur, her own fight with cancer and a lifelong sense of compassion for others created a foundation for the development of NCCF. Currently, Deb is the President of the Board of NCCF and her leadership is bringing NCCF to the forefront in San Diego County. Deb listened to the voices of NCCF clients, researched the needs of cancer patients and assimilated her own experiences and perspective into identifying the necessity for a county wide cancer resource directory. It is Deb's strongest desire that this directory will help cancer patients find a simpler and effective tool to find the resources he or she needs in their recovery.

On February 27<sup>th</sup>, 2016 our NCCF founder, friend and fellow cancer survivor passed away. She held her 7-year warrior stance against cancer with grace, grit, wit and passion. It was her cancer journey which led her to develop North County Cancer Fitness. One of her deepest pleasures was connecting with other cancer survivors and knowing that she along with NCCF as a whole was making a difference. She was famous for saying that NCCF was not just one person, but rather a collective team of us all contributing. In our respective ways, we have all been touched by the warm persona and generous spirit of Deb Snyder. What became the NCCF motto grew out of Deb's creed – 'slow...steady...safe...strong' – in reference to the individual path which we find ourselves trotting on. She has indeed created a legacy in North County Cancer Fitness. We continue to hear her saying – as she often did – "*stay the course*".

As NCCF continues to move forward, we honor Deb Snyder's life and memory in a way that we all hope would make her proud.



**Deborah Pomeranz** has over 25 years of experience in the corporate arena along with the non-profit sector. This tenure has included sales, marketing, management, strategic planning, brand development, grant writing and website structure. Currently, she is vice president on the board of directors for *North County Cancer Fitness (NCCF)*. Deborah has participated in patient education workshops as well as lectured on hereditary breast and ovarian cancer---of which she is particularly passionate. Deborah provides a unique perspective, into the realm of hereditary breast and ovarian cancer after her transformative life experience. She is also an ovarian cancer survivor.

**Hugh Margesson** after emigrating from Canada for graduate school, embarked on a career working with abused children. After fifteen years in that field, Hugh created a non-profit organization that implemented humanitarian relief projects on fourteen Native American reservations in seven states. Two decades later Hugh developed an interest in U.S./Mexico border politics and issues. Out of this interest, Sasabe Avanzando was born, a medical and educational relief project in Sasabe, Sonora, Mexico. While continuing to work on this effort, Hugh assisted the North County Cancer Fitness (NCCF) founder, Deb Snyder, become a functioning non-profit corporation serving North San Diego County. Hugh is currently the secretary of the NCCF Board of Directors.



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## Cancer Fitness Programs

Fitness programs tailored to your needs as a cancer patient or survivor.

### 1. North County Cancer Fitness

**Phone:** 760-517-6223

**Website:** <http://www.northcountycancerfitness.org/get-moving/>

**Overview:** Starting an exercise program after a diagnosis of cancer is challenging, especially during chemotherapy and radiation treatments. It is important to know where and how to begin and how to avoid unnecessary complications. NCCF is here to help. It strives to help you with your whole cancer journey, and is the institution responsible for this directory.

**Location:** P.O. Box 131715 Carlsbad, CA 92013

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### 2. American Council on Exercise

**Phone:** 858-576-6500

**Website:** <http://www.acefitness.org/acefit/fitness-fact-article/3320/exercise-for-breast-cancer/>

**Overview:** After surviving your breast cancer diagnosis and treatment, you may wonder, if you'll ever regain your strength. Whether or not you were able to stay active during your treatment, regular physical activity will be an important part of your recovery plan. Many breast cancer survivors say that getting and staying active has played a big role in getting their lives back.

**Location:** 4851 Paramount Drive San Diego, California 92123

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### 3. Beat Cancer Boot Camp San Diego

**Phone:** 619-549-1502

**Website:** <https://sites.google.com/site/beatcancerbootcampsandiego/>

**Email:** bcbcsd@gmail.com

**Overview:** Workouts are geared toward all fitness levels as you move through various stages of cancer treatment and recovery. The program is designed to empower and inspire cancer survivors, spouses, family members, friends and anyone else who wants to join the battle against cancer.

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#### 4. TEAM Survivor San Diego

**Phone:** 858-748-7965 ask for Jean Snow (TSSD Board President)

**Website:** <http://www.teamsurvivor.org/doc.aspx?45>

**Email:** 4jeansnow54@gmail.com

**Overview:** They provide free group exercise and support programs for women who have a present or past diagnosis of cancer. TSSD fitness programs include yoga, a walking group and a dragonboat team!

**Location:** 5500 Marro Way #8 La Mesa, CA 91942

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#### 5. Pacific Cancer Fitness

**Phone:** 760-683-9105

**Website:** <http://www.pacificcancerfitness.org/>

**Overview:** Pacific Cancer Fitness serves cancer patients at all stages of treatment, whether they are in the midst of chemotherapy and radiation, or have completed treatment. They offer fitness, education, and support through a comprehensive exercise program that can minimize or avoid many concerns that arise after treatment.

**Location:** 2647 Gateway Road, Suite 105-503 Carlsbad, CA 92009

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#### 6. Inner Strength Yoga and Healing Center

**Phone:** 760-822-1348

**Website:** <http://www.isyoga.com/>

**Overview:** Inner Strength Yoga and Healing Center offers cancer patients free yoga, meditation classes, and group support with healing sessions.

**Location:** 2124 El Camino Real, Suite 200 Oceanside, CA 92056

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#### 7. Ginseng Yoga

**Phone:** 619-338-9642

**Website:** <http://ginsengsandiego.com/>

**Overview:** A gentle class designed for those going through cancer treatment. This class has been opened to all who seek healing.

**Location:** 2985 Beech, San Diego CA 92104

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#### 8. Yoga Six

**Phone:** 760-274-6332

**Website:** <http://yogasix.com/>

**Overview:** Tuesdays and Thursday 10:30-11:30 am Yoga Six offers a Cancer Recovery class. Donation based. Non-Heated. All levels.

**Location:** 1905 Calle Barcelona Suite #238 Carlsbad, CA 92009

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## 9. Yoga Branch Vista Village

**Phone:** 760-390-3640

**Website:** <http://www.yogabranh.com>

**Overview:** At Vista Yoga, they are honored to offer a free yoga class Thursdays 4:00-5:15 pm to any cancer patient and/or their caregivers. These classes are suitable for everyone and no prior yoga experience is required. Enjoy this gentle, uplifting class where students will learn techniques they can take "off the mat" and incorporate into their own recovery.

**Location:** 319 E. Broadway Vista, CA 92084

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## 10. San Diego Qigong

**Phone:** 619-917-6288

**Website:** <http://www.sandiegogigong.com>

**Overview:** Master Wendy teaches the Wuji Gong form of qigong exercise. The class is *free* and open to everyone. It consists of a series of movements that open up the energetic pathways of the body, thereby clearing out blockages and promoting health.

**Location:** The World Beat Center lawn 2100 Park Blvd., in Balboa Park San Diego, CA 92101

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## 11. Yoga Bound

**Phone:** 760-720-9642

**Website:** <http://yogaboundforlife.com/>

**Overview:** Yoga Bound is a friendly community driven alignment based Vinyasa and Yoga Therapy studio located in Carlsbad Village. Yoga Bound offers classes of all levels. Most importantly they offer Yoga Therapy classes by a yoga therapist and also Gentle Yoga and Restorative Yoga.

**Location:** 3043 Harding Street, Carlsbad, CA 92008

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## 12. Four Seasons Yoga San Diego

**Phone:** 858-586-1672

**Website:** <http://www.fourseasonsyoga.com/>

**Overview:** This yoga sequence of gentle postures and breathing techniques will help you find renewed strength, flexibility, and a sense of physical and mental balance. You will learn to handle side effects of cancer treatment through movement and meditation practice, get individual attention and adjustments suited for your body, and find relief from stress, anxiety and fatigue in a supported and safe environment.

**Location:** 7160 Miramar Road, suite 116 San Diego, CA 92121

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### 13. Prana Yoga Center

**Phone:** 858-456-2806

**Website:** <http://www.prana-yoga.com/>

**Overview:** This studio boasts of an approach to yoga that is non-dogmatic and eclectic. Their classes and workshops focus on integrating breath with movement, developing awareness and alignment, and increasing strength and flexibility. This studio offers a Cancer Yoga Therapy classes. This gentle class offers inspiration, bonding and a gentle yoga experience for women and men diagnosed with cancer. Includes breathing exercises, slow stretches, healing yoga sequences, restorative yoga and balancing work appropriate during and after cancer treatment. Soothing music, rejuvenating postures and deep relaxation are combined to calm and rejuvenate your body, mind and spirit.

**Location:** 1041 Silverado St., La Jolla CA 92037

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## Oncology Centers

Centers providing personalized care for the detection, diagnosis, treatment, support, and follow up of cancer patients and their families.

### 1. cCare California Cancer Associates- Encinitas

**Physicians:** Dr. Frakes, Dr. Bessudo, Dr. Lamon, Dr. McClay

**Phone:** 760-452-3340

**Fax:** 760.452.3344

**Location:** 477 N. El Camino Real Ste D200, Encinitas, CA 92024

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### 2. cCare California Cancer Associates- Escondido

**Physicians:** Dr. Just, Dr. Eisenberg, Dr. McClay, Dr. Kosmo

**Phone:** 760-747-8935

**Fax:** 760-747-7951

**Location:** 625 W. Citracado Parkway Suite 110, Escondido, CA 92025

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### 3. cCare California Cancer Associates- La Jolla

**Physicians:** Dr. Sinclair, Dr. Banerjee

**Phone:** 858-552-1410

**Fax:** 858-552-0929

**Website:** <http://pacificoncology.com/your-visit/appointments/>

**Location:** 9850 Genesee Ave Ste 830, La Jolla, CA 92037

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### 4. cCare California Cancer Associates- 4S Ranch

**Physicians:** Dr. Bessudo, Dr. Eisenberg, Dr. Frakes, Dr. Banerjee, Dr. Lamon

**Phone:** 858-649-5100

**Fax:** 858-649-5099

**Location:** 16918 Dove Canyon Road, San Diego, CA 92127

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### 5. cCare California Cancer Associates- Vista

**Physicians:** Dr. McClay, Dr. Bessudo, Dr. Frakes

**Phone:** 760-208-6730

**Fax:** 760-208-6736

**Location:** 161 Thunder Drive Ste 106, Vista, CA 92083

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### 6. Douglas & Nancy Barnhart Cancer Center

**Physicians:** Kousay Al-Kourainy, Ignacio Hurbe-Alessio, Kenneth Johnson, Mariela Macias

**Phone:** 619-502-5851

**Website:** <http://www.sharp.com/hospitals/chula-vista/departments/cancer-center.cfm>

**Location:** 769 Medical Center Court, Chula Vista, CA 91911

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**7. East County Hematology and Oncology**

**Physicians:** Charles Kossman, Steven Kossman, John Wilkinson

**Phone:** 619-287-9910

**Location:** 5555 Reservoir Dr San Diego, CA 92120-5178

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**8. Kaiser Permanente San Diego Medical Center**

**Physicians:** Maged Abdou, Farhana Ahmed, Ejaz Ahmed, Christopher Aquino

**Phone:** 619-528-5000

**Website:** <http://www.healthgrades.com/hospital-directory/california-ca-southern/affiliated-physicians-HGST64618D46050515>

**Location:** 4647 Zion Ave, San Diego CA, 92120

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**9. Genesis Urology Medical Group**

**Physicians:** Donald B. Fuller, Damon E. Smith, Tahir Ijaz, Reza Shirazi

**Phone:** 619-230-0400

**Fax:** 858-429-7936

**Website:** <http://www.mygenesishealth.com/treatment-options/radiation-oncology/>

**Location:** 3366 5th Avenue, San Diego, CA 92103

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**10. North County Oncology**

**Physicians:** David Oblon, Warren Paroly, Nayyar Siddique, Jacob Hauptman

**Phone:** 760-758-5770

**Fax:** 760-721-8597

**Website:** <http://www.nconcology.com/>

**Location:** 3617 Vista Way, Oceanside, CA 92056

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**11. Oncology Associates of San Diego**

**Physicians:** Robert Barone, Rajesh Belani, Fred Saleh, Kristen Rice, Paul Goldfarb

**Website:** <http://www.oncologysandiego.com/>

**A. Coronado**

**Phone:** 858-637-7888

**Location:** 230 Prospect Place #210 Coronado, CA, 92118

**B. San Diego**

**Phone:** 858-637-7888

**Location:** 3075 Health Center Drive San Diego, CA, 92123

**C. Scripps Mercy**

**Phone:** 619-582-7888

**Location:** 4060 Fourth Avenue #440 San Diego, CA 92103

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## 12. Palomar Health Downtown Campus

**Physicians:** Lori Coleman, Brian Volpp

**Phone:** 760-739-3371

**Website:** <http://www.palomarhealth.org/radiation-oncology/radiation-oncology-home>

**Location:** 555 East Valley Parkway Escondido, CA 92025

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## 13. Rady's Children's Hospital

**Physicians:** William Roberts, Hyunah Ahn, Eric Anderson, Sun Choo, Jenny Kim

**Phone:** 858-966-5811 or 800-788-9029

**Fax:** 858-966-8035

**Website:** <http://www.rchsd.org/programs-services/cancer-blood-disorders/>

**Location:** Acute Care Pavilion, 2nd Floor 3010 Children's Way San Diego, CA 92123

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## 14. San Diego Oncology Medical Clinic

**Physicians:** Thomas Song

**Phone:** 619-421-6922

**Location:** 750 Medical Center Ct Ste 9, Chula Vista, CA 91911

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## 15. Scripps Clinic Radiation Therapy Center - Encinitas

**Physicians:** James Mason, Darren Sigal, Ramdev Konijeti, Sloane Chen

**Phone:** 760-633-6501

**Website:** [https://www.scripps.org/locations/specialty-centers\\_scripps-clinic-radiation-therapy-center\\_scripps-clinic-radiation-therapy-center-encinitas](https://www.scripps.org/locations/specialty-centers_scripps-clinic-radiation-therapy-center_scripps-clinic-radiation-therapy-center-encinitas)

**Location:** 354 Santa Fe Drive Encinitas, CA 92024

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## 16. Scripps Clinic Radiation Therapy Center - Vista CyberKnife

**Physicians:** George Luiken, Carrie Costantini, Marin Xavier, William Stanton, Lynn Berniller

**Phone:** 760-734-3750

**Website:** <http://www.cyberknifeofsocal.com/>

**Location:** 902 Sycamore Avenue, Vista CA 9208

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## 17. Scripps Clinic – Rancho Bernardo

**Physicians:** Gregory Clark, Alicica Christiansen, Charles Smith, Leah Levi, Joan Bradley

**Phone:** 858-487-1800

**Website:** [https://www.scripps.org/locations/scripps-clinic\\_scripps-clinic-rancho-bernardo/services](https://www.scripps.org/locations/scripps-clinic_scripps-clinic-rancho-bernardo/services)

**Location:** 15004 Innovation Drive, San Diego, CA 92128

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### 18. Scripps Green Hospital

**Physicians:** James mason, Melissa Torrey, Robert Sharpe, Jeffery Andry, Joan Kroener

**Phone:** 858-554-9100

**Website:** [http://www.scripps.org/locations/hospitals\\_scripps-green-hospital](http://www.scripps.org/locations/hospitals_scripps-green-hospital)

**Location:** 10666 N. Torrey Pines Rd. La Jolla, CA 92037

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### 19. Scripps Memorial Hospital – La Jolla

**Physicians:** Robert Barone, Marie Shieh, Alberto Bessudo, Laurie Frakes, James Sinclair, Sabina Wallach

**Phone:** 858-626-4123

**Website:** [http://www.scripps.org/locations/hospitals\\_scripps-memorial-hospital-la-jolla](http://www.scripps.org/locations/hospitals_scripps-memorial-hospital-la-jolla)

**Location:** 9888 Genesee Avenue La Jolla, CA 92037

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### 20. Scripps Mercy Cancer Center

**Physicians:** Lynn Bemiller, William Stanton, Marin Xavier, Carrie Costantini, George Luiken

**Phone:** 619-849-4469

**Website:** [https://www.scripps.org/locations/specialty-centers\\_scripps-mercy-cancer-center](https://www.scripps.org/locations/specialty-centers_scripps-mercy-cancer-center)

**Location:** 4020 Fifth Avenue, San Diego, CA 92103

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### 21. Scripps Mercy Hospital

**Physicians:** William Stanton, George Luiken, Marin Xavier, Robert Barone, Charles Redfern

**Phone:** 619-294-8111

**Website:** [http://www.scripps.org/locations/hospitals\\_scripps-mercy-hospital](http://www.scripps.org/locations/hospitals_scripps-mercy-hospital)

**Location:** 4077 5th Avenue San Diego, CA 92103

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### 22. Scripps Proton Therapy Center

**Physicians:** Carl Rossi, Ryan Grover, Huan Giap, Andrew Chang

**Phone:** 858-549-7400

**Website:** [https://www.scripps.org/locations/specialty-centers\\_scripps-proton-therapy-center](https://www.scripps.org/locations/specialty-centers_scripps-proton-therapy-center)

**Location:** 9730 Summers Ridge Rd., San Diego, CA 92121

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### 23. Sharp Grossmont Hospital David and Donna Long Center for Cancer Treatment

**Physicians:** Reema Batra, David Bodkin

**Phone:** 619-740-4500

**Website:** <http://www.sharp.com/hospitals/grossmont/departments/cancer.cfm>

**Location:** 5555 Grossmont Center Drive, La Mesa, CA 91942

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**24. Sharp Memorial Hospital Cancer Care**

**Physicians:** Seung-Yil Song,

**Phone:** 858-939-3400

**Website:** <http://www.sharp.com/hospitals/memorial/departments/cancer.cfm>

**Location:** 7901 Frost St., San Diego, CA 92123

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**25. Sharp Rees-Stealy Department of Hematology-Oncology**

**Physicians:** Rajesh Belini, Jennifer Fisher, Andrew Hampshire, Steven Kossman

**Phone:** 858-939-6622

**Website:** <http://www.sharp.com/rees-stealy/departments/hematology-oncology.cfm>

**Location:** 2929 Health Center Drive, San Diego, CA 92123

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**26. South County Hematology and Oncology**

**Physicians:** Kenneth B. Johnson, Marilyn Norton

**Phone:** 619-482-8430

**Website:** <http://www.southcountyhealth.org/ourservices/cancercare/tabid/181/default.aspx>

**Location:** 769 Medical Center Ct Ste 202, Chula Vista, CA 91911

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**27. Surgical Associates of La Jolla**

**Physicians:** Paul Hyde, Mark J. Sherman, Cheryl Olson

**Phone:** 858-452-5054

**Fax:** 858-452-5097

**Website:** <http://lajollasurgical.com/surgical-services-procedures/oncology-cancer-san-diego.php>

**Location:** 9850 Genesee Ave., Suite 660 La Jolla, CA 92037

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**28. Thornton Hospital**

**Physicians:** Michael Bovet, Bryan Clary, Ithaar Derweesh, Santosh Kesari

**Phone:** 858-657-7000

**Location:** 9300 Campus Point Drive La Jolla, CA 92037

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**29. Tri-city Medical Center**

**Physicians:** Eva K. Lean, Kris Ghosh, David Oblon, Warren Paroly, Arno Mundt

**Phone:** 760-724-8411

**Website:** <http://www.tricitymed.org/services/oncology/>

**Location:** 4002 Vista Way, Oceanside CA 92056

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**30. UC San Diego Health – Chula Vista**

**Physicians:** Daniel Simson, Douglas Rahn, Gina Mansy, Sarah Blair, Sunil J. Advani

**Phone:** 619-502-7730

**Location:** 959 Lane Avenue Chula Vista, CA 91914

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### **31. UC San Diego Health – Encinitas**

**Physicians:** Daniel Vicario, Anjali Bharne, William E. Bowman, Caitlin Costello, Derek Helton

**Phone:** 760-634-6661 for Cancer Services, Suite 200  
858-246-0500 for Radiation Oncology, Suite 210

**Website:** <http://cancer.ucsd.edu/SDCC/about/Pages/default.aspx>

**Location:** 1200 Garden View Road Encinitas, CA 92024

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### **32. UC San Diego Health – Vista**

**Physicians:** Fareeha Siddiqui, Rupa Subramanian, Daniel Vicario

**Phone:** 760-598-1700 for Cancer Services, Suite 102

**Website:** <http://cancer.ucsd.edu/SDCC/about/Pages/default.aspx>

**Location:** 910 Sycamore Avenue Vista, CA 92081

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### **33. UC San Diego Moores Cancer Center**

**Physicians:** John Adamson, Ted Ball, Irina Bilenkaya, Tiffany C. Brown, Patricica Demoor, David Piccioni, Cheng Sun

**Phone:** 858- 657-7000

**Website:** <http://cancer.ucsd.edu/Pages/default.aspx>

**Location:** 3855 Health Sciences Drive La Jolla, CA 92093

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## **Mammograms and/or breast health concerns for low income or uninsured women**

These programs aim to reduce the incidence of breast cancer by providing free or low cost mammogram services.

### **1. For women who are age 40 years and older:**

#### **Contact the California's Cancer Detection Program: Every Woman Counts**

Available Monday-Friday 8:30 a.m. to 5 p.m.

**Phone:** 1-800-511-2300

**Website:** <http://www.dhcs.ca.gov/services/cancer/ewc/pages/default.aspx>

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### **2. For women who are age 39 and younger:**

Contact 211 San Diego (an information and referral service)

**Phone:** 2-1-1 (simply dial just the numbers 211 and you will be connected to an operator)

**Website:** <http://www.211.org/>

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In addition, you can contact a local clinic that provides free or low-cost breast health services in your community (see list below).

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## **Chula Vista**

### **1. Chula Vista Center- Planned Parenthood**

**Phone:** 888-743-7526

**Address:** 1295 Broadway, Suite 201, Chula Vista, CA 91911

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### **2. Chula Vista Family Clinic- San Ysidro Health Center**

**Phone:** 619-662-4100

**Address:** 865 3rd Avenue, Suite 133, Chula Vista, CA 91910

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### **3. Otay Family Health Center- San Ysidro Health Center**

**Phone:** 619-662-4100

**Address:** 1637 3rd Avenue, Chula Vista, CA 91911

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### **4. South Bay Family Urgent Care- San Ysidro Health Center**

**Phone:** 619-662-4100

**Address:** 340 4th Avenue, Suite 7, Chula Vista, CA 91910

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## **El Cajon**

### **5. Centro Medico- El Cajon- Borrego Community Health Foundation**

**Phone:** 619-401-0404 ext. 1

**Address:** 396 N. Magnolia Avenue, El Cajon, CA 92020

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### **6. El Cajon Center- Planned Parenthood**

**Phone:** 619-471-1300

**Address:** 1685 E. Main Street, Suite 301, El Cajon, CA 92021

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### **7. El Cajon City Medical Clinic- La Maestra Community Health Centers**

**Phone:** 619-312-0347

**Address:** 165 South First Street, El Cajon, CA 92019

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### **8. Neighborhood Healthcare**

**Phone:** 619-440-2751

**Address:** 855 East Madison Avenue, El Cajon, CA 92020

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### **9. Sycuan Medical**

**Phone:** 619-445-0707, ext. 110

**Address:** 5443 Sycuan Road, El Cajon, CA 92019

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## **Escondido**

### **10. Centro Medico-Escondido- Borrego Community Health Foundation**

**Phone:** 760-871-0606

**Address:** 1151 East Washington Avenue, Suite C, Escondido, CA 92025

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### **11. Escondido Center Planned Parenthood**

**Phone:** 888-743-7526

**Address:** 347 West Mission Avenue, Escondido, CA 92025

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### **12. Escondido Family Medicine- Mountain Health and Community Services**

**Phone:** 760-745-5832

**Address:** 255 N. Ash Street, Suite 101, Escondido, CA 92027

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### **13. Neighborhood Healthcare**

**Phone:** 760-520-8200

**Address:** 1001 E. Grand Avenue, Escondido, CA 92025

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**14. Neighborhood Healthcare**

**Phone:** 760-746-0395

**Address:** 460 North Elm Street, Escondido, CA 92025

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**15. Ray M. Dickinson Wellness Center- Neighborhood Healthcare**

**Phone:** 760-520-8330

**Address:** 425 North Date Street, Escondido, CA 92025

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**16. Women’s Center- Neighborhood Healthcare**

**Phone:** 760-737-6900

**Address:** 215 S. Hickory Street, Suite 212, Escondido, CA 92025

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**Imperial Beach**

**17. Imperial Beach Health Center**

**Phone:** 619-429-3733 ext.0

**Address:** 949 Palm Avenue, Imperial Beach, CA 91932

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**Lemon Grove**

**18. La Maestra Community Health Centers**

**Phone:** 619-741-7423

**Address:** 7967 Broadway, Lemon Gove, CA 91945

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**National City**

**19. La Maestra Community Health Centers**

**Phone:** 619-434-7308

**Address:** 101 North Highland Avenue, Suite A, National City, CA 91950

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**20. San Ysidro Health Center**

**Phone:** 619-662-4100

**Address:** 1136 D Avenue, National City, CA 91950

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**21. Operation Samaham Community Health Center**

**Phone:** 619-474-2284

**Address:** 2743 Highland Avenue, National City, CA 91950

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**22. Paradise Hills Family Clinic- San Ysidro Health Center**

**Phone:** 619-662-4100

**Address:** 2400 E. 8th Street, National City, CA 91950

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## Oceanside

### 23. Horne Street Branch- Vista Community Clinic- North County Health Services

Phone: 760-631-5009

Address: 517 N. Horne Street, Oceanside, CA 92054

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### 24. North River Road Branch Vista Community Clinic

Phone: 760-631-5000, extension 0

Address: 4700 North River Road, Suite B, Oceanside, CA 92057

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### 25. Mission Mesa Women's Health Center

Phone: 760-757-5841

Address: 2210 Mesa Drive, Suite 5, Oceanside, CA 92054

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### 26. Pier View Way Branch- Vista Community Clinic

Phone: 760-631-5000, extension 0

Address: 818 Pier View Way, Oceanside, CA 92054

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## San Diego

### 27. City Heights Express Center-Planned Parenthood

Phone: 888-743-7526

Address: 4305 University Avenue, Suite 350, San Diego, CA 92105

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### 28. Sarah Weddington Center- Planned Parenthood

Phone: 888-743-7526

Address: 4575 College Avenue, San Diego, CA 92115

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### 29. Comprehensive Health Center- San Ysidro Health Center

Phone: 619-662-4100

Address: 286 Euclid Avenue, Suite 302, San Diego, CA 92114

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### 30. Comprehensive Health Center- Ocean View Health Center

Phone: 619-662-4100

Address: 3177 Ocean View Boulevard, San Diego, CA 92113

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### 31. Euclid Avenue Clinic- Planned Parenthood

Phone: 888-743-752

Address: 220 Euclid Avenue, Suite 30, San Diego, CA 92114

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**32. First Avenue Center-Planned Parenthood**

**Phone:** 888-743-7526

**Address:** 2017 First Avenue, San Diego, CA 92101

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**33. Kearny Mesa Center- Planned Parenthood**

**Phone:** 888-743-7526

**Address:** 7526 Clairemont Mesa Boulevard, San Diego, CA 92111

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**34. La Maestra Main Medical Clinic- La Maestra Health Centers**

**Phone:** 619-338-5632

**Address:** 4060 Fairmount Avenue, San Diego, CA 92105

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**35. La Maestra Women's Clinic**

**Phone:** 619-280-4213

**Address:** 4060 Fairmount Avenue, San Diego, CA 92105

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**36. Linda Vista Health Care Center**

**Phone:** 858-279- 0925

**Address:** 6973 Linda Vista Road, San Diego, CA 92111

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**37. Mid-City Community Clinic**

**Phone:** 619-563-0250

**Address:** 4290 Polk Avenue, San Diego, CA 92105

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**38. Mira Mesa Center- Planned Parenthood**

**Phone:** 888-743-7526

**Address:** 10737 Camino Ruiz- Medical Mall #220, San Diego, CA 92126

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**39. Mission Bay Parker Center- Planned Parenthood**

**Phone:** 888-743-7526

**Address:** 4501 Mission Bay Drive #1C & D, San Diego, CA 92109

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**40. Mission Valley Express Center- Planned Parenthood**

**Phone:** 888-743-7526

**Address:** 1333 Camino del Rio South, #306, San Diego, CA 92108

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**41. Nestor Community Health Center- Imperial Beach Health Center**

**Phone:** 619-429-3733, extension 0

**Address:** 1016 Outer Road, San Diego. CA 92154

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**42. Pacific Beach Express Mimi Brien Center- Planned Parenthood**

**Phone:** 888-743-7526

**Address:** 1602 Thomas Avenue, San Diego, CA 92109

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**43. San Diego American Indian Health Center**

**Phone:** 888-743-7526

**Address:** 2630 First Avenue, San Diego, CA 92103

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**Vista**

**44. Grapevine Branch- Vista Community Clinic**

**Phone:** 760-631-5000

**Address:** 134 Grapevine Drive, Vista, CA 92083

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**45. Vale Terrace Branch- Vista Community Clinic**

**Phone:** 760-631-5000, extension 0

**Address:** 1000 Vale Terrace, Vista, CA 92084

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**46. Women's Center- Vista Community Clinic**

**Phone:** 760-631-5000, extension 0

**Address:** 1000 Vale Terrace, Vista, Ca 92084

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## Cancer Nutritionists and Dietitians

Nutrition is incredibly important in how your body and heals and functions. Food has the power to be medicine and a healthy diet can promote health and fight cancer.

### 1. Spicy RD Nutrition

**Nutritionist:** E A Stewart

**Phone:** 858-429-9404

**Website:** <http://www.eastewart.com/>

**Average Cost (per session):** \$80 - \$150

**Location:** Del Mar, California 92014

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### 2. B Trim Lifestyles

**Nutritionist:** Brenda Trim

**Phone:** 619-937-3902

**Website:** <http://www.btrimlifestyles.com/>

**Average Cost (per session):** \$60 - \$150

**Location:** San Diego, California 92104

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### 3. Nutrition Instincts

**Nutritionist:** Lindsay Stenovec

**Phone:** 619-346-7402

**Website:** <http://nutritioninstincts.com/>

**Average Cost (per session):** \$60 - \$120

**Location:** 6046 Cornerstone Ct W #104 San Diego, California 92121

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### 4. The Hungry Heart

**Nutritionist:** Lauren Grant

**Phone:** 858-480-7282 and 949-407-5718

**Website:** <http://hungryheart.org/>

**Locations:** 12707 High Bluff Drive Suite 200 San Diego, California 92130

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### 5. Ursula Ridens, RD Inc

**Nutritionist:** Ursula Ridens

**Phone:** 858-367-3983 x18

**Website:** <http://www.ursularidens.com/>

**Location:** 5575 Lake Park Way Suite 114 La Mesa, California 91942

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## 6. RD4Health Nutritional Counseling, LLC

**Nutritionist:** Peggy Korody

**Phone:** 858-877-6596

**Website:** <http://rd4health.com/>

**Location:** Rancho Santa Fe, California 92067

---

## 7. QoL Nutrition

**Nutritionist:** Elisha Daigneault

**Phone:** 619-313-4946

**Website:** <http://www.qolnutrition.com/>

**Average Cost (per session):** \$40 - \$80

**Location:** 890 Eastlake Pkwy Chula Vista, California 91914

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## 8. Healthy Directions Poway

**Nutritionist:** Donna M Wolf

**Phone:** 858-224-0731

**Website:** <http://www.healthydirectionspoway.com/>

**Average Cost (per session):** \$90 - \$150

**Location:** Oceanside, California 92057

---

## 9. Yvolv Nutrition

**Nutritionist:** Stacy Lewis Simons

**Phone:** 760-978-6056

**Average Cost (per session):** \$50- \$150

**Location:** 1042 N El Camino Real #198 Encinitas, California 92024

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## 10. Shine Natural Health

**Nutritionist:** Stephanie Greunke

**Phone:** 858-375-5325

**Average Cost (per session):** \$80- \$150

**Website:** <http://rockyourhormones.com/>

**Location:** 437 S Highway 101 Suite 209 Solana Beach, California 92075

---

## 11. La Jolla Weight Management

**Provider:** Aparna Ramadurai

**Phone:** 858-229-1074

**Email:** [aparnard@gmail.com](mailto:aparnard@gmail.com)

**Location:** 9850 Genesee Ave La Jolla, CA 92037

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## 12. Baker Nutrition

**Provider:** Janice Baker

**Phone:** 619-742-0145

**Website:** <http://www.bakernutrition.com/>

**Average Cost (per session):** Initial consultation \$100, Follow ups \$100

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## 13. Cancer Nutrition Center

**Provider:** Carolyn Katzin

**Website:** <http://www.cancernutrition.com>

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## 14. Diana Dyer's Nutrition Page

**Website:** <http://www.cancerrd.com>

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## 15. List of Cancer fighting food

**Overview:** List includes foods that have all been researched for their cancer fighting properties. Clicking on food item will take you directly to research and recipes.

**Website:** <http://www.aicr.org/foods-that-fight-cancer/>

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## 16. UC San Diego Moores Cancer Center

**Phone:** 858-657-7000

**Website:** <http://www.cancer.ucsd.edu>

**Location:** 3855 Health Sciences Drive La Jolla, CA 92093

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## Education

This section outlines websites to help those recently diagnosed understand new terms and treatment options in common language.

**1. Website:** <http://www.oncolink.org/oncopilot/>

**Overview:** This is a guide for newly diagnosed cancer patients to make this time easier and to help you make the best decisions. It is broken into sections to best fit your unique situation.

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**2. Website:** <http://www.cancervic.org.au/about-cancer>

**Overview:** This website provides an overview on what cancer is, cancer types, treatments and possible side effects, and allows for questions and answers.

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**3. Website:** <http://insidecancer.org/>

**Overview:** This is an interactive site that allows you to see aspects of cancer in picture form. It covers the cause of cancer, diagnosis and treatment, and pathways to cancer in an easy to understand way.

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**4. Website:** <http://www.cancer.net/navigating-cancer-care/videos>

**Overview:** This site provides free videos designed to help patients, family, and friends learn more about cancer care and treatment.

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**5. Website:** <http://www.curetoday.com/subscribe>

**Overview:** This site provides a subscription to Cure magazine, which is a free quarterly magazine for cancer patients, survivors, and caregivers. The magazine is a wealth of information.

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## Phone Apps

This section outlines phone applications that can be downloaded on smart phones to help you through your cancer journey.

### 1. iPharmacy- Drug Guide and Pill Identifier

**Overview:** This app lets you compare prescription costs, keeps track of medications and sets reminders, and lets you search for prescription drugs to see usage, dosages, and reactions.

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### 2. Ask the Nutritionist: Recipes for fighting Cancer

**Overview:** This app lets you search for cancer fighting recipes by symptom management, special diets, or meal and food types.

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### 3. Breast Cancer: Beyond the Shock

**Overview:** This app hosts interactive videos to learn about breast cancer, and lets you ask questions that will be answered. You can also view other people's questions and see their answers.

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### 4. Pocket Cancer Care Guide

**Overview:** This app lists possible questions to ask doctors about many different areas of care and includes a glossary of cancer terms.

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### 5. My PearlPoint Cancer Side Effects Helper

**Overview:** This app lets you search through side effects and gives advice and reasons for symptoms occurrence.

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### 6. LIVESTRONG English-Spanish Dictionary of Cancer terms

**Overview:** This app lets you get definitions of cancer related terms in both English and Spanish.

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## Alternative/ Naturopathic Clinics

Naturopathic medicine is a form of alternative medicine employing a wide array of natural treatments which include healing without drugs, using non-toxic medication, and homeopathy.

### 1. Stengler Center for Integrative Medicine

**Phone:** 760-274-2377

**Website:** <http://markstengler.com/health-concerns/cancer/>

**Location:** 324 Encinitas Blvd Encinitas, CA 92024

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### 2. Gerson Institute

**Phone:** 619-685-5353

**Website:** <http://gerson.org/gerpress/>

**Location:** 3844 Adams Ave San Diego, CA 92116

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### 3. Cancer Cure Foundation

**Phone:** 800-282-2873

**Website:** [http://www.cancure.org/san\\_diego\\_clinic.htm](http://www.cancure.org/san_diego_clinic.htm)

**Location:** 555 Saturn Blvd. Suite B-452 Diego, CA. 92154

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### 4. Moss Center for Integrative Medicine

**Phone:** 858-457-1314

**Website:** <http://www.mosscenterforintegrativemedicine.com/index.html>

**Email:** LJintegrativemedicine@gmail.com

**Location:** 8950 Villa La Jolla Drive, Suite A217 La Jolla, CA 92037

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### 5. The Center for Advanced Medicine

**Phone:** 760-632-9042

**Website:** <http://www.centerforadvancedmed.com/>

**Location:** 4403 Manchester Ave. Suite 107 Encinitas, CA 92024

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### 6. Vitalia Natural Medicine

**Phone:** 760-720-6288

**Website:** <http://www.vitalianaturalmedicine.com/about-vitalia/>

**Location:** 570 Laguna Drive Carlsbad, CA 92008

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### **7. LotusRain Naturopathic Clinic**

**Phone:** 619-239-5433

**Website:** <http://lotusrainclinic.com/>

**Email:** dr@drkristinereese.com

**Location:** 5210 Balboa Ave Suite F San Diego, CA 92117

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### **8. Journey of Health Medical Clinic**

**Phone:** 619-324-5433

**Website:** <http://journeyofhealth.org/>

**Location:** 5575 Lake Park Way Suite 114 La Mesa, California 91942

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### **9. De Anza View Medical Center**

**Phone:** 858-531-5279

**Website:** <http://www.discoverhomeopathy.com/>

**Location:** 3737 Moraga Avenue, Building A, Ste 207 San Diego, California 92117

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### **10. Life in Motion**

**Phone:** 760-230-2270

**Website:** <http://www.lifeinmotionmed.com/>

**Email:** Health@lifeinmotionmed.com

**Location:** 345 S Coast Highway 101, Encinitas, CA 92024

---

### **11. Restor Medicine**

**Phone:** 619-546-4065

**Website:** <http://restormedicine.com/>

**Email:** info@restormedicine.com

**Location:** 928 Fort Stockton Drive Suite 213 San Diego, CA

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### **12. Koren Barret**

**Phone:** 949-642-3424

**Website:** [www.inaturalmedicine.com](http://www.inaturalmedicine.com)

**Email:** drbarrett@inaturalmedicine.com

**Location:** 1831 Orange Avenue Costa Mesa, California 92627

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### **13. Bronner Handwerger**

**Phone:** 858-254-5433

**Website:** <http://www.docbron.com/>

**Email:** docbron@docbron.com

**Location:** 3268 Governor Drive San Diego, California 92122

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## Physical Therapists

These health care professionals promote the ability to move, reduce pain, restore function, and prevent disability.

### 1. Terri Krause at Atala Physical Therapy

**Phone:** 760-727-9100

**Website:** <http://atalaphysicaltherapy.com/>

**Email:** [terri@atalaphysicaltherapy.com](mailto:terri@atalaphysicaltherapy.com)

**Overview:** Terri is the primary physical therapy provider for North County Cancer Fitness.

**Location:** 3222 Grey Hawk Court, Carlsbad CA 92010

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### 2. GASPAR Physical Therapy

**Phone in Oceanside:** 760-941-2630

**Website:** <http://gasparpt.com/>

**Location:** 3809 Plaza Dr. Suite 112, Oceanside CA 92056

**Phone in Encinitas:** 760-632-6942

**Location:** 700 Garden View Court, Suite 103 Encinitas, California 92024

**Phone in Carlsbad:** 760-707-5080

**Location:** 6221 Metropolitan St.

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## Massage Therapists

Therapists relieve pain, improve circulation, relieve stress, increase relaxation, and aid in the general wellness of clients through massage and touch. Massage has been shown to aid in relaxation, digestive function, better range of motion, and sleeping patterns. It can also help to lower depression and anxiety.

### 1. Pacific College of Oriental Medicine

**Phone:** 619-574-6932

**Website:** <http://www.pacificcollege.edu/acupuncture-massage-clinic/san-diego.html/>

**Average Cost (per session):** \$46 (for first session), \$43, \$36 (for patients over 60)

**Location:** 7445 Mission Valley Road Suite 105 San Diego, CA 92108

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### 2. Teri Polley Massages

**Phone:** 760-803-2027

**Website:** <http://www.teripolleymassages.com/>

**Average Cost (per session):** \$45+

**Overview:** Both a registered nurse and a certified massage therapist, Teri offers a unique experience of healing through touch. She holds a certificate in Oncology Massage and Level III Healing Touch

**Location:** Carlsbad and the San Diego Center for Integrative Oncology in Escondido

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### 3. San Diego Oncology Massage and Energy Healing

**Phone:** 858-888-3756

**Website:** <http://www.sandiegooncologymassage.com/>

**Location 1:** 1200 Garden View Rd, Suite 220, Encinitas, CA, 92024

**Location 2:** 4229 Park Blvd, San Diego, CA, 92103

---

### 4. Amy Carrol, Certified Oncology Massage Therapist

**Phone:** 619-987-0530

**Email:** amyltc2512@gmail.com

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### 5. Raquel Ramos, Certified Oncology Massage Therapist

**Phone:** 909-239-5707

**Email:** raquelr73@yahoo.com

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### 6. Cathy Ziska, Certified Oncology Massage Therapist

**Phone:** 760-271-3851

**Email:** caziska@roadrunner.com

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## Acupuncturists

Acupuncture improves the body's functions and promotes a natural self-healing by stimulating specific points.

### 1. UC San Diego Moores Cancer Center

**Phone:** 858-657-7000

**Website:** <http://health.ucsd.edu/specialties/Pages/cancer.aspx>

**Location:** UC San Diego Health System - 3855 Health Sciences Drive La Jolla, CA 92093

---

### 2. North County Acupuncture

**Phone:** 760-434-3410

**Website:** <http://www.northcountyacu.com/>

**Provider:** Joe Voss

**Average Cost (per session):** \$125 (for first session), \$75 (thereafter)

**Location:** 2646 Madison St Carlsbad, CA 92008

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### 3. Hillcrest Community Acupuncture

**Phone:** 619-298-2228

**Website:** <http://www.hillcrestacu.com/>

**Average Cost (per session):** \$15-35 (sliding scale)

**Location:** 1807 Robinson Ave, San Diego, CA 92103

---

### 4. Sustain Community Acupuncture

**Phone:** 619-358-9508

**Website:** <http://www.sustaincommunityacupuncture.com/>

**Average Cost (per session):** \$50 (for first session), \$35 (thereafter)

**Location:** 2537 University Ave San Diego, CA 92104

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### 5. Pacific College of Oriental Medicine

**Phone:** 619-574-6932

**Provider:** Kimberly Taylor

**Email:** kiminchina3@yahoo.com

**Website:** <http://www.pacificcollege.edu/acupuncture-massage-clinic/san-diego.html/>

**Average Cost (per session):** \$52 (for first session), \$43

**Location:** 7445 Mission Valley Road Suite 105 San Diego, CA 92108

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### 6. Health Profs

**Website:** <http://acupuncturists.healthprofs.com>

**Location:** 3855 Health Sciences Drive La Jolla, CA 92093

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**7. San Diego Herbal Medicine and Acupuncture Clinic**

**Website:** <http://henrychanglac.com/>

**Provider:** John Chang

**Location:** 420 Walnut Avenue San Diego, CA 92103

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**8. Dodie Hemingway**

**Phone:** 760-632-7728

**Email:** drhemingway@yahoo.com

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## Counseling Services

These professionals help you to cope with stress and handle emotions from problems.

### 1. Living Water Counseling

**Provider:** Kathy Kirk, LCSW

**Phone:** 760-973-4379

**Average Cost (per session):** 130+, sliding scale

**Location:** 2558 Roosevelt St Suite 202 Carlsbad, California 92008

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### 2. Dr. Diane Carlson, Psy.D., MFT

**Phone:** 619-663-5919

**Average Cost (per session):** \$80-120 per session, sliding scale

**Location:** 2667 Camino Del Rio South Suite 301-4 San Diego, California 92108

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### 3. Integrative Psychological and Assessment Services

**Provider:** Dr. Christina Zampitella, Psychologist Psy.D.

**Phone:** 858-451-4601

**Average Cost (per session):** \$100-150, sliding scale

**Location:** 8765 Aero Drive Suite 221 San Diego, California 92123

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### 4. Lilach Harris, MFT

**Phone:** 619-320-4647

**Average Cost (per session):** \$90-100, sliding scale

**Location:** 2356 Moore Street # 204 San Diego, California 92110

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### 5. Jewish Family Services

**Phone:** 859-637-3000

**Website:** <http://www.jfssd.org/breastcancer>

**Overview:** Dedicated to offering specialized assistance and support during the difficult and overwhelming period after receiving a breast cancer diagnosis. The case manager works with each client in their own home or community, based on individual needs.

**Location:** 8804 Balboa Avenue San Diego, CA 92123

---

### 6. Cancer Care

**Phone:** 800-813-4673

**Website:** <http://www.cancercare.org>

**Overview:** Counseling for cancer patients, caregivers and loved ones is available over the telephone no matter where you live in the U.S. Cancer care offers social workers that can help teach you and your family members' ways to cope with cancer.

---



## Cancer Support Groups

These groups provide platforms to discuss your experience and get emotional support from others who are undergoing the same disease.

### 1. Palomar Health

**Phone:** 858-613-6115

**Website:** [www.palomarhealth.org](http://www.palomarhealth.org)

**Overview:** A group for women of all ages confronting any cancer diagnosis.

1st and 3rd Wednesdays of each month from 10:30 to 12 noon.

**Location:** Pomerado Outpatient Pavilion, Education Classroom, 15611 Pomerado Road, Poway

---

### 2. Palomar Health

**Phone:** 858-675-5072

**Overview:** Oncology nurse Cathy Blazek leads this free series of educational classes for people confronting a cancer diagnosis. Open to patients and families through the collaborative efforts of the American Cancer Society and Palomar Health Cancer Resources.

---

### 3. Living with Advanced Cancer Support Group

**Website:** <http://www.sharp.com/health-classes/living-with-advanced-cancer-support-group-66>

**Overview:** This free support group is for patients with any type of metastatic cancer to share experiences and information with each other. Led by a licensed therapist at Sharp HealthCare who guides this small group through various topics each week. The discussion focuses on the challenges of living with advanced cancer, including purpose, fear, family and transitions.

---

### 4. Informed Prostate Support Group

**Phone:** 619-890-8447

**Website:** <http://www.ipcsg.org/>

**Email:** Info@IPCSCG.org

**Overview:** The group meets the third Saturday of each month, 10:00 AM - 12:30 PM at Sanford-Burnham Auditorium, 10905 Road to the Cure, San Diego, CA 92121

**Location:** P.O. Box 420142, San Diego, CA 92142

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## 5. The Rock Church

**Phone:** 619-226-7625

**Website:** <http://www.sdrock.com/ministries/cancercare/>

**Overview:** Rock Cancer C.A.R.E.'s mission is to reflect Christ's love by serving cancer patients, survivors and their families with tangible assistance and spiritual support. We do this by providing: 1. Prayer and group support 2. Direct assistance such as transportation, housecleaning and grocery shopping 3. Financial assistance for basic necessities such as groceries, rental assistance and prescriptions

**Location:** 2277 Rosecrans St. San Diego, CA 92106

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## 6. Oasis of Hope

**Phone:** 619-423-0661

**Website:** <http://www.oasisofhopeccsq.org/>

**Email:** bethanya@clearsail.net

**Overview:** If you need a time of refreshing on your journey with cancer, we welcome you to join us at our next meeting of Oasis of Hope Christian Cancer Support Group.

**Location:** 916 Hollister Street San Diego, CA 92154

---

## 7. Caring Community - Living with Cancer - East County Program (CCLC-EC)

**Phone:** Sara at 619-890-9730

**Overview:** Cancer support groups for patients/survivors and caregiver/family members at the Herrick Library (Community Room) on the first and third Thursday of the month from 10:00 a.m. - 12:00 p.m. Pre-registration is required to attend these groups and no walk-ins will be allowed.

---

## 8. Circle of Faith

**Phone:** Cassandra at 619-482-2037

**Email:** 4cassc@cox.net

**Overview:** African American breast cancer support group in Southeast San Diego. This group meets the second Saturday of each month.

**Location:** 1601 Kelton Road, San Diego, 92114 from 10:30 am - 12:00 pm.

---

## 9. UCSD-Support Groups

**Phone:** 858-822-5240

**Website:** <http://cancer.ucsd.edu/coping/support-services/Pages/groups-classes.aspx/>

**Overview:** Overview of various support groups available in San Diego County through UC San Diego.

---

#### **10. Gerson Institute**

**Phone:** 619-685-5353

**Website:** <http://gerson.org/gerpress/>

**Overview:** Cancer educational, referral and support groups.

**Location:** 3844 Adams Ave, San Diego CA 92116

---

#### **11. Jewish Family Services**

**Phone:** 859-637-3000

**Website:** <http://www.jfssd.org/breastcancer>

**Overview:** This program will provide treatment, support, and navigation assistance to newly-diagnosed breast cancer patients.

---

#### **12. Kaiser Breast Cancer Support Group**

**Phone:** 619-641-4456

**Overview:** Support group helping women (who are members of Kaiser) diagnosed with breast cancer through their battle.

---

#### **13. Reach to Recovery Support Program (American Cancer Society)**

**Phone:** 800-227-2345

**Website:** <http://www.cancer.org/Treatment/SupportProgramsServices/reach-to-recovery>

**Overview:** Breast cancer survivors reach out to women who have been diagnosed with breast cancer.

---

#### **14. Scripps Healthcare**

**Website:** <http://www.scripps.org/events?utf8=%E2%9C%93&query=breast+cancer&categories=&locations=&from=&to>

**Overview:** Support groups facilitated by licensed professionals available to patients and non-patients on a monthly basis. Check out their website for various sessions.

---

#### **15. Sharp Patient Navigation Program (Komen Grantee)**

**Website:** <http://www.sharp.com/cancer/breast-cancer-patient.cfm>

**Overview:** Provides patient navigation services to patients living with breast cancer in San Diego. Bilingual services available.

---

#### **16. Tri-City Breast Cancer Support Group (Oceanside)**

**Phone:** 760-940-3632

**Website:** <http://www.tricitymed.org/events/events-/?eventId=fd61a920-4fb2-e411-bb72-2c768a4e1b84#Description>

**Overview:** Support group provided by Tri-City Medical Center exclusively for cancer patients.

---

#### **17. USC Telehealth**

**Phone:** 866-740-6502

**Website:** <http://www.usctelehealth.com>

**Overview:** Live professional counseling and therapy services delivered via computer in homes of individuals, couples, families, older adults, service members, and veterans who are California residents. To receive these services, clients must have a computer or laptop less than 4 years old, webcam, and high-speed internet. This is convenient (no driving), private, confidential, free and sponsored by University of Southern California.

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#### **18. Vista Community Clinic**

**Phone:** Natasha 760-531-5000 x 7617

**Overview:** This group is facilitated by a Licensed Clinical Social Worker for newly diagnosed patients and follows a 8-10 week curriculum. The group is free but space is limited so patients need to register. One group is in English (at 1:00 a.m.) and the other in Spanish (11:00 a.m.).

**Location:** VCC at 1000 Vale Terrace, Vista, CA in the Women's Center.

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#### **19. Wester Cancer Center**

**Phone:** 619-230-0400

**Overview:** Cancer educational, referral and support group.

**Location:** 2466 1st Ave, San Diego CA 92101

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#### **20. Cantonese Breast Cancer Support Group**

**Phone:** 619-212-1796

**Website:** [http://www.cchcsd.org/cancer\\_care\\_en.php](http://www.cchcsd.org/cancer_care_en.php)

**Overview:** Support group for Cantonese speaking breast cancer patients to provide a comforting environment and road to recovery.

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## **21. Grupo Esperanza Spanish Speaking Support Group (La Jolla area)**

**Phone:** Please call Mercedes Garcia-Mohr at 858-822-6201  
or Sara Feinstein at 619-326-1712

**Overview:** This is a “hope group” that provides discussion and relaxation for Spanish-speaking women fighting their battle with breast cancer. Every 2nd Wednesday of every month, 10 a.m. - 12 p.m.

**Location:** UC San Diego Moores Cancer Center

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## **22. A M C Cancer Research Center**

**Phone:** 619-275-1336

**Overview:** Cancer educational, referral and support group.

**Location:** 2448 Cowley Way, San Diego CA 92110

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## **23. Y-Me Breast Cancer Bi-lingual Hotline**

**Phone:** 858-569-9309

**Overview:** Cancer support group

**Location:** 8775 Aero Dr, San Diego CA 92123

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## **24. Sharp Grossmont Hospital**

**Phone:** 1-800-82-SHARP

**Overview:** Sharp offers two separate breast cancer support groups. The group that meets at Sharp Grossmont Hospital is led by Connie Kaplan, a registered nurse, who works in radiation therapy at the Long Cancer Center. Kaplan is also a certified oncology nurse with 29 years of experience. Her group is not meant for women with metastatic disease.

**Location:** Long Cancer Center Conference Room 5555 Grossmont Center Drive, La Mesa, CA 91942

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## **25. Young Survival Coalition**

**Phone:** 858-505-4100

**Website:** <http://www.meetup.com/Breast-Cancer-Meetup-Group/members/>

**Overview:** Online support group for breast cancer patients where members request meet-ups.

**Location:** 5395 Ruffin Road Ste 103, San Diego, CA 92123

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## **26. Sidney Kimmel Cancer Center**

**Phone:** 410-740-5858

**Overview:** Occurs the second Saturday of each month from 10:00 to 11:30 a.m. Patient support group for men and women diagnosed with cancer, where participants can share, explore, and be encouraged in a safe environment. This group is also open to care givers.

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## 27. Jean McLaughling Women's Center

**Phone:** 858-613-6120

**Website:** <http://www.palomarhealth.org/ContentPage.aspx?nd=441>

**Overview:** The Center provides San Diego women with education and support, advanced technologies for diagnosis and treatment and personalized, compassionate care delivered in a peaceful, healing environment.

**Location:** 15611 Pomerado Rd, Poway CA 92064

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## 28. Organization: Cancer Support Community

**Phone:** 1-888-793-9355

**Website:** [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)

**Overview:** Whether you are newly diagnosed with cancer or a long-time cancer survivor or caring for someone with cancer, or a health care professional looking for resources, CSC's TOLL-FREE Cancer Support Helpline is open Mon-Fri 9 am- 8 pm ET

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## 29. 4<sup>th</sup> Angel

**Website:** <http://4thangel.org/>

**Overview:** The 4th Angel Mentoring Program offers free, one-on-one, confidential outreach and support from someone who has successfully made the same journey you are about to begin – the journey towards recovery. The 4th Angel Mentoring Program is telephone based, so you can connect with an angel anywhere in the country.

---



## Art Therapy

This form of therapy can reduce pain, anxiety, and tension through art and artistic expression.

### 1. Alessandra's Expressive Art Therapy

**Phone:** 858-735-5708

**Website:** [www.AlessandraColfi.com](http://www.AlessandraColfi.com)

**Email:** Alessandra@AlessandraColfi.com

**Overview:** Alessandra is a professional artist in the community with exhibitions and awards for her mixed-media artwork; Alessandra has been using art and its therapeutic effects for over 7 years in private and clinical settings (assisting adults, teens and children; cancer patients, Alzheimer's seniors, developmentally disabled adults and children).

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### 2. Sharp Memorial

**Phone:** 1-800-82-SHARP

**Website:** [www.sharp.com](http://www.sharp.com)

**Overview:** This class is designed for patients currently undergoing treatment at a Sharp-affiliated facility or elsewhere in the community. Classes will be conducted by a board-certified art therapist, Lisa Falls has master's degrees in fine arts and professional studies in art therapy.

**Location:** Sharp Memorial Outpatient Pavilion, Conference Room B 3075 Health Center Drive San Diego, CA 92123

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### 3. Skylight Studio and Therapy Office

**Provider:** Jill Fitzgerald, LCSW, Art Therapist

**Phone:** 619-561-1882

**Website:** [jfitzart@skylight-studio.com](mailto:jfitzart@skylight-studio.com)

**Overview:** Skylight Studio is a place of restoration and rejuvenation. Through contact with the visual arts you are supported in growth and healing. Workshops facilitated by Jill Fitzgerald, LCSW, ATR, CT, SoulCollage® Facilitator. Jill models and teaches art-making for self-care in everyday life as well as during times of great challenge, transition and loss.

**Location:** 10567 Oak Creek Drive, Lakeside, CA 92040

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## Financial Assistance Programs

These programs aim to reduce the financial stress and burden that cancer can cause.

### 1. CancerCare

**Phone:** 800-813-4673

**Website:** <http://www.cancercares.org/financial>

**Overview:** CancerCare provides limited financial assistance to people affected by cancer. As a nonprofit organization, funding depends on the sources of support we receive at any given time. If we do not currently have funding to assist you, our professional oncology social workers will always work to refer you to other financial assistance resources.

---

### 2. Friends of Scott Foundation

**Phone:** 619-223-7268

**Website:** <http://www.friendsofscott.org>

**Overview:** Friends of Scott Foundations (FSF) mission is to help children with cancer and their families. We ensure they receive the emotional and financial support needed to cope with this devastating disease. FSF strives to bring childhood cancer awareness to the community.

**Location:** 3740 Sports Arena Blvd, San Diego CA 92110

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### 3. Cancer Angels of San Diego

**Phone:** 760-942-6346

**Website:** <http://cancerangelsofsandiego.org/>

**Email:** eve@cancerangelsofsandiego.org

**Overview:** Cancer Angels of San Diego was established to address the financial needs of Stage IV cancer patients who are facing severe financial hardship.

**Location:** 1915 Aston Ave., Carlsbad, CA. 92008

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### 4. Susan G. Komen San Diego

**Website:** [http://komensandiego.org/wpcontent/uploads/2014/06/2014\\_SGK\\_Community\\_Grants\\_Sheet\\_Final.pdf](http://komensandiego.org/wpcontent/uploads/2014/06/2014_SGK_Community_Grants_Sheet_Final.pdf)

**Overview:** Funds many breast-health and breast cancer-related programs in this area.

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### 5. CM

**Phone:** 858-505-4120

**Overview:** Provides financial assistance to cancer patients

**Location:** 7695 Cardinal Court San Diego, California 92123

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## 6. AVON Breast Health Outreach Programs

**Phone:** 800-813-4673

**Overview:** This organization links medically underserved women to breast health education and screening services, linking A.R.M.S., limited financial assistance for hormonal and oral chemotherapy, pain and anti-nausea medication, lymphedema supplies, and durable medical equipment (a partnership with the Susan G. Komen Breast Cancer Foundation). Patients can access the Linking A.R.M.S.™ program by calling the CancerCare toll-free line at 800-813-HOPE (4673).

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## 7. CMS/County Medical Service

**Phone:** 858-492-4444 or 760-471-9660

**Overview:** A San Diego County funded medical insurance program for adult residents who meet the financial and age criteria (21-64 years old).

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## 8. Leukemia/Lymphoma Society

**Phone:** 800-215-1098 (San Diego/Hawaii chapter)  
800 955-4572 (National)

**Overview:** Annual financial grants up to \$150 reimbursement for out-of-pocket expenses related to your cancer treatment.

---

## 9. Medi-Cal

**Website:** <http://www.medi-cal.ca.gov/>

**Overview:** A state-funded medical insurance program for legal residents of California under 21 years of age and over 65 years of age. Legal residents who have minor dependents living in the home may also apply.

---

## 10. Medi-Cal for Breast & Cervical Cancer Treatment

**Phone:** 858-822-6177

**Overview:** The Dept. of Health & Human Services authorizes immediate Medi-Cal benefits to patients with active cases of breast and cervical cancer who meet the financial and residential criteria. Please contact UC San Diego Moores Cancer Center Patient Service Representative, Leticia Marquez for assistance.

---

## 11. Medicare

**Phone:** Social Security Administration - 800-772-1213

**Website:** <http://www.medicare.gov/>

**Overview:** A health insurance program for people age 65 and older. Some people under age 65 with disabilities may also qualify. Medicare has two parts. Part A covers hospital stays, skilled nursing facility, home health care, hospice care, and blood. Part B covers doctor's services and outpatient care.

---

## 12. MRMIP

**Phone:** 916-324-4695

**Website:** <http://www.mrmib.ca.gov/mrmib/mrmip.shtml>

**Overview:** California Major Risk Medical Insurance, a 36-month health plan for Californians who are unable to obtain market insurance or Medicare coverage.

---

## 13. SDGE Medical Baseline Allowance

**Phone:** UC San Diego Health System 858-657-7000

**Website:** <http://www.sdge.com/residential/save-medical-baseline/medical-baseline-program>

**Overview:** To help people with special health needs, SDG&E offers medical baseline allowances that provide additional regulated utility charges at the baseline rate, which can help keep energy costs down.

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## 14. Breast Cancer Angels

**Phone:** 562-795-0100

**Website:** <http://www.breastcancerangels.org/how-we-help/seeking-assistance>

**Overview:** The Mission of Breast Cancer Angels is to provide financial and emotional assistance for women and their families as they are going through breast cancer treatment.

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## 15. Rady Children's Hospital-San Diego

**Phone:** 858-966-4912

**Overview:** Eligibility is determined based on family income and needs. Certain insured individuals with high medical costs may also be eligible. Through their financial counseling services, they may be able to help you get a government-sponsored health benefit program or low-cost health insurance, work with you to arrange a manageable payment plan, or, if you meet certain income requirements, you may be eligible to apply for a Financial Assistance program.

---

## 16. UCSD Student-Run Free Clinic Project

**Phone:** 858-534-6110

**Fax:** 858-822-3990

**Email:** ebeck@ucsd.edu

cbloomwhitener@ucsd.edu

**Website:** <http://meded.ucsd.edu/freeclinic/index.php>

**Overview:** The UCSD Student-Run Free Clinic Project, in partnership with the community, provides accessible, quality healthcare for the underserved in a respectful environment in which students, health professionals, patients, and community members learn from one another.

**Location:** 9500 Gilman Drive #0696 La Jolla, CA 92093-0696

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## 17. 211

**Phone:** dial 2-1-1 from your service area or 800-227-0997

**Website:** <http://www.211.org/>

**Overview:** 2-1-1 provides free and confidential information and referral services. Call 2-1-1 (literally dial just 2-1-1 on your phone) for help with food, housing, employment, health care, counseling and more.

---

## 18. California Lifeline

**Phone:** 866-272-0349

**Overview:** Providing home phone service to those who meet the criteria

**Website:** <http://www.californialifeline.com>

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## 19. Cancer Financial Assistance Coalition

**Website:** <http://www.cancerfac.org>

**Overview:** CFAC is a coalition of financial assistance organizations joining forces to help cancer patients experience better health and well-being by limiting financial challenges.

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## 20. Cleaning for a Reason

**Phone:** 877-337-3348

**Website:** <http://cleaningforareason.com/>

**Overview:** A nonprofit organization partnering with maid services to offer free professional house cleanings to improve the lives of women undergoing cancer treatment.

---

## 21. Elder Help

**Phone:** 619-284-9281

**Website:** <http://www.elderhelpofsandiego.org/>

**Overview:** Helping the population of growing seniors with transportation, basic necessities, and housing.

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## 22. LiveStrong Foundation

**Phone:** 855-220-7777

**Website:** <http://www.livestrong.org/we-can-help/insurance-and-financial-assistance/>

**Overview:** Provides information for financial assistance and resources to patients with cancer.

---

## 23. MAAC Project

**Phone:** 619-426-3595

**Website:** <http://www.maacproject.org/>

**Overview:** Promotes self-sufficiency for moderate to low income families through advocacy for delivery of social, educational, housing, and employment services to Southern California.

---

## 24. US Department of Health and Human Services: Agency for Healthcare Research and Quality

**Phone:** 301-427-1364

**Website:** <http://www.ahrq.gov/consumer/cc/cc060308.htm>

**Overview:** Provides patients with information on choosing a healthcare plan.

---

## 25. Help Hope Live

**Website:** <https://m.helphopelive.org/howitworks/payingmedicalcosts>

**Overview:** This organization helps patients and families ease the financial burden of a medical crisis. You apply through the website for assistance.

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## 26. Health Well Foundation

**Website:** <http://www.healthwellfoundation.org/>

**Overview:** Health Well fills the gaps when health insurance isn't enough. Assists in paying for medications, deductibles, and health insurance premiums.

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## 27. Nicki Leach Foundation

**Website:** <http://www.nickileach.org/assistance>

**Overview:** Provides financial assistance to young adults aged 18 to 29 who are diagnosed with cancer.

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## 28. Brenda Mehling Cancer Fund

**Website:** <http://www.bmcf.net/>

**Overview:** Provides financial assistance to young adults aged 18 to 29 who are diagnosed with cancer.

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## **29. Community Christian Service Agency**

**Website:** <http://www.ccsasandiego.org/services>

**Overview:** Provides emergency services to individuals and families in need in San Diego County, including food, clothing, and referrals.

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## Food Assistance Programs

These programs offer free food to patients who are affected by cancer, and those who live in San Diego County.

### 1. Mama's Kitchen

**Phone:** 619-233-6262

**Website:** <http://www.mamaskitchen.org/>

**Overview:** At Mama's Kitchen we believe that every person is entitled to the basic necessity of life - nutritious food. As a volunteer-driven, nonprofit organization, we prepare and deliver food to men, women and children who are affected by AIDS or cancer.

**Location:** 3960 Home Avenue San Diego, CA 92105

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### 2. San Diego Food Bank

**Phone:** 858-527-1419

**Website:** <http://www.sandiegofoodbank.org/>

**Overview:** Provides food to those in need, being an advocate for the hungry and educating the public on hunger-related issues.

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### 3. Meals on Wheels

**Phone:** 619-260-6110

**Website:** <http://www.meals-on-wheels.org/>

**Overview:** Provides 2 meals a day to seniors in San Diego County.

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### 4. Donate Don't Dump

**Website:** <http://www.donatedontdump.org/>

**Overview:** Works to reduce hunger. Gives each person approximately 20 pounds of fresh fruit, vegetables, and food. Distributions occur every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month. Starts at 1:30 P.M.

**Address:** Summit Church 292 E. Barham Dr. San Marcos, CA

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### 5. Catholic Charities Food Resource Center

**Phone:** 619-231-2828

**Website:** <http://www.ccdsd.org/programs/emergency-services/>

**Overview:** Gives free food to those in the college area, downtown, and in Vista.

**Address:** 349 Cedar St., San Diego, CA

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## **6. Church of the Nazarene**

**Phone:** 619-516-1000

**Overview:** Food distribution occurs Tuesdays from 3 to 5 P.M. and on Thursdays and Saturdays beginning at 9 A.M.

**Address:** 4101 University Ave., San Diego CA

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## **7. Uptown Faith Community Service Center**

**Phone:** 619-281-8411

**Overview:** Distributed canned bags of groceries Monday, Tuesday, and Thursday from 9 to 9:45 A.M. Fresh groceries are distributed Monday and Thursday from 11 A.M. to noon.

**Address:** 4101 30<sup>th</sup> Street, San Diego, CA

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## **8. Special Delivery San Diego**

**Phone:** 619-297-7373

**Website:** <http://www.specialdeliverysandiego.com/>

**Overview:** Free meals for people with a critical disease such as cancer. Delivery is available for those who are homebound.

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## Legal Resources

These programs and organizations offer legal services for free or reduced costs to cancer patients.

### 1. Patient Advocate Foundation (PAF)

**Phone:** 800-532-5274

**Website:** [www.patientadvocate.org](http://www.patientadvocate.org)

**Overview:** Provides education, legal counseling, issues, job discrimination, and debt crisis matters.

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### 2. California Women's Law Legal Assistance

**Phone:** 323-951-1041

**Website:** <http://cwlc.org/about-cwlc>

**Overview:** This program gives breast cancer patients reduced legal costs.

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### 3. Disability Rights Legal Center

**Website:** <http://www.disabilityrightslegalcenter.org/get-legal-help>

**Overview:** DRLC provides legal services, education, and referrals to people with all disabilities regarding disability rights and cancer.

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## Transportation Assistance

These programs aim to provide reliable transportation to cancer patients.

### 1. Air Charity Network

Phone: 877-621-717

Website: <http://www.aircharitynetwork.org/>

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### 2. ARC

Phone: 760-337-8002 and 1-866-444-7672

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### 3. CancerCare

Phone: 1-800-813-4673

Website: <http://www.cancercare.org/>

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### 4. Corporate Angel Network

Phone: 866-328-1313

Website: [www.corpangelnetwork.org](http://www.corpangelnetwork.org)

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### 5. Elder Help

Phone: 619-284-928

Website: <http://www.elderhelpofsandiego.org/>

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### 6. Lutheran Social Services/Caring Neighbors

Phone: San Diego 619-263-1384 Lemon Grove 619-698-1716  
Escondido 760-737-8640 Chula Vista 619-425-4061

Website: <http://www.lsscommunitycare.org/>

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### 7. National Patient Travel Center

Phone: 800-296-1217

Website: <http://www.patienttravel.org/>

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### 8. Road to Recovery (American Cancer Society)

Phone: 800-227-2345

Website: <http://www.cancer.org/InYourArea/California/ProgramsandServices/patient-transportation>

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### 9. Stride

Website: <http://www.factsd.org/>

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**10. Air Care Alliance**

**Phone:** 888-260-9707

**Website:** <http://www.aircarealliance.org/submit-request-for-assistance>

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**11. Carlsbad Senior Center**

**Phone:** 760-602-4655

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**12. Escondido Out and About**

**Phone:** 760-480-1030

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**13. Centro Hispanic Senior Center**

**Phone:** 619-283-2111

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**14. Lifeline Rural**

**Phone:** 800-266-6883

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## Housing Assistance

These programs aim to help cancer patients with services so that they can have basic housing.

### 1. Alpha Project

**Phone:** 619-542-1877

**Website:** <http://alphaproject.org/>

**Overview:** Offering support services to those who are mentally ill, disabled, low/no income, and homeless.

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### 2. Chicano Federation

**Phone:** 619-285-5600

**Website:** <http://www.chicanofederation.org/familyHousing.aspx>

**Overview:** Providing San Diego with support services helping to empower people to change their lives for the better.

---

### 3. Interfaith Shelter Network

**Phone:** 619-702-5399

**Website:** <http://www.interfaithshelter.org/>

**Overview:** The Interfaith Shelter Network is a collaborative effort by local congregations, human services agencies and government entities to provide shelter, services, and resources to homeless San Diegans throughout the region.

---

### 4. MAAC Project

**Phone:** 619-426-3595

**Website:** <http://www.maacproject.org/>

**Overview:** MAAC was founded upon a vision to provide a place where local families in need could find support and the means to self-sufficiency.

---

### 5. San Diego Coalition for the Homeless

**Phone:** 619-281-1815

**Website:** <https://sites.google.com/site/sdhomeless/>

**Overview:** Helping the homeless and struggling through their day to day needs.

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### 6. American Cancer Society's Hope Lodges

**Phone:** 800-227-2345

**Website:** <http://www.cancer.org/Treatment/SupportProgramsServices/HopeLodge/index>

**Overview:** Provides lodging assistance to families if their cancer treatment takes them to another city.

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## 7. Bannister Family House

**Phone:** 800-227-2345

**Website:** <http://cancer.ucsd.edu/coping/resources-education/Pages/bannister-house.aspx>

**Overview:** Provides affordable lodging and supportive services for out-of-town families of UC San Diego Health System patients.

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## 8. Joe's House

**Phone:** 800-227-2345

**Website:** <http://www.joeshouse.org/>

**Overview:** Provides an online nation-wide list of places to stay to assist cancer patients and their families find lodging near treatment centers if their cancer treatment takes them to another city.

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## 9. Healthcare Hospitality Network

**Phone:** 800-227-2345

**Website:** [http://www.imis100us1.com/HHN/Main/Find\\_Lodging/Main/Resource\\_Content/Content\\_Search\\_Pages/FindLodging.aspx](http://www.imis100us1.com/HHN/Main/Find_Lodging/Main/Resource_Content/Content_Search_Pages/FindLodging.aspx)

**Overview:** Provides lodging and support services to patients, families and their loved ones who are receiving medical treatment far from their home communities

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## Low Cost drugs

These programs aim to reduce the cost of the many times expensive medications associated with cancer.

### 1. NeedyMeds

**Website:** <http://www.needyeds.org>

**Overview:** This organization helps patients without prescription coverage by providing information about patient assistance programs that provide prescription medications at no cost.

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### 2. Cancer Care Co-Payment Assistance Foundation

**Phone:** 866-552-6729

**Website:** <http://cancercarecopay.org/>

**Overview:** This organization provides co-payment assistance to patients who meet their guidelines as well as guidance and referrals for additional help.

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### 3. Patient Access Network

**Phone:** 866-316-7263

**Website:** <http://www.panfoundation.org>

**Overview:** This organization assists patients who cannot access the treatments they need because of out-of-pocket health care costs like deductibles, co-payments and coinsurance.

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### 4. Patient Advocate Foundation

**Phone:** 800-532-5274

**Website:** <http://www.copays.org/>

**Overview:** This organization offers a co-payment relief program and seeks to ensure patients' access to care.

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### 5. Partnership for Prescription Assistance

**Phone:** 888-477-2669

**Website:** <http://www.pparx.org>

**Overview:** This organization matches patients to programs offering free or low-cost prescription medicines.

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### 6. CancerCare

**Phone:** 1-800-813-4673

**Website:** <http://www.cancercare.org>

**Overview:** Professional oncology social workers can refer patients to financial assistance

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## 7. California RX Card

**Website:** <http://www.californiarxcard.com/index.php>

**Overview:** This organization allows you to print free RX cards that provide you with medication savings of more than 75% at more than 56,000 pharmacies.

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## 8. Partnership For Prescription Assistance for California

**Website:** <https://ca.pparx.org/>

**Overview:** This organization helps qualifying patients without prescription drug coverage get the medicines by matching them with the right assistance programs. Many will get their medications free or nearly free.

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## Employment Re-Entry Resources

These programs aim to retrain cancer patients so that they can re-enter the workplace and provide for themselves.

### 1. Cancer and Careers

**Website:** <http://www.cancerandcareers.org>

**Overview:** Cancer and Careers empowers and educates people with cancer to thrive in their workplace by providing expert advice, interactive tools and educational events.

Through a comprehensive website, free publications, career coaching, and a series of support groups and educational seminars for employees with cancer and their healthcare providers and coworkers. There is section of the website focused on employment re-entry after undergoing treatment.

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### 2. National Coalition for Cancer Survivorship

**Website:** <http://www.canceradvocacy.org>

**Overview:** This is a resource that provides information for cancer patients about how to protect themselves from discrimination from potential employers when it is time to return to work. They provide legal advice and information to those that have suffered from cancer and wish to return to work.

---

### 3. Laborers Training School

**Phone:** 619-264-0274

**Website:** <http://www.laborerstrainingschool.com/apprenticeship.html>

**Overview:** These resources can offer financial help to cancer patients.

**Location:** 4161 Home Avenue San Diego, California 92105

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### 4. El Camino College Community Education

**Phone:** R310-660-6460

**Website:** <http://www.laborerstrainingschool.com/apprenticeship.html>

**Overview:** Provides short-term, not-for-credit classes, workshops, career-training programs and events designed for professional and/or personal development.

**Location:** 4161 Home Avenue San Diego, California 92105

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### 5. The Accounting Academy

**Phone:** 858-836-1420

**Website:** <http://www.theaccountingacademy.com/>

**Location:** 4161 Home Avenue San Diego, California 92105

**Overview:** Is a 7 month long program that gives you the basic job skills to work in accounting.

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## **6. Career One Stop**

**Website:** <http://www.careeronestop.org/>

**Overview:** Career One Stop offers adult basic education, certifications, apprenticeships, internships, professional development, and job search resources.

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## Resources and Cancer Support for Native Americans

### 1. Native American Cancer Research Organization

**Phone:** 303-838-9359

**Website:** <http://www.natamcancer.org/>

**Overview:** The NACRO runs National Native American Cancer Survivors' Support Network (The Network) is an educational community-based research study created in 1998 to help improve the quality of cancer care and the quality of life for all American Indian, Alaska Native, and First Nations cancer patients and their loved ones. They offer social and emotional support. They provide culturally specific educational materials to survivors and their loved ones. They conduct one-on-one interviews with survivors to learn more about how they are dealing with their cancer and how their care can be improved. This organization connects members with other Native survivors who have had similar experiences.

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### 2. San Diego American Indian Health Center

**Phone:** 619-234-2159

**Website:** <http://www.sdaihc.com/>

**Overview:** The San Diego American Indian Health Center provides family oriented care for all ages. It is a health center that centers on treating diseases and education.

**Address:** 2630 1<sup>st</sup> Avenue San Diego, CA 92103

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### 3. DHHS Indian Health Services

**Phone:** 760-735-688

**Website:** <http://www.ihs.gov/>

**Overview:** DHHS provides medical care solely to American Indians and Alaska Natives in the United States.

**Address:** 1320 West Valley Parkway #309, Escondido CA

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### 4. Indian Health Council/ Rincon Clinic

**Phone:** 760-749-1410

**Website:** <http://www.indianhealth.com/>

**Overview:** The Indian Health Council provides an array of culturally appropriate health care and related services ranging from prenatal to geriatric care.

**Address:** 50100 Golsh Rd. Valley Center CA 92082

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### 5. Santa Ysabel Clinic

**Address:** 110 ½ School House Canyon Road, Santa Ysabel CA 92070

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## **6. Southern California American Indian Resource Center**

**Phone:** 619-328-0676

**Website:** <http://www.scair.org/>

**Overview:** This organization provides participants with assistance in career training, educational training and counseling services.

**Address:** 239 East Main Street, El Cajon CA 92020

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## Resources for Hispanic Communities

Un extranjero ilegal viviendo en los Estados Unidos puede buscar atención médica en cualquier hospital sin temor de ser deportado. Puede utilizar estos servicios sin temor.

### 1. Grupo de Apoyo Para Pacientes con Cáncer y sus Familias

Día: Primer Jueves de cada mes

Hora: 1:00pm a 2:30pm

**Sitio web:** <http://www.ils.org/about/ils/chapters/sd/events/supportgroups/SpanishSupportSD/>

**Descripción general:** Para obtener más información, por favor contacte a: Angiolina Mohi al 619-502-5364

**Ubicación:** 769 Medical Center Court Chula Vista, CA 91911

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### 2. Komen National Helpline:

**Descripción general:** La línea de atención telefónica gratuita, servicios de asistencia profesional a cualquier persona con salud de los senos y el cáncer de mama, incluyendo pacientes con cáncer de mama y sus familias. Todas las llamadas a nuestro servicio telefónico de atención materna son contestadas por un personal atento y capacitado Lunes a Jueves, de 9:00 a 7:00 EST y Viernes de 9:00 a 5:00 EST. TDD disponible. Call 1-877-GOKOMEN (877-465-6636).

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### 3. Grupo Esperanza Spanish Speaking Support Group

**Teléfono:** 858-822-6201

**Descripción general:** Este grupo de apoyo para el cáncer es para todos los tipos de cáncer y para los hombres y las mujeres. Se reúne el segundo miércoles de cada mes de 10 a.m. hasta el mediodía.

**Ubicación:** UC San Diego Health, 1200 Garden View Rd, Encinitas, CA 92024

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### 4. Ethnomed

**Sitio web:** [https://ethnomed.org/patient-education/cancer/Biopsy\\_Spanish\\_handout-7-3-13.pdf/view](https://ethnomed.org/patient-education/cancer/Biopsy_Spanish_handout-7-3-13.pdf/view)

[https://ethnomed.org/patient-education/cancer/Cancer%20Chemotherapy\\_Spanish\\_handout\\_7-3-13.pdf/view](https://ethnomed.org/patient-education/cancer/Cancer%20Chemotherapy_Spanish_handout_7-3-13.pdf/view)

**Descripción general:** Explica las biopsias y quimioterapia.

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### 5. Instituto Nacional del Cáncer

**Sitio web:** <http://www.cancer.gov/espanol/cancer>

**Descripción general:** Explica lo que el cáncer, las opciones de tratamiento, las causas y puede recibir ayuda.

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## Resources for Veterans

### 1. Scripps Health

**Phone:** 858-552-8585 ext. 2486

**Overview:** Scripps Health offers a cancer awareness, resources, education, and support group open to veterans and their caregivers. Group meetings are the first and third Tuesday of every month from 1 to 2 P.M.

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### 2. Veteran's Crisis Line

**Phone:** 1-800-273-8255

**Website:** <http://www.veteranscrisisline.net/>

**Overview:** This organization connects veterans in crisis and their families and friends with qualified, caring, and confidential responders. Phone lines are open 24/7.

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### 3. Help Hospitalized Veterans

**Phone:** 951-926-4500

**Website:** [www.hhv.org](http://www.hhv.org)

**Overview:** The mission of this organization is to help veterans maintain pride, self-confidence and dignity during rehabilitation, despite their disabilities and pain. Arts and craft supplies are mailed to veterans in need.

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### 4. STEP: Support the Enlisted Project

**Phone:** 886-424-5210

**Website:** <http://www.stepsocal.org/>

**Overview:** Provides help and services to military families in times of financial hardship. Provides essential household, new family items, and retail/grocery cards.

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### 5. Tri-City Veteran Acupuncture Center

**Phone:** 760-941-2900

**Website:** <http://tricityvac.com/>

**Overview:** Vets helping other veterans with professional pain management. Is a VA base provider.

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### 6. Naval Medical Center San Diego

**Phone:** 619-532-7300

**Website:** [http://www.med.navy.mil/sites/nmcscsd/Patients/Documents/CANCER\\_trifold\\_cancer101.pdf](http://www.med.navy.mil/sites/nmcscsd/Patients/Documents/CANCER_trifold_cancer101.pdf)

**Overview:** This site is a general overview of all of the services that the Naval facility has to offer, which includes classes and pastoral care.

## Support for Children

Resources specifically aimed at helping the families of children affected by cancer.

### 1. CLIMB

**Phone:** 760-737-2050 and 760-796-3757

**Website:** <http://www.childrenstreehousefdn.org>

**Overview:** This program seeks to give support to children that has a parent or a grandparent suffering from cancer. Each program session lasts for six weeks and during this time the children are aided in using conversation and art to help talk about what they are experiencing.

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### 2. Camp Kesem

**Phone:** 408-242-7239

**Website:** <http://campkesem.org>

**Overview:** This unique camp is a free week-long summer camp open to individuals ages 6-16. This camp is aimed at providing a rewarding experience for those who have a parent in treatment for cancer, in remission for cancer, or has passed away from cancer.

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### 3. Cool Kids Campaign

**Phone:** 410-560-1770

**Website:** <http://coolkidscampaign.org/signup/>

**Overview:** Sends care packages to children who are affected with cancer. The site allows you to fill out a request form to have a package sent directly to your home.

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### 4. The Seany Foundation

**Phone:** 858-551-0922

**Website:** <http://www.theseanyfoundation.org/camp/registration/>

**Email:** Robby Medina at [ramedina@theseanyfoundation.org](mailto:ramedina@theseanyfoundation.org)

**Overview:** The Seany foundation gives free camp registration to children affected with cancer. Various dates and kinds of camps are offered.

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### 5. Nathan's Hope

**Website:** <http://www.nathanshope.org/how-can-we-help-you.html>

**Email:** [admin@nathanshope.org](mailto:admin@nathanshope.org)

**Overview:** Provides financial assistance to families who have children who are afflicted with cancer.

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## 6. Organization: Kid's Cancer Alliance

**Phone:** 502-365-1538

**Website:** <http://www.kidscanceralliance.org/>

**Overview:** Kids Cancer Alliance offers a variety of camp and recreational activities year-around for children with cancer and their families

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## 7. Ragan's Hope

**Website:** <https://raganshope.org/contact/contact-us/requests/>

**Overview:** Provides financial, emotional, and spiritual support to families with children who have cancer.

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## 8. This Star Won't Go Out

**Website:** <http://tswgo.org/financial-assistance.html>

**Overview:** TSWGO assists families with financial gifts that can be used for medical expenses, items needed by the child with cancer, or personal expenses important to the family.

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## 9. Kids Konnected

**Phone:** 619-889-8019

**Website:** <http://kidskonnected.org/support-groups/>

**Overview:** Kids Konnected offers support groups aimed for children and teens who are diagnosed with cancer. Children are grouped by age.

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## 10. Cancer Care Booklet

**Website:** [http://media.cancercares.org/publications/original/22-ccc\\_helping\\_children.pdf](http://media.cancercares.org/publications/original/22-ccc_helping_children.pdf)

**Overview:** This online booklet instructs parents on how to tell their children that they have cancer and how to help the children cope.

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## Clinical Trials

Treatments options that are being developed and open to the general public to participate in. These are especially for cancer.

### 1. National Cancer Institute Clinical Trials

**Phone:** 1-800-4 CANCEr

**Website:** <http://www.cancer.gov/clinicaltrials>

**Overview:** Helps to find clinical trials now accepting participants and offers some insight into what clinical trials do.

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### 2. Clinical Trials. gov

**Website:** [http://www.clinicaltrials.com/study\\_participants/](http://www.clinicaltrials.com/study_participants/)

**Overview:** Helps you to get started in finding a clinical trial. Is an interactive website in which a woman guides you through the process and helps you to fill out the form needed to participate in clinical trials.

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### 3. Cancer.org Matching Service

**Website:** <http://www.cancer.org/treatment/treatmentsandsideeffects/clinicaltrials/app/clinical-trials-matching-service>

**Overview:** This site is a free, confidential program that helps patients, their families and health care workers find cancer clinical trials most appropriate to a patient's medical and personal situation.

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## Respite Care

Free or low cost care designed to relieve caretakers so that they may run errands or receive help during the care of their loved one.

### 1. Southern Caregiver Resource Center

**Website:** <http://caregivercenter.org/services/#Three>

**Overview:** To be eligible for services, a client must be assisting/caring for an adult with a cognitive impairing condition that occurred after the age of 18 or someone age 60 years and older in need of assistance with daily living activities. Services are for residents of San Diego and all services come at no cost. Both home and office visits are available.

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### 2. The ARC of San Diego

**Website:** <http://www.arc-sd.com/respite>

**Overview:** Respite Services helps families take a break from their daily routine while a qualified Respite Professional looks after your loved one. It can be provided in your home or in a variety of out-of-home settings. Fee is a flat rate of \$18 an hour.

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### 3. Com For Care Home Care

**Phone:** 858-270-1700

**Website:** <http://comforcare.com/san-diego-la-jolla/home-care-services>

**Overview:** Helps with several aspects of in-home care, ranging from grooming and personal hygiene to light housekeeping. This service charges \$15 an hour.

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### 4. San Diego Health and Human Services Agency

**Phone:** 800-510-2020

**Website:**

[http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/caregiver\\_support.html](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/caregiver_support.html)

**Overview:** Offers respite care free of charge.

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### 5. Organization: At Your Home Familycare

**Phone:** 858-625-0406

**Website:** <http://atyourhomefamilycare.com/adultcare/>

**Overview:** Provides patients with companionship, while a family member receives temporary relief.

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## Aesthetics- Estheticians that specialize in cancer patients

This section details beauty and hair needs that you may encounter when faced with cancer.

### 1. A Greater Hope

**Phone:** 619-294-3436

**Website:** <http://agreaterhope.com/NewHope/>

**Overview:** You will receive a personal evaluation as you relax in a calming, safe, and peaceful environment. We strive to help renew your hope, so you can look forward to a better tomorrow.

**Location:** 2423 Camino del Rio South Suite 115, San Diego CA 92180

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### 2. Tender Loving Care

**Phone:** 1-800-850-9445

**Website:** <http://www.tlcdirect.org>

**Overview:** It is a not-for-profit website and catalog of the American Cancer Society. Our mission is to help women cope during and after cancer treatment by providing wigs and other hair loss products (plus how-to information), as well as mastectomy products, all at affordable prices.

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### 3. San Diego Homecare Supplies

**Phone:** 619-667-3700

**Website:** <http://www.sdhs-medical.com/store.php?pg1-cid62.html>

**Overview:** Providing breast cancer patients with security and peace of mind in finding the products to fit their needs.

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### 4. Sharp Chula Vista

**Phone:** 800-827-4277

**Website:** <http://www.sharp.com/cancer/support-groups.cfm>

**Overview:** Providing wigs, hats, and turbans to cancer patients.

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### 5. TLC (American Cancer Society)

**Phone:** 800-850-9445

**Website:** <http://www.tlcdirect.org/>

**Overview:** Helping women cope after cancer treatments by providing hair loss and mastectomy products.

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## 6. UC San Diego Moores Cancer Center

**Phone:** 858-822-6146

**Website:** <http://cancer.ucsd.edu>

**Overview:** Provides wigs and services to breast cancer patients.

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## 7. Locks of Love

**Phone:** 561-833-7332

**Website:** [www.locksoflove.org](http://www.locksoflove.org)

**Overview:** Provides hairpieces to children under 21 years old

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## 8. Look Good Feel Better

**Phone:** 1-800-395-5665

**Website:** <http://lookgoodfeelbetter.org>

**Overview:** This is a non-profit that aims to help cancer patients and survivors look and feel better through aesthetic aid. They provide information through virtual help, one on one consultations and group workshops to help women look and feel the way they did before they became victim to the appearance related side effects that cancer causes.

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## 9. Wigs for Kids

**Phone:** 440-333-4433

**Website:** [www.wigsforkids.org](http://www.wigsforkids.org)

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## 10. Headcovers Unlimited

**Phone:** 1-800-264-4287

**Website:** <http://www.headcovers.com/beauty/>

**Overview:** This site offers beauty needs such as shampoo, eyebrows, eyelashes, make-up, and wig cleaning products. It also has a selection of wigs, headwear, scarfs, and swim caps.

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## 11. Lindi Skin

**Website:** <http://www.lindiskin.com/web-store>

**Overview:** This site offers chemotherapy and radiation specific lines of skin and body care.

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## 12. Ovation Hair

**Website:** <http://ovationhair.com/category-all.html>

**Overview:** This site offers hair care products for cancer patients and is located in local Carlsbad.

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## Whole-Health Food Stores

Health food stores where you may purchase healthy and nutritious food in San Diego County.

### 1. Jimbo's

Website: <http://jimbos.com/>

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### 2. Sprouts

Website: <https://www.sprouts.com/>

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### 3. Trader Joe's

Website: <http://www.traderjoes.com/stores>

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### 4. Whole Foods

Website: <http://www.wholefoodsmarket.com/stores/list>

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## Hospice and Palliative Care Agencies

Agencies which provide compassionate care during treatment or the end stages of life

### 1. Apreva Hospice

Phone: (619) 450-4414

Website: <http://www.aprevahospice.com>

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### 2. The Elizabeth Hospice

Phone: (858) 499-3534

Website: <https://www.elizabethhospice.org>

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### 3. Sojourn Hospice and Palliative Care

Phone: (714) 335-3557

Website: <http://www.sojournhospice.com>

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## **In-Home Care Agencies**

Agencies which provide non-medical in home care for seniors to assist with activities of daily living

### **1. All Care In Home Services**

**Phone: (619) 297-9601**

**Website: <http://www.aallcare.com>**

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### **2. Golden Care**

**Phone: (760) 828-5201**

**Website: <http://www.getgoldencare.com>**

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### **3. Heritage Senior Care**

**Phone: (760) 720-7740**

**Website: <http://heritageseniorcare.com>**

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## **In-Home Health Care Agencies**

Agencies which provide in home medical care to seniors

### **1. Emerald Triune**

**Phone: (760) 294-9680**

**Website: <http://www.emeraldtriune.com>**

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### **2. Healthy Living At Home**

**Phone: (855) 804-8560**

**Website: <http://www.healthylivingservices.org>**

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## Holistic Cancer Treatment

### 1. New Hope Unlimited

**Phone:** (877) 629-6168

**Website:** <https://www.newhopemedicalcenter.com>

**Overview:** An alternative cancer treatment center that is focused on building the immune system, implementing anti-tumor protocols, and detoxification.

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## **Counseling Services**

Counselors who offer individual counseling to cope with all aspects of a cancer diagnosis, treatment, and recovery

**1. Kristen Hashioka, Psychologist, BSN, PsyD**

**Phone: (760) 699-2177**

**Address: 2667 Camino Del Rio South, Suite 307-3, San Diego, CA 92108**

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**2. Lydia Lombardi, MSW, LCSW, BCD**

**Phone: (760) 957-0332**

**Address: 707 Civic Center Drive, Suite 106, Vista, CA 92084**

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**3. Randy Buckley, LCSW**

**Phone: (619) 432-6571**

**Address: 2945 Harding Street, Carlsbad, CA 92008**

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**4. Dee Dee Just, MA, MFT**

**Phone: (760) 523-2390**

**Address: 16776 Bernardo Center Drive, Suite 203, San Diego, CA 92128**

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**5. Carol Austin Hyde, LMFT, RN**

**Phone: (760) 289-5800**

**Address: 1022 Devonshire Drive, Encinitas, CA 92024**

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**6. Lynda Lennox, LMFT**

**Phone: (760) 870-4410**

**Address: 3088 Pio Pico, #202, Carlsbad, CA 92008**

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**7. Margaret O'Hara, LPCC, LMHC, DCC, CETII, ICADC**

**Phone: (760) 592-0190**

**Address: 741 Garden View Court, Suite 208, Encinitas, CA 92024**

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**8. Leo Shapiro, MA, MFT**

**Phone: (760) 652-9779**

**Address: Oceanside, CA 92056**

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**9. Pilar Placone, Ph.D., LMFT**

**Phone: (619) 870-1427**

**Address: 731 South Highway 101, Suite 1M, Solana Beach, CA 92075**

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**10. San Diego Psychological Association**

**Phone: (858) 277-1463**

**Address: 4699 Murphy Canyon Road, Suite 105, San Diego, CA 92123**

**Website: <http://www.sdpsych.org>**

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