

Resource List

These resources are provided solely as a convenience to you and do not constitute an endorsement or affiliation by Tower Cancer Research Foundation

Transportation:

2.1.1. Los Angeles County

211 or 800-339-6993

TTY

800-660-4026

www.infoline-la.org

Trained specialists are on duty 24 hours a day/ 7 days a week to provide information and referrals to community agencies that can help with transportation.

Access Services

800-827-0829

TDD

800-827-1359

www.asila.org

Provides transportation services for people with mobility problems including seniors and people with disabilities. Call to request and application. To reserve a ride, call (800) 883-1295 or TDD (800) 826-7280

American Cancer Society

800-227-2345

www.cancer.org

Road to Recovery is an American Cancer Society service program that provides transportation for ambulatory cancer patients to their treatments and home again. Transportation is provided according to the needs and available resources in the community.

CommuteSmart.info

www.commutesmart.info

Provides information on bus and rail service throughout Los Angeles County.

Fame Corporations – Transportation Services

323-730-7700 ext.4

Spanish

323-730-7700 ext.5019

www.famecorps.org

Program provides seniors and cancer patients with taxi coupons.

City Ride

213-808-7433

Transportation subsidy program for seniors and mobility-impaired citizens of Los Angeles.

Registration required.

DASH

213-808-2273

Provides shuttle service throughout Los Angeles for 35 cents.

MetroLink

800-371-5465

TDD

800-698-4833

www.metrolinktrains.com

MetroLink is a regional rail system providing passenger services covering San Diego to Ventura, Los Angeles to San Bernardino.

Metropolitan Transportation Authority (MTA)

800-266-6883

www.mta.net

Reduced fares are available for seniors 62 years or older and for qualified disabled persons. Riders with current Access Services ID cards may ride Metro Bus and Metro Rail a no charge.

RIDEINFO

800-431-7882

Free operator facilitated referral service which matches an individual's transportation needs with available accessible transportation. Provides quick, accurate referrals to over 200 public and private transportation providers in Los Angeles County.

Air Travel:

National Patient Travel Center, 800-296-1217, www.patienttravel.org

Helps patients in need obtain charitable and discount air travel to distant specialized medical facilities for evaluation, diagnosis, or treatment.

Angel Flight, 918-749-8992, www.angelflight.com

Air Charity Network, 877-621-7177, www.aircharitynetwork.org

Angel Wheels to Healing (formally Angel Bus), 800-768-0238, www.angelwheels.org

Corporate Angel Network, 866-328-1313, www.corpangelnetwork.org

Wigs and Hair:

Intimate Image

29071/2 Santa Monica Blvd.

Santa Monica, CA 90404

(310)582-1960

Specializes in hats, scarves, bed caps, wigs, breast prosthesis and bras, lymphedema sleeves & compression hosiery.

Created Hair

(Formerly Crown and Glory Enterprises)

10390 Wilshire Blvd., Suite 801

Los Angeles, CA 90024

(310)550-0721

www.crownandgloryenterprises.com

Human and synthetic custom wigs, the swim wig

The Wig Fairy Foundation – Brave Program

490 S San Vicente Ste 10

Los Angeles, CA 90048

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

Offers wigs and other beauty resources.

Nutrition:

Project Angel Food

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

Provides and delivers nutritious meals, free of charge, to homes throughout Los Angeles County affected by life-threatening illnesses.

Meals on Wheels

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

Provides daily nutritious meals, nourishing companionship, and critical safety checks to America's homebound seniors.

Savior Health

<http://saviorhealth.com/>

Offers one-on-one dietitian counseling with oncology nutrition experts and personalized meal delivery plans.

Legal Services:

NLSLA – Neighborhood Legal Services of Los Angeles County

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

Combats the immediate and long-lasting effects of poverty and expands access to health, opportunity, and justice in Los Angeles' diverse neighborhoods

Bet Tzedek Legal Services

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

Offers free, comprehensive legal services for low-income individuals and families in Los Angeles.

Cancer Legal Resource Center

<http://cancerlegalresources.org/>

Champions the civil rights of people with disabilities as well as those affected by cancer and other serious illness.

Additional Assistance:

Triage Cancer

<https://triagecancer.org/>

Triage Cancer hosts free, in-person and online educational events, for individuals diagnosed with cancer, caregivers, & health care professionals. Find educational materials and resources on practical and legal issues most important to navigating a cancer diagnosis. Watch Triage Cancer's series of animated videos on topics like how to pick a health insurance plan and dealing with side effects at work.

AAA T.L.C. Health Care

<https://www.aaatlc.com/>

Serving Southern California

844-4-AAATLC

(844-422-2852)

Has been in business for more than 25 years and is committed to providing the highest quality caregivers – whether your need is short or long term. We also have caregivers with expertise in caring for individuals with a range of specialty care needs. Our staff includes Registered Nurses, Licensed Vocational Nurses, Certified Nurses' Aides, Caregivers, and Companions.

Lymphedema Center

<https://lymphedemacenter.com/>

Lymphedema Center professionals are very dedicated and highly qualified to provide the best quality healthcare in a responsive and caring environment. We treat all types of Lymphatic disorders.

2021 Santa Monica Blvd | Suite 620E | Santa Monica, CA 9040

Monday - Friday | 9:00AM - 5:00PM

O: (310)829 -7472

Prescription Assistance:

NeedyMeds

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

Information resource database dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs.

PAN Foundation

<https://panfoundation.org/>

Provides financial assistance to underinsured people living with life-threatening, chronic, and rare diseases by paying or their out-of-pocket costs for their prescribed medications.

RxHope

<https://www.rxhope.com/>

Patient assistance resource for people who need help and guidance in obtaining prescription medications.

Financial Assistance:

Breast Cancer Angels

<http://www.breastcancerangels.org/how-we-help/our-programs/>

Offers financial assistance to eligible patients who are experiencing financial hardship as a result of their treatment. Also offers social work services and legal assistance via pro bono attorneys.

Beckstrand Cancer Foundation

Through three important programs – Individual Patient Assistance (IPA), Psychosocial Pediatric Program and BELIEVE –serves patients who are in the midst of cancer treatment and struggling to cope with day-to-day critical survival needs. IPA requires local residence and matches patients to existing clinical programs. www.beckstrand.org

• Medical co-payments & health insurance premiums • Prescription reimbursement • Rent & mortgage assistance • Utilities • Auto payments & insurance

Breast Cancer Angels

<http://breastcancerangels.org/our-programs>

FOOD PROGRAM Breast Cancer Angels provides gift cards to the market of the clients' choice; the dollar amount depends on family size and need (average of \$250 per family per month). The current need is \$18,000 monthly. HOUSING NEEDS Breast Cancer Angels assists with emergency housing costs. We may pay the security deposit and the first months rent to assist women who have become homeless due to breast cancer treatment. We are also the only group that assists with monthly (up to \$500 per month) housing costs for women in treatment for long-term metastatic breast cancer. Our goal is to keep women from being homeless and alone while they fight their breast cancer battle. MEDICAL CO-PAYS & COBRA COSTS We provide this aid as needed. We do not want to see women lose their insurance in the middle of treatment or not be able to get their prescriptions filled. HOME HEALTH CARE & FINAL EXPENSE We pay for short-term home health care as needed. We also assist with final expenses. SECOND OPINION FUND Jerry & Patti Walsh established a Second Opinion Fund with us, in memory of their daughter, Dayna. We have assisted 18 women in getting an expert second opinion, which improves their chance of survival. SOCIAL WORKER Breast Cancer Angels has a paid social worker who helps our clients find other resources. She also makes home visits to assess client needs. LEGAL ASSISTANCE We now have a pro bono attorney to assist our clients with custody and other legal issues.

Medicare

<https://www.medicare.gov/coverage/home-health-services>

Patient Advocate Foundation

Insuring equal access to health care for everyone. 800/532-5274 Also, PAF Co-Pay Relief 866-512-3861 Patient Advocate Foundation, please call 1-800-532-5274 or visit our Web site at www.patientadvocate.org or for Co-pay Relief information, call 1-866-512-3861 or e-mail CPR@patientadvocate.org

Talbert Family Foundation - For families with kids only. TFF programs are designed for families with short term financial needs caused by a catastrophic illness that impacts the family's financial stability. Families are accepted into the program on the condition of their willingness to conduct a fundraising campaign. Grants: www.talbertfamilyfoundation.org/pages/mission.html 818-715-0428

The HealthWell Foundation® Committed to addressing the needs of individuals with insurance who cannot afford their copayments, coinsurance, and premiums for important medical treatments. Our vision is to ensure that no patient goes without health care because they cannot afford it.

<http://healthwellfoundation.org/> (800) 675-8416 Jewish Free Loan <http://www.jfla.org>

Rise Above It (RAI) <http://www.raibenefit.org/index.html.php?nav=home> RAI provides financial assistance and clinical trials information to Adolescent and Young Adult (AYA) cancer patients.

Susan G Komen Foundation – Financial and Insurance Resources listed here:

<https://ww5.komen.org/BreastCancer/FinancialResources.html>

Employment:

Cancer and Careers

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

Empowers and educates people with cancer to thrive in their workplace by providing expert advice, interactive tools, and educational events.

Estate Planning:

My Wonderful Life

<https://mywonderfullife.com/>

Online tool to create a book that details the wishes you will leave behind for loved ones.

State Specific Advance Directive Forms

<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289>

Free advance directives and instructions for each state.

Mental Health Counseling:

The Maple Counseling Center

(Evening and weekend hours)

Older Adults: 310-271-9999 ext. 1812

Adults: 310-271-9999 ext. 1802

Children: 310-271-9999 ext. 1807

9107 Wilshire Blvd, Lower Level

Beverly Hills, CA 90210

Sliding scale is available. No walk-in services. Services available by appointment only.

SoCal Counseling Center

(Evening and weekend hours)

5615 West Pico Blvd

(5 blocks east of Fairfax)

Los Angeles, CA 90019

323-937-1344

(No Psychiatry)

Saturday Center

(Evening and Saturday hours)

PPO, Medicare & Sliding Scale

3201 Wilshire Blvd, Suite 201

Santa Monica, CA 90403
310-829-7997

The Genen Group

8235 Santa Monica Blvd #300
West Hollywood, CA 90046
310-892-4284

San Fernando Mental Health Center

Accepts MediCal

10605 Balboa Blvd Suite # 100
Granada Hills, CA 91344
818-832-2400

Relation Wilshire

(Evening and weekend hours)

2717 South Robertson Blvd
Los Angeles, CA 90034
323-935-1807

Augustus F. Hawkins Comprehensive Mental Health

1720 East 120th St.
LA, CA 90059
310-668-4271 ext 72

Compton Mental Health Center

921 East Compton Blvd
1st Floor
Compton, CA 90220
Mon-Fri 8:30-5
Call first, as walk-in times vary
310-668-6800

West Central Family Mental Health Service

3751 Stocker St.
LA, CA 90048
Mon-Fri 8:30-4 walk-ins
Mon-Fri 8:00am – emergency meds
323-298-3630

Airport Marina Counseling Service

(Evening and weekend hours)

7891 La Tijera Blvd
Westchester, CA 90045
310-670-1410

Provides services for people in the communities of: EL Segundo, Inglewood, Marina Del Rey, Playa Del Rey, Venice, Westchester, and Culver City. Sliding scale fees based on each client's ability to pay. Insurance coverage by some companies.

(Psychiatry available)

Antioch University Counseling Center

(Evening and weekend hours)

13274 Fiji Way, Suite 420

Marina del Rey, CA 90292

(310) 574-2813 x 366

All Counseling Center services are by appointment only. To make an appointment, call the intake line listed above. Fees based on a sliding scale, Medicare and MediCal are not accepted. A few licensed therapists on staff accept private insurance.

400 Corporate Pointe

Culver City, CA 90230

310-574-2813

Didi Hirsch Community Mental Health

4760 S. Sepulveda Blvd.

Culver City, CA 90230

310-390-6612

(SOME SITES SEE CHILDREN)

Didi Hirsch Community Mental Health

1540 E. Colorado Street

Glendale, CA 91205

818-244-7257

Family Service of Santa Monica

1533 Euclid Street

Santa Monica, CA 90404

310-451-9747

Gay and Lesbian Center of Los Angeles

1625 N. Schrader Blvd.

Los Angeles, CA 90028

323-993-7640

Provides counseling/support for gay and lesbian clients. Accepts private insurance, Medicare and MediCal. Offers sliding scale fee based upon income/ability to pay.

Venice Family Clinic

604 Rose Avenue

Venice, CA 90291

310-392-8630

Jewish Family Service

Pico-Robertson

8838 W. Pico Blvd.

Los Angeles, CA 90035

310-271-3306

Counseling services available to seniors only, widow/widower support groups, caregiver support groups. Medicare and private insurance accepted. MediCal is not accepted. Sliding scale available.

Jewish Family Service

West Hollywood Senior Center

7377 Santa Monica Blvd.

West Hollywood, CA 90046

323-851-8202

Counseling services available to seniors only, widow/widower support groups, caregiver support groups. Medicare and private insurance accepted. MediCal is not accepted. Sliding scale available.

Jewish Family Service

Freda Mohr Multiservice Center

330 North Fairfax Avenue

Los Angeles, CA 90036

323-937-5900

Counseling and case management services for seniors only. Support groups for depression and caregiving. Walk-in and telephone assistance with problems related to medi-care/medi-cal, housing, social security, and medical bills.

LA County Mental Health/Westside

Edmund D. Edelman Center

11080 W. Olympic Blvd.

Los Angeles, CA 90064

310-966-6500

Private insurance, Medicare and MediCal accepted. Provides individual, marriage, child and family counseling.

(Children's department available)

LA County Mental Health Access

800-854-7771

Information and triage service for outpatient mental health services in greater Los Angeles area. Accessible 24 hours a day/7 days a week.

LA Free Clinic

8405 Beverly Blvd.

Los Angeles

323-653-1990

Counseling available at no charge for up to 16 sessions, after which a sliding scale is available.

Camp Kesem Mental Health Professionals (for children)

Allison (moose) Adamovic is an AMFT in private practice in long beach and has a specialty seeing individuals and families who are affected by cancer.

Phone: 562-999-4603

Email: adamovicmft@gmail.com

Spencer "Sparky" Presler has been with Kesem USC for several years as their MHP, and is also a camper parent.

Phone: (310) 486-0180

sparky0721@yahoo.com

Children's Therapists

<https://www.drchanagelb.com/contact-us.html>

http://mhi-sm.com/natalie_bencuya.php

Metastatic Breast Cancer

MBC WEBSITES:

Living Beyond Breast Cancer (LBBC)

<https://www.lbbc.org/mets>

<https://www.lbbc.org/get-support/print/guides-to-understanding>

Metavivor

<https://www.metavivor.org/support/>

SHARE

<https://www.sharecancersupport.org/metastatic-breast-cancer/>

CURE Magazine (online and in print, free subscription)

<https://www.curetoday.com/tumor/breast>

Cancer Support Community MBC info and support

<https://www.cancersupportcommunity.org/metastatic-breast-cancer>

A Brighter Outlook for Metastatic Breast Cancer (CURE Magazine, November 2019)

<https://www.curetoday.com/publications/cure/2019/breast-2019/a-brighter-outlook-for-metastatic-breast-cancer>

Breast Cancer Wellness Magazine

Each issue has a MORE FOR STAGE IV section / article

<http://www.breastcancerwellness.org/bcw-magazine/archives/>

LOCAL MBC SUPPORT GROUPS:

Cancer Support Community Benjamin Center (Santa Monica)

<https://www.cancersupportla.org/programs/support-groups/>

1990 South Bundy Drive, Suite 100, Los Angeles CA 90025
310.314.2555

METASTATIC BREAST CANCER SUPPORT GROUP (TUESDAYS, 6-8PM)

For those with Stage 3, 4, recurrent and/or metastatic breast cancer. Take positive steps in making treatment decisions, discover ways to function more effectively during stressful times, and find hope!

UCLA Simms Mann Center for Integrative Oncology (Westwood Village, UCLA area)

200 UCLA Medical Plaza, Suite 502
Los Angeles, CA 90095-6934

Phone: (310) 794-6644

Living Beyond Limits Support Group (Metastatic patients) (Thursdays, 11am - 12:30pm)

<https://www.simmsmanncenter.ucla.edu/living-beyond-limits/>

This group for women and men with recurrent or metastatic cancer, any type, focuses on living with cancer and encourages the exploration and expression of emotions and thoughts.

The group's purpose is to facilitate mutual support, effective interaction with family and social networks, active coping, enhancement of quality of life and reduction of anxiety and pain. **Free and open to patients getting care at all institutions, not just UCLA.**

Psychiatry Referrals:

Cedars Samuel Oschin Cancer Center

***Shanthi Gowrinathan, MD**

***Scott Irwin, MD**

8700 Beverly Blvd

Los Angeles, CA 90048

310-423-8030

310-423-8344

Jonathan Hulkower, MD

8370 Wilshire Blvd Ste. # 220

Beverly Hills, CA 90211

310-838-3902

Arnold Gilberg, MD, PhD

9730 Wilshire Blvs #101

Beverly Hills, CA 90212

310-274-2304

Dr. Eleanor Lavretsky, MD

462 North Linden Drive Ste. # 230

Beverly Hills, CA 90212

310-246-9249

Dr. Lane Milton, MD

415 North Crescent Drive Ste# 210

Beverly Hills, CA 90210

310-859-0526

Therapists Specializing in Cancer-Related Issues:

Sherry Shakoori, LMFT, PsyD

Brentwood, CA

Woodland Hills, CA

310-993-5953

sherryshakoori@yahoo.com

Some insurance accepted

Lauren Boasberg, LMFT

10833 Washington Blvd # 5
Culver City, CA 90232
310-890-8305

Sharon Heath, LMFT

6421 Moore Drive
Los Angeles, CA 90048
323-936-6058

Dr. Steve Frank, PhD

1736 Westwood Blvd. Ste. 207
Los Angeles, CA 90024
310-474-1696

Amy Goldstein, LMFT

10921 Wilshire Blvd, Suite# 405
Los Angeles, CA 90024
310-652-0710
amy.goldstein.mft@gmail.com

Mara Wolfsen, LCSW

2309 Pacific Coast Hwy. Suite # 203
Hermosa Beach, CA
310-483-8300

Greta Angert, LMFT

9777 Wilshire Blvd. # 1007
Beverly Hills, CA 90212
(310) 712-6318

Carolyn Carlson, LMFT

864 S. Robertson Blvd. Suite # 200
Los Angeles, CA 90035
310-712-1948

Meredith Vender, LCSW

meredithvenderlcsw.com
mvenderlcsw@gmail.com

1180 S. Beverly Drive Suite 608
Los Angeles, CA 90035

(310) 975-5157- call/text-free phone consultation with patients offered before first session.

Office Hours:

Tuesdays and Thursdays 7:00-9:00pm

Fridays 5:00pm-8:00pm.

Medicare approval pending

PPO as an out-of-network provider - will work with patients on reimbursement through insurance. Private pay- credit card, PayPal or personal check. Fee is \$175/hour.

Animal-Assisted Therapy:

Love On 4 Paws

www.loveon4paws.org

LO4P is a volunteer-based organization that provides services to facilities throughout the Los Angeles area. You can request a visit at your facility.

Therapy Dogs International

www.tdi-dog.org

TDI is a volunteer organization that offers therapy dog visits at nursing homes, hospitals, other institutions, and wherever else therapy dogs are needed. You can request a home visit.

Financial Assistance for Pet Care:

Voice for the Animals Foundation

http://www.vftafoundation.org/helping_friends

The Helping Friends program gives seniors, people with disabilities, terminal illnesses, and individuals on fixed incomes the extra support they need to care for their animals, who often are their only companions.

Support Groups:

CANCERcare

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

Not located in LA but they have online support groups including groups for family members with an adult child diagnosed with cancer.

Macho

<http://www.macho4life.com/>

M.A.C.H.O. is a 501c3 nonprofit foundation dedicated to men's health and cancer awareness. Our mission is to inspire men to live healthier lives by making proactive healthcare choices.

The Men's Cancer Network, Inc.

<https://themencancernetwork.com/>

"SAVING OUR MEN" We will provide Educational Support, Additional support for men and their families for Awareness, Wellness, and Prevention. Through our Cancer Support Group Meetings, Services, Activities, Enlightenment Sessions & Workshops for men 35 and older.

American Cancer Society

<https://www.cancer.org/treatment/support-programs-and-services.html>

Can search for various programs in one's area from support groups to fertility services to scholarships. One stop shop for a lot of great services.

Cancer Support Community

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

Similar to Tower in that they have various activities for cancer patients and their families with a full calendar of different activities to choose from.

Phone: (310) 314-2555

Walk with Sally

[Walk With Sally](#)

Our mission is to provide hope through our free-of-charge individualized mentoring and community support services to empower children ages 7-17 experiencing trauma through a parent, guardian or sibling's cancer journey.

weSPARK Cancer Support Center

wespark.org

They offer free support groups, integrative therapies, and creative and educational workshops to all those whose lives have been affected by cancer.

Living Beauty

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

Living Beauty provides free support services to women living with cancer through wellness retreats, educational workshops and support events

THRIVE/SURVIVE Los Angeles

www.thrivesurvive.org/resources

Provides all types of resources for support groups, legal aid, financial aid, access to nonprofit programs etc.

City of Hope

<https://www.cityofhope.org/patients/living-with-cancer/patient-activities-support-groups>

Offers educational classes, specialized support groups, and healing arts classes.

Los Angeles Cancer Network

<https://www.lacancernetwork.com/advocacy-and-support-groups/>

Provides more information and specialized advocacy and support group resources.

Imerman Angels

<https://imermanangels.org/>

Provides free personalized one-on-one support for cancer fighters, survivors, and caregivers.

Women of Essence Breast Cancer Support Group

<http://womenofessence.org/>

Committed to increasing local and national attention on the devastating impact of breast cancer on the African-American community and provide a strong support base and an emotional safe haven for breast cancer survivors

Cancer.gov

<https://www.cancer.gov/>

The National Cancer Institute (NCI) is the federal government's principal agency for cancer research and training. NCI leads, conducts, and supports cancer research across the nation to advance scientific knowledge and help all people live longer, healthier lives.

Beauty:

Diva for a Day

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

Divas are selected each month to enjoy a complete day of pampering at a participating salon/spa. To qualify for Diva for a Day, nominees must be recently diagnosed, currently in treatment, or less than 6 months out from the completion of their treatment. Divas may be nominated through their website using the nomination form.

Friends are by Your Side

<http://www.friendsarebyyourside.com/index.html>

Grants wigs to children in need and provide hair replacement and styling services to women undergoing treatment for cancer.

Care Packages:

Chemo Angels

<http://chemoangels.wixsite.com/chemo-angels-1>

Created for people who are going through intensive IV chemotherapy. Through cards, cheerful notes, and possibly small, inexpensive gifts, two "Angels" will support and encourage you for the duration of a patient's course of treatment.

Chemocessories

<http://www.chemocessories.org/index.html>

Offers a free set of scarves, turbans, and jewelry to women going through treatment. You may request one through their website.

Good Wishes

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

Provides an It's a Wrap or Good Wishes Scarf to anyone experiencing the thinning or loss of hair as a result of illness or treatment, free of charge. You may request one through their website.

Fight Club Survivor

<https://www.fightclubsurvivor.org/home2.html>

Offers free care package and mentorship to women currently facing breast cancer treatment.

Knitted Knockers

<http://knittedknockersusa.org/>

Provides free Knitted Knockers, a light, comfortable, knitted prosthetic that, when placed in a bra, has the shape and feel of a real breast and are more comfortable than silicone prosthetic breasts.

Awesome Breastforms

<http://awesomebreastforms.org/>

Provides free breast forms made of high quality 100% cotton fiber yarn for women who have had breast surgery, including mastectomy, lumpectomy, explant surgery, and women with developmental conditions.

The Breast Cancer Charities

<http://thebreastcancercharities.org/feelingbeautifulagain/>

Through the Feeling Beautiful Again Program, breast cancer patients or survivors may request and receive a beauty care package.

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