

# Resources

Please call us or visit our website to explore these additional free resources.

- **Caregiver Program**  
Support, resources, and education for caregivers and family members.
- **Health Library**  
Our medical librarians will help you find trustworthy information to answer your health-related questions.
- **Stanford Health Hub**  
Find free and reduced-cost health resources and services at Stanford and in your community.
- **Tobacco Treatment Services**  
Quitting tobacco is hard. We have a team to support you.

Stanford Health Care offers additional services related to medical specialties. For more information explore our Cancer Care Services website.

<https://stanfordhealthcare.org/cancercareservices>



## Cancer Supportive Care Program

We support the physical and emotional well-being of patients and caregivers. Sign up for virtual exercise and meditation classes, support groups, tobacco treatment services, and more. All services are free and open to the community, regardless of where you receive care.

Call [650-736-2234](tel:650-736-2234), or email us at [SupportiveCarePrograms@stanfordhealthcare.org](mailto:SupportiveCarePrograms@stanfordhealthcare.org)

[www.stanfordhealthcare.org/  
CancerSupportiveCare](http://www.stanfordhealthcare.org/CancerSupportiveCare)



Scan QR code to learn more and register.

## Online Classes and Workshops

- Advance Care Planning Workshop
- Introduction to Cancer Caregiving
- Having Radiation Therapy at Stanford Health Care - *An online self-paced class*
- Understanding and Managing Your Cancer Treatment - *An online self-paced class*



## Online Support Groups

Support groups provide encouragement, hope, and education to patients, family members, and caregivers.

- Bladder and Kidney Cancer Support
- Brain Tumor Support
- Breast Cancer Support
- Cancer Caregiver Support
- Gynecological Cancer Support
- Head & Neck Cancer Support
- Leukemia and Lymphoma Support
- Lung Cancer Support
- Pancreatic & Gastrointestinal Cancer Support
- Prostate Cancer Support

## Online Mind, Body, Spirit

- Healing Touch / Healing Partners
- Más allá del estrés
- Mindfulness Meditation
- Scarf Tying Workshop
- Sephora™ Brave Beauty

## Online Exercise and Fitness

- Gentle Pilates
- Movement for Health
- Moving to Heal
- Strength Matters
- Tai Chi (English / 普通話網上太極課)
- Yoga