

Most importantly...

We offer face-to-face comfort and assistance during a stressful time.

We provide a supportive environment that lets you catch your breath and get your bearings.

We provide community for people with cancer and their loved ones.



photography: marty luster

...no one should face cancer alone.



To reach us:

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Member Agency



United Way
of Tompkins County



*...because no one
should face cancer alone*



www.crcfl.net

Cancer Resource Center of the Finger Lakes

A community of support for people living with cancer in Tompkins and surrounding counties

One-to-One Information and Support

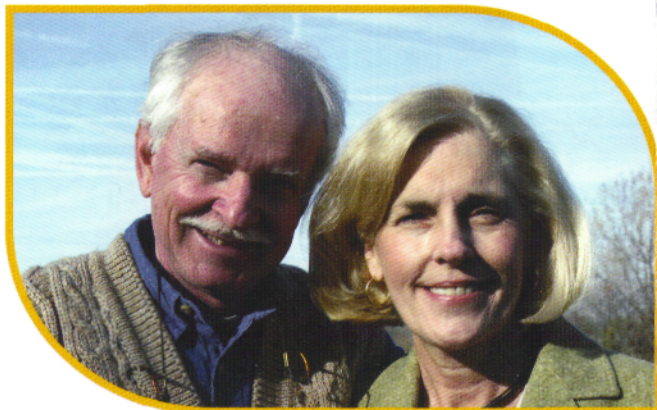
Our signature service: personalized information and support for anyone affected by any type of cancer. We answer your questions, identify resources, and help you (and your loved ones) navigate through cancer diagnosis, treatment, and recovery.

Our Resource Center

- A lending library with current materials on cancer and wellness.
- Our "Boutique" for wigs, scarves, hats, mastectomy bras, blankets and other items.
- Personal assistance from staff and trained volunteers.
- Open Monday through Friday (other times by appointment).

Wellness Program

- Activities designed for individuals in cancer recovery who wish to maintain and improve their well-being through exercise, nutrition, yoga, meditation and other means.



Connections

- We can connect you with cancer survivors who will share their own experiences on a one-to-one basis. Some talk by phone, others by e-mail or in person.

Networking and Support Groups

- A variety of opportunities are offered for individuals to connect with others affected by cancer. Some groups are open to all; others are for people with specific cancers or situations. Call for current group information.



Access to Free Cancer Screenings

- Free mammograms, clinical breast exams, Pap tests and pelvic exams for uninsured women age 40 and older.
- Free colon cancer screenings and colonoscopy for uninsured men and women age 50 and older.
- Age restrictions waived for people with a high-risk family history of colon or breast cancer, and other exceptions on a case-by-case basis.
- Treatment funds available for income eligible clients diagnosed within the program.



Cancer Education

- Community education programs on topics of general interest are offered on a regular basis.
- Presentations about cancer can be prepared for your family, your business, faith community, class, or club. Topics include: Cancer 101, Helping a Co-Worker with Cancer, and others.

Website and News Updates

- The latest news on cancer and wellness, interesting on-line resources, and CRCFL program and volunteer updates can be found on our website and in our e-news.

We provide these
client-centered services
free of charge.

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