



# **BREASTCANCERRESOURCEGUIDE OFCENTRALTEXAS**

**FEBRUARY 2007**

This guide is updated periodically.

To review a more current version,  
please visit: [www.breastcancerservices.org](http://www.breastcancerservices.org)

To provide updated information for the Guide,  
or to comment on listings herein,  
please email: [updates@breastcancerservices.org](mailto:updates@breastcancerservices.org)

## TO OUR COMMUNITY

A couple of years ago, I realized that several people close to me had recently been diagnosed with breast cancer, were in chemotherapy, or were experiencing a recurrence. It seemed that everywhere that I turned, I was facing breast cancer and its complexities, its uncertainties, and its ravages on people I cared about. As I searched for ways to help, I became convinced that our community could do more to support breast cancer survivors.

I got in touch with several long-time advocates and service providers who agreed and shared a passion for improvement.

Initial grants from both Seton Network and St. David's Community Health Foundation allowed us to begin a process of collaboration. We brought together a group of breast cancer support agencies, survivors and advocates. Our group grew as we invited service providers in the five-county area. Some people were meeting in person for the first time. We engaged Greenlights for Nonprofit Success to help organize and facilitate our group. The Entrepreneurs Foundation of Austin recognized the importance of this effort and designated this as one of their leadership projects. Above all, we share the belief that we can achieve the best results for our community by working together - as breast cancer survivors, medical community, patient/survivor advocates, and service organizations.

**This resource guide is the first milestone toward our mission:  
To build a world-class continuum of services for  
breast cancer survivors in Austin and Central Texas.**

We invite people to offer feedback. What additional services are needed? What barriers to access to services do people face? How can our community better serve breast cancer survivors and their families and friends? As it is increasingly viewed as a chronic disease how can our community provide services to help women better manage their care?

We thank everyone who has participated in this process!

*Nan McRaven*

Chair, Breast Cancer Services Advisory Committee

## ACKNOWLEDGEMENTS

### **Breast Cancer Resource Guide of Central Texas Funded by The Entrepreneurs Foundation of Central Texas**

#### **Advisory Committee Members & Project Collaborators:**

<b>Trust for the Public Land</b>	Nan McRaven, Chair
<b>American Cancer Society</b>	Rodney Ahart
<b>work around the planet, LTD</b>	Becky Bills
<b>Breast Cancer Resource Center</b> (Williamson County)	Marjorie Gallece
<b>Breast Cancer Resource Center</b> (Travis County)	Alice Wilson
<b>DLA Piper US LLP</b>	Elisabeth Anderson
<b>Engelking Communications</b>	Susan Engelking
<b>Entrepreneurs Foundation of Central Texas</b>	Eugene Sepulveda and Amanda Chiampi
<b>IBM</b>	Marianne Rochelle
<b>Jan Hill Mortgage</b>	Jan Hill
<b>KVUE</b>	Patti C. Smith
<b>Lance Armstrong Foundation</b>	Betty Otter-Nickerson, Sue Potts, and Haley Justice
<b>MoveThroughCancer</b>	Marion Burch Cimbala
<b>myDNAMedia.com</b>	Dr. Bill Rice
<b>Seton Cancer Care Team</b>	Dawn Parsons
<b>St. David's Community Health Foundation</b>	Carol Clark
<b>Susan G. Komen Breast Cancer Foundation</b> (Austin Affiliate)	Hazel Barbour and Ramona Magid
<b>Capital of Texas Team Survivor</b>	Paula Ortiz Harmon
<b>University of Texas, School of Nursing</b>	Mary Lou Adams
<b>Project Manager:</b>	Marion Burch Cimbala
<b>Special Thanks to:</b>	Noel Barnard
	Greenlights for Nonprofit Success

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**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**CHILDCARE LOCATING  
DEPARTMENT  
FAMILY CONNECTIONS**

[www.familyconnectionsonline.org](http://www.familyconnectionsonline.org)

825 E. 53rd 1/2 Sreet, Bldg. E-101  
Austin, TX 78751

**Referral Specialists**

800-436-2404

**Mon-Fri 9am-4pm**

- G** Ten counties in central Texas
  
- D** Child care locating service for the following:  
Child Development Centers (including Montessori and Accredited), Family Day Homes, Parent’s Day Out Programs (usually faith-based and part time only), Before/after-school, and camps. Each search is individually customized. Please note that names received are intended as referrals only.
  
- M** Inquiries must be made by the child’s parent or legal guardian. Phone calls only, no walk-ins.
  
- \$** Sliding scale fees of either \$0, \$15, or \$25 and good for the use of up to 6 searches within 6 months, whichever comes first.

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**BREAST CANCER SUPPORT GROUP  
GEORGETOWN BREAST CANCER  
RESOURCE CENTER,  
CO-SPONSORED WITH GEORGETOWN  
CANCER CENTER**

www.bcrc.org

St David's Health Resource Center -  
3000 North IH 35, Austin, TX;  
Round Rock-  
2300 Round Rock Ave, Round Rock, TX;  
Brackenridge- 601 E. St, Austin, TX;  
Georgetown-  
2000 Scenic Drive, Georgetown, TX

**Marjorie Gallace**

Helpline 800-309-0089;  
St. David's 512-472-1710;  
Round Rock 512-248-2645;  
Brackenridge 512-324-7992;  
Georgetown 512-942-4689

**St. David's Mon-Fri 10am-3pm;  
Round Rock Mon & Wed 10am-12pm;  
Brackenridge Mon-Fri 10am-3pm;  
Georgetown Mon 1pm-6pm,  
Wed & Fri 10am-4pm**

**G** Austin Area

**D** Group meets 2nd Thursday at the  
Georgetown Breast Cancer Resource Center  
6pm-7:30pm

**M** Open to all breast cancer survivors.  
Call for information and most current  
schedule/availability

**\$** Free

**BREAST CANCER SUPPORT GROUP  
TEXAS ONCOLOGY CANCER CENTER,  
CO-SPONSORED BY THE AMERICAN  
CANCER SOCIETY**

http://dev1.texasoncology.com

6204 Balcones Drive  
Austin, Tx 78731

**Suzie Gick or Vickie Wilson**

**512-302-1771**

**512-302-1771**

Mon-Fri 8:30am-5pm

**G** Austin Area

**D** Open discussion.  
Group meets 4th Tuesday, 5:30pm-7pm at  
Texas Oncology, 6204 Balcones Dr, Austin  
For breast cancer patients only.

**M** Call for current schedule and group availability

**\$** Free

**BREAST CANCER SUPPORT GROUP  
BREAST CANCER RESOURCE CENTER,  
CO-SPONSORED WITH BETHANY  
METHODIST CHURCH**

www.bcrc.org

St David's Health Resource Center -  
3000 North IH 35, Austin, TX;  
Round Rock- 2300 Round Rock Ave, Round Rock,  
TX; Brackenridge- 601 E. St, Austin, TX;  
Georgetown- 2000 Scenic Drive, Georgetown, TX

**Patricia: 512-472-1738 x 101**

Helpline 800-309-0089;  
St. David's 512-472-1710;  
Round Rock 512-248-2645;  
Brackenridge 512-324-7992;  
Georgetown 512-942-4689

**St. David's Mon-Fri 10am-3pm;  
Round Rock Mon & Wed 10am-12pm;  
Brackenridge Mon-Fri 10am-3pm;  
Georgetown Mon 1pm-6pm,**

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**Wed & Fri 10am-4pm**

**G** Austin Area

**D** Group meets 2nd Tuesday, 6:30pm- 8pm at Bethany Methodist Church, 10010 Anderson Mill Rd, Austin. Free child care provided with advance notice

**M** Call for more detailed information

**\$** Free

**BREAST CANCER SUPPORT FOR AFRICAN AMERICAN WOMEN SISTER'S NETWORK , INC.**

[www.sistersnetworkinc.org](http://www.sistersnetworkinc.org)

1707 Hill Crest, Austin, TX 78721

**Erma Butler**  
512-928-4903

**G** Austin Area

**M** Call for more information

**\$** Free

**CHILDREN WHO HAVE A PARENT WITH CANCER GROUP WONDERS AND WORRIES**

[www.wondersandworries.org](http://www.wondersandworries.org)

923 Westbank Drive, Suite C, Austin, TX 78746

**Farya Phillips**  
512-329-5757

**Mon-Fri 9am-5pm, answering machine is always available**

**G** Austin Area

**D** Children 6-11 meet every Wednesday for six weeks 5:30-7:30pm at 923 Westbank Dr Suite C. Group consists of age-appropriate education about cancer, expressive games and activities,

and beneficial coping strategies

**M** For children who have parents or family members with cancer. Call for more information. Downloadable flyer is also available online.

**\$** Free

**COPING WITH BREAST CANCER AMERICAN CANCER SOCIETY**

[www.cancer.org](http://www.cancer.org)

2433 Ridgpoint Dr. B, Austin, TX 78754

**Alice Fey 512-868-9515 or Carol Thonen 512-868-9740**

512-919-1800

**Mon-Fri 8am-4:30pm**

**G** Georgetown Area

**D** Survivor-led group designed to help women learn more about breast cancer, increase awareness, and provide mutual support. Meets the 4th Mon 3-4pm at Scott and White Clinic, 4945 Williams Dr, Georgetown.

**M** Call for information and most current schedule/availability

**\$** Free

**COPING WITH BREAST CANCER AMERICAN CANCER SOCIETY**

[www.cancer.org](http://www.cancer.org)

2433 Ridgpoint Dr. B, Austin, TX 78754

**Judy White 512-392-5207**

512-919-1800

**Mon-Fri 8am-4:30pm**

**G** San Marcos

**D** Survivor-led group designed to help women learn more about breast cancer, increase

To review a more current version, please visit [www.breastcancerservices.org](http://www.breastcancerservices.org)

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awareness, and provide mutual support.  
Meets the 3rd Tues at 6:30pm on the 3rd floor of the Central Texas Medical Center Professional Building.

**M** Call for information and most current schedule/availability

**\$** Free

**G** Austin

**D** Meets at Southwest Regional Cancer Center, 901 W. 38th, Suite 200 the 1st and 3rd Tuesday of each month 5:30-7pm

**M** Call for information and most current schedule/availability

**\$** Free

**COPING WITH CANCER SUPPORT GROUP FOR PATIENTS AND CAREGIVERS  
AMERICAN CANCER SOCIETY,  
CO-SPONSORED BY CANCARE AUSTIN**

[www.cancer.org](http://www.cancer.org)

2433 Ridgepoint Dr. B, Austin, TX 78754

**Emmett Skiles 512-342-0233 or**

**Karen Candelas 512-919-1886**

512-919-1800

**Mon-Fri 8am-4:30pm**

**G** Austin

**D** Group meets the 2nd and 4th Thursdays of each month from 5:30-7pm at St. John's Methodist Church, 2140 Allandale Rd, Austin

**M** Call for information and most current schedule/availability

**\$** Free

**DIALOGUE - SAN MARCOS  
AMERICAN CANCER SOCIETY**

[www.cancer.org](http://www.cancer.org)

2433 Ridgepoint Dr. B, Austin, TX 78754

**Laura Mason 512-396-8000 or**

**866-396-2500**

512-919-1800

**Mon-Fri 8am-4:30pm**

**G** San Marcos

**D** For all patients and significant others. Meets the 3rd Thursday of each month in the Cancer Center Building at 1304 Wonder World Drive 7pm

**M** Call for information and most current schedule/availability

**\$** Free

**DIALOGUE - AUSTIN  
AMERICAN CANCER SOCIETY, CO-SPONSORED BY THE SOUTHWEST REGIONAL CANCER CENTER**

[www.cancer.org](http://www.cancer.org)

2433 Ridgepoint Dr. B, Austin, TX 78754

**Ann Meyer 512-421-2167**

512-919-1800

**Mon-Fri 8am-4:30pm**

**INDIVIDUAL CANCER COACHING  
TOTALLY ALIVE PROGRAM (TAP)**

[www.totallyaliveprogram.com](http://www.totallyaliveprogram.com)

7475 Skillman

Dallas, Texas 75231

972-489-8288

**G** Dallas Area

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**D** TAP's Wellnes Coaching via telephone: Do you want more energy, rebuild, restore, and rejuvenate after having a cancer or any health challenge? Has your physician has suggested that improving your healthy lifestyle habits could have a positive impact on your situation? If so, our TAP's Wellness Coaching system can help you achieve the healthy lifestyle changes that you want to make. By enhancing your healthy lifestyle habits, most chronic conditions can be improved. TAP's Wellness Coaching system can help you exercise more, eat healthier, lose weight, stop smoking, relieve stress/anxiety/depression, and much more! If you have: Cancer, Heart Disease, Diabetes, High Blood Pressure, High Cholesterol, Obesity, Arthritis, Back pain, etc. TAP's Wellness Coaching offers you:

- Direction and support for new, healthy lifestyle habits
- Practices and techniques to deal with challenges
- Guidance in sustaining your lifestyle changes long-term
- Practical ideas to keep you healthy, on track, and feeling totally alive!

**M** Depending on services wanted.

**\$** \$195 monthly for weekly support and coaching

**MEN'S CANCER SUPPORT GROUP  
AMERICAN CANCER SOCIETY,  
COSPONSORED BY ST. DAVID'S  
HEALTH RESOURCE CENTER**

[www.cancer.org](http://www.cancer.org)

2433 Ridgepoint Dr. B, Austin, TX 78754

**Karen Candelas 512-919-1886 or  
Norton Amour 512-371-7909**

512-919-1800

**Mon 8am-4:30pm**

**G** Austin Area

**D** Group meets the 2nd and 4th Monday of every month 6pm-7pm at St. David's Health Resource Center Library . For male cancer patients only.

**M** Call for information and most current schedule/availability

**\$** Free

**METASTATIC BREAST CANCER  
SUPPORT GROUP**

**BREAST CANCER RESOURCE CENTER**

[www.bcrc.org](http://www.bcrc.org)

St David's Health Resource Center -

3000 North IH 35, Austin, TX;

Round Rock-

2300 Round Rock Ave, Round Rock, TX;

Brackenridge-

601 E. St, Austin, TX;

Georgetown-

2000 Scenic Drive, Georgetown, TX

**Ray Anne Evans 512-472-1738 x 100**

Helpline 800-309-0089;

St. David's 512-472-1710;

Round Rock 512-248-2645;

Brackenridge 512-324-7992;

Georgetown 512-942-4689

**St. David's Mon-Fri 10am-3pm;**

**Round Rock Mon & Wed 10am-12pm;**

**Brackenridge Mon-Fri 10am-3pm;**

**Georgetown Mon 1pm-6pm,**

**Wed & Fri 10am-4pm**

**G** Austin Area

**D** A facilitated supportive-expressive group for advanced cancer patients. Group meets Wednesdays, 10:45am-12:15pm at Casa de Luz

**M** Call to make reservations

**\$** Free

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**NAVIGATING BREAST CANCER TOGETHER  
BREAST CANCER RESOURCE CENTER**

www.bcrc.org

St David's Health Resource Center -  
3000 North IH 35, Austin, TX;  
Round Rock- 2  
300 Round Rock Ave, Round Rock, TX;  
Brackenridge- 601 E. St, Austin, TX;  
Georgetown- 2  
000 Scenic Drive, Georgetown, TX

**Ray Anne Evans 512-472-1738 x 100**

Helpline 800-309-0089;  
St. David's 512-472-1710;  
Round Rock 512-248-2645;  
Brackenridge 512-324-7992;  
Georgetown 512-942-4689

**St. David's Mon-Fri 10am-3pm;  
Round Rock Mon & Wed 10am-12pm;  
Brackenridge Mon-Fri 10am-3pm;  
Georgetown Mon 1pm-6pm,  
Wed & Fri 10am-4pm**

**G** Austin Area

**D** Two and one-half-hour class facilitated by a survivor and caregiver team who have gone through breast cancer treatment together. The class is divided into three segments: a medically oriented session, a session where the patient and her support partner attend separate support groups to voice concerns and ask questions, and a final segment that provides ideas and recommendations on how to assemble a "wellness team."  
Fridays 6pm-8:30pm at the Breast Cancer Resource Center,  
St. David's Health Resource Center

**M** For newly diagnosed breast cancer patients and their primary caregivers/support partners. Call to make reservations.

**\$** Free

**NEWLY DIAGNOSED SUPPORT GROUP  
BREAST CANCER RESOURCE CENTER**

www.bcrc.org

St David's Health Resource Center -  
3000 North IH 35, Austin, TX;  
Round Rock-  
2300 Round Rock Ave, Round Rock, TX;  
Brackenridge-  
601 E. St, Austin, TX;  
Georgetown-  
2000 Scenic Drive, Georgetown, TX

**Ray Anne Evans 512-472-1738 x 100**

Helpline 800-309-0089;  
St. David's 512-472-1710;  
Round Rock 512-248-2645;  
Brackenridge 512-324-7992;  
Georgetown 512-942-4689

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Round Rock Mon & Wed 10am-12pm;  
Brackenridge Mon-Fri 10am-3pm;  
Georgetown Mon 1pm-6pm,  
Wed & Fri 10am-4pm**

**G** Austin Area

**D** An 8 week session support group for newly diagnosed patients that meets at St. David's Health Resource Center from 6-8:30pm

**M** Call to make reservations

**\$** Free

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**PATIENT, FAMILY SUPPORT GROUP  
CANCER ANONYMOUS**

**Nancy 512-247-3772,  
Susan 512-795-9512, or  
Mary Anne 512-454-1201**

**G** Austin Area

**D** Ongoing group based on the 12-step program that meets at the Westminster Presbyterian Church at 3208 Exposition. For co-ed patients and significant others.

**PEER SUPPORT FOR YOUNG  
ADULTS WITH CANCER  
PLANET CANCER**

[www.planetcancer.org](http://www.planetcancer.org)

314 E. Highland Mall Blvd., Suite 260-17  
Austin, TX 78751  
512-452-9010

**On-line support is available 24/7.  
Office hours are Tues-Fri 9-5.**

**G** On-line support is worldwide; Yearly retreats are held in Texas, but are available to all.

**D** On-line discussion groups and chat room as well as yearly retreats for 18-25 year olds, 25-40 year olds, and couples facing cancer.

**\$** Free

**PERSONAL, INDIVIDUAL SUPPORT  
CANCER SUPPORT NETWORK,  
CANCARE AUSTIN**

[www.cancareaustin.org](http://www.cancareaustin.org)

PO Box 29871, Austin, TX 78731

**Emmett Skiles**

512-342-0233

**D** One-on-one, long-term emotional support for the individual and family members for as long as desired. Individuals requesting support are matched with CanCare volunteers who have experienced the same type of cancer and similar circumstances.

**M** Call or email for more information: [info@cancareaustin.org](mailto:info@cancareaustin.org). For cancer patients and their family members.

**\$** Free

**PINK RIBBON COWGIRLS  
BREAST CANCER RESOURCE CENTER**

[www.bcrc.org](http://www.bcrc.org)

St David's Health Resource Center -  
3000 North IH 35, Austin  
Round Rock- 2300 Round Rock Ave, Round Rock  
Brackenridge- 601 E. St, Austin  
Georgetown- 2000 Scenic Drive, Georgetown  
**Ray Anne Evans 512-472-1738 x 100**  
Helpline 800-309-0089  
St. David's 512-472-1710  
Round Rock 512-248-2645  
Brackenridge 512-324-7992  
Georgetown 512-942-4689

**St. David's Mon-Fri 10am-3pm  
Round Rock Mon & Wed 10am-12pm  
Brackenridge Mon-Fri 10am-3pm  
Georgetown Mon 1pm-6pm,  
Wed & Fri 10am-4pm**

**G** Austin Area

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**D** Group committed to helping young women diagnosed with breast cancer by creating a support network through social gatherings, speaker meetings, and advocacy. Meetings the 3rd Friday of every month at Central Market, 4001 North Lamar 11:30am

**M** Call and leave a message for more information

**\$** Free

**REACH TO RECOVERY  
AMERICAN CANCER SOCIETY**

[www.cancer.org](http://www.cancer.org)

2433 Ridgpoint Dr. B, Austin, TX 78754

**Patient Service Center**

512-919-1800

**Mon- Fri (8:30am- 4:30pm)**

**G** Austin Area

**D** Contact with a woman facing a diagnosis of breast cancer by a breast cancer survivor. All visitors are trained and certified by Reach to Recovery standards.

**M** Call for information and most current schedule/availability

**\$** Free

**SUPPORT AND INFORMATION**

**Y-ME**

[www.y-me.org](http://www.y-me.org)

YME National Breast Cancer Organization

212 West Van Buren, 5th Floor

Chicago, IL 60607

Phone 312-294-8668

Fax 312-294-8598

askY:ME@y-me.org

Hotline: 1-800-221-2141 (English)

1-800-986-9505 (Español)

**Mon-Fri 9am - 5pm CT  
Hotline available 24 hours per day,  
7 days a week**

**G** Y:ME has Affiliate and Satellite offices in the following areas:

Atlanta Satellite

Chattanooga Affiliate

Cleveland Satellite

Connecticut Affiliate

Illinois Affiliate

Indiana Affiliate

Miami Satellite Office

Mid-Atlantic Affiliate

Northeastern Oklahoma Affiliate

Northern California

Phoenix Satellite

Rocky Mountain Affiliate (in Denver, CO)

Seattle Satellite

Southern California Affiliate

Texas Gulf Coast Affiliate

**D** Y:ME is a national nonprofit organization that provides emotional support, information and education to anyone touched by breast cancer. The 24-hour hotline, available in 150 languages, is staffed by trained breast cancer survivor peer counselors.

**M** 24-hour hotline in 150 languages  
A Day for You - Community Outreach  
Y:ME Political Advocacy  
Wig and Prosthesis Bank  
Wardrobe and Grooming  
Local Support Groups and Match Programs  
Information and Education  
Emotional Support Publications

**\$** Free

**TEAM CARE SUPPORT  
THE CARE COMMUNITIES (FORMERLY  
INTERFAITH CARE ALLIANCE)**

[www.thecarecommunities.org](http://www.thecarecommunities.org)

7215 Cameron Road

Austin, TX 78752

To review a more current version, please visit [www.breastcancerservices.org](http://www.breastcancerservices.org)

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Mailing Address:  
 PO Box 16529  
 Austin, TX 78761  
 512-459-5883

**Care Teams are available all hours,  
 depending upon individual schedules.  
 Office hours Mon-Fri 8:30am-5:30pm**

**G** Austin Area

**D** Our volunteer Care Teams provide practical and emotional (non-medical) support to people suffering from a serious illness such as AIDS and cancer. We recruit, train and supervise volunteer Care Teams of 4-8 people who provide practical help: house/yard work, activities for children, cooking meals, running errands, spending time with clients, and transportation to medical appointments, support groups, or the pharmacy.

**M** Care Teams provide services in the homes of their Care Partners (as we call clients) or wherever the Care Partners are residing.

**\$** Free

**TEEN GROUP  
 WONDERS AND WORRIES**

[www.wondersandworries.org](http://www.wondersandworries.org)

923 Westbank Drive, Suite C, Austin, TX 78746

**Farya Phillips**

512-329-5757

Mon-Fri 9am-5pm, answering machine is always available

**G** Austin Area

**D** Ongoing program for teens 12-18 meets every 2nd and 4th Tuesday 6-8pm at 923 Westbank Dr. Suite C. Allows teens to build support in a peer group designed for them, focused on their interests and concerns

**M** Program open to teens with any type of serious illness in the family. Call for more information.

Downloadable flyer is also available online.

**\$** Free

**WELCOME WEDNESDAY  
 BREAST CANCER RESOURCE CENTER**

[www.bcrc.org](http://www.bcrc.org)

St David's Health Resource Center -  
 3000 North IH 35, Austin, TX;  
 Round Rock- 2  
 300 Round Rock Ave, Round Rock, TX;  
 Brackenridge-  
 601 E. St, Austin, TX;  
 Georgetown- 2000 Scenic Drive, Georgetown, TX

**Ray Anne Evans 512-472-1738 x 100**

Helpline 800-309-0089

St. David's 512-472-1710

Round Rock 512-248-2645

Brackenridge 512-324-7992

Georgetown 512-942-4689

**St. David's Mon-Fri 10am-3pm**

**Round Rock Mon & Wed 10am-12pm**

**Brackenridge Mon-Fri 10am-3pm**

**Georgetown Mon 1pm-6pm,**

**Wed & Fri 10am-4pm**

**G** Austin Area

**D** For breast cancer survivors from the newly diagnosed to the long-term and meets 2nd Wednesday, 5:30pm-7pm at the Breast Cancer Resource Center

**M** Support for all breast cancer survivors from the newly diagnosed to the long-term. Call for more detailed information.

**\$** Free

## E X E R C I S E

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### **CAPITAL OF TEXAS TEAM SURVIVOR**

[www.teamsurvivoraustin.org](http://www.teamsurvivoraustin.org)

P.O. Box 301148  
Austin, TX 78703

**Jennifer Hurta**  
512-426-1408

**G** Greater Austin area

**D** Provide health education, exercise, and support programs to women cancer survivors in the greater Austin area. Programs can include walking, running, yoga, and bicycling.

**M** This service is available to all women who have had cancer as well as those who are in treatment. Athletic ability is not a requirement.

**\$** Call for more information

### **HEALING QIGONG SETON FAMILY OF HOSPITALS CANCER CARE TEAM**

[www.seton.net](http://www.seton.net)

6330 East Hwy 290, ste. 315  
(ITT building, on the North frontage road of Hwy 290 E. between Cameron Road and I 35)  
512-505-5515

**Thursdays 3pm – 4pm.**  
**Open series of classes.**  
**You may join at any time.**

**G** Austin and surrounding counties

**D** Qi is life force, that which nourishes all things. Qigong (chee-goong) is the cultivation and exchange of Qi with the Universe. What is Sheng zhen? Sheng zhen is a style of Qigong inspired by the world's great spiritual traditions. It is centered in the philosophy of unconditional love. The forms consist of graceful movements to help in healing. What are the practical benefits?

You will experience a more relaxed body and mind, calmer emotions, and a deeper connection with nature and the Universe. You may experience a reduction of stress, better blood circulation, improved blood pressure, decrease in pain, and feel happier and more at peace. This form of Qigong is practiced while sitting on a chair making it accessible for all types of participants.

**M** The program is free to all cancer survivors and those affected by cancer.

**\$** Free

### **MOVE THROUGH CANCER**

[www.movethroughcancer.org](http://www.movethroughcancer.org)

1214 W 8th Street  
Austin, TX 78703  
512-476-6814

**G** Austin, Williamson County

**D** Offer a range of exercise, activity and educational programs for all ages before, during and after treatment. Classes meet once per week for an activity session (walking, running, yoga, strength training, and educational seminar.

**M** Participants also receive a daily training guide and log to track progress during the rest of the week. Family program targets children ages 5-12 who have a family member with cancer

**\$** Contact for more info. Survivors of all ages, all types of cancers, and all fitness levels are welcome. Family members and friends are welcome to share classes.

To review a more current version, please visit [www.breastcancerservices.org](http://www.breastcancerservices.org)

## EXERCISE

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

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### NIA CLASS

St. David's Health and Fitness Center  
(located in basement of Park St. David)  
900 E. 30th St at Red River  
Free Parking

**Weekly, beginning  
Thursday, January 25th  
5:45-6:45pm**

**G** Austin

**D** A NIA dance class for women recovering from serious illness. The instructor, Leela Devi, is experienced in creating a gentle, progressively developing class that makes fitness creative and fun. This is the perfect way to start off a healthy new year.

**\$** \$15 for 5 classes

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### PHYSICAL REHABILITATION CLASS SETON FAMILY OF HOSPITALS' CANCER CARE TEAM

[www.seton.net](http://www.seton.net)

2600 E. Martin Luther King Blvd.  
Austin, TX 78702  
512-505-5515

**Mon – Fri 8:00am – 5:00pm**

**G** Austin Area

**D** Physical Rehabilitation program to reduce fatigue related to cancer treatment. The goal of the program is to improve quality of life, fatigue levels and endurance by 30%. Individualized treatment programs are created to improve cardiovascular fitness, strength and flexibility. For program participants, rehabilitation services also include stress reduction classes designed to support development and harnessing of internal resources to modify the experience of stress on the individual. \*Patients with a history of stroke,

seizure, orthopedic limitations that might prevent them from performing exercises may not be eligible.

**M** The program is free to all cancer survivors currently in treatment or in post-treatment but still suffering from fatigue. Call for more information.

**\$** Free

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### THE SETON COVE

[www.setoncove.net](http://www.setoncove.net)

3708 Crawford  
Austin, TX 78731

**Patty Frier**  
512-451-0272

**Regular Hours are M-F (9am-5pm),  
with some night programs offered**

**G** Austin Area

**D** Offer programs designed to function as an extension of activities provided by individual churches throughout Austin. Programs include luncheon reflections, individual and group direction, seminars, workshops, holistic health services, meditation groups, and day retreats

**M** Most of the services are open to the public, contact seton cove for more information

**\$** With a goal to make Seton Cove available to everyone, scholarship assistance is available; rates vary with program.

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## E X E R C I S E

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

### **YOGA CLASS MAIN STREET YOGA**

[www.mainstreetyogapilates.com/index.htm](http://www.mainstreetyogapilates.com/index.htm)

809 Main Street  
Georgetown, TX 78626  
512-864-9156

**Mon-Thurs 8am-12:30pm and 4:30-7:30;  
Fri and Sat 8am-12:30pm**

**G** Georgetown Area

**D** Offers a Yoga class for cancer survivors and patients class as well as other gentle yoga classes.

**M** All cancer patients and survivors are welcome to participate

**\$** Yoga class for cancer patients and survivors is free

### **YOGA CLASS SOUTH AUSTIN CANCER CENTER**

[www.TexasOncology.com](http://www.TexasOncology.com)

4101 James Casey, Ste. 100  
Austin, TX 78745  
Class meets in 2nd floor community room  
512-447-2202

**Tuesdays, 2:00-3:00**

**G** Any

**D** Free, on-going yoga classes are offered for patients, survivors, and caregivers. The classes are gentle, restorative, and energizing while offering a relaxing means to cope with the effects of cancer and the recovery process.

**M** Verify with physician that you are ready to attend classes. Please arrive at your first class 10 minutes early to meet the instructor and provide some information. Avoid eating a heavy meal prior to class and wear clothing that allows for freedom of movement. Prior registration is not required.

**\$** Free

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**CANCERCARE ASSIST  
CANCERCARE**

www.cancercare.org  
800-813-4673

**D** Offers financial assistance and grants to cover homecare, childcare, transportation, and most medical treatments. Also offer educational programs, counseling and resource assistance.

**M** Call or visit website for information

**\$** Free

**CARITAS**

www.caritasofaustin.org

611 Neches  
Austin, TX 78701  
Tanya Greenough: 512-479-4610 x176  
512-472-4135

**Front Desk and Community Access:  
M/W/Th 8am-4:45pm,  
Tu 8am-6:45pm, F 8am-11:45am;  
Community Kitchen:  
M-F 11am-12:30pm;  
Pantry Hours:  
M/W/Th 8:30am-4:45pm,  
Tu 8:30am-4:45pm, F 8:30am-11:45am**

**G** Travis County

**D** Rent or utility assistance (does not include phone bills) once per year, food and clothing vouchers for families suffering a financial crisis. Additional services include: Community Kitchen, Food Pantry, Resettlement Program, and Long-term case management programs including aid for Rita and Katrina victims.

**M** Call at 8am for an appointment

**\$** Free

**CONSUMER CREDIT COUNSELING  
SERVICE**

www.cccs.net

1106 Clayton Ln, Suite 490W  
Austin, TX 78723

**512-447-0711 or 866-901-2227**

Main Office: 800-249-2227

**M-F 8:30am-4:30pm**

**G** Greater Austin Area

**D** Services include financial counseling, education on financial literacy, solutions, and bankruptcy services

**M** Call office for appointment (7am - 7:30pm)

**\$** \$20 fee for initial counseling session. If you elect to join there is a one-time \$30 set-up fee and a monthly fee that does not exceed \$24.

**TRUE ACCESS IN RURAL AREAS  
WINGS (WOMEN INVOLVED IN  
GIVING, NURTURING, SHARING)**

www.texaswings.org

7500 Highway 90 West,  
Building 2, Suite 240  
San Antonio, Texas 78227  
210-946-9464

**M-Th 8am-4pm**

**G** Bastrop, Caldwell, and Hays Counties

**D** Will provide comprehensive, no-cost breast cancer treatment and patient navigation services to uninsured low-income women.

**M** Apply in person for consideration

**\$** No cost to qualified applicants

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**AMERICAN CANCER SOCIETY**

www.cancer.org

2433 Ridgepoint Dr. B  
Austin, TX 78754

**Karen Candelas**

512-919-1886 / 877-227-1618

**M-F 8am-4:30pm**

**G** 29 surrounding counties to include Travis, Williamson, Hays, Caldwell, and Bastrop.

**D** Will provide new breast prostheses, bras, and new/gently used wigs.

**M** Call for more information, doctor's note needed to receive breast prostheses.

**\$** Everything is free of charge and not dependent on income or insurance

**AQUINO'S DESIGNER HAIR CLUB**

9010 N IH 35  
Austin, TX 78753

**Brian or Gary**

512-834-1231

**Appointments available**

**Tues-Sat 9am-5pm**

**D** Custom-ordered, man-made wigs of human hair.

**M** By appointment only

**\$** Depends on services rendered

**LOOK GOOD...FEEL BETTER  
AMERICAN CANCER SOCIETY**

www.cancer.org

2433 Ridgepoint Dr. B  
Austin, TX 78754

**Patient Service Center**

877-227-1618

**Hours vary**

**G** Greater Austin Area

**D** Teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related side effects from chemotherapy and radiation treatments. A non-medical service provided by certified/trained cosmetologists that does not promote any cosmetic product line. Group classes and one-on-one services are available, depending on area.

**M** Pre-registration is required. Please leave a message stating name, telephone number, and make-up shade (light, medium, dark, or very dark). Services offered to female cancer patients undergoing treatment.

**\$** Free

**PARKER'S WIG AND GIFT SALON**

101 W. Koenig Lane  
Austin, TX 78751

**General Staff,**

**Mary for custom fitting**

512-454-0474

**M-Th 9am-5:30pm**

**D** For the past 50 years have specialized in wigs (synthetic and/or human hair), alterations, custom cuts/trims, cleaning, and styling. Also

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

stock turbans and accessories for hair loss.

**M** Call for more information

**\$** Depends on services rendered

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## **PAT PAINTER'S HAIR PIECES & NEW MAN HAIR SALON**

6007 Burnet Road  
Austin, TX 78757

### **Manager**

512-454-3676

**M & Sat 9:30am-5pm**

**Tues-F 9:30am-6pm**

**D** Specialize in chemo needs- wigs, turbans, scarves, bangs, and small pieces of hair. 11 years of service as "part of the treatment."

**M** Call for more information

**\$** Depends on services rendered

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**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**HELP AT HOME PROGRAM  
SERVICES FOR THE ELDERLY, INC.**

[www.sfteaustin.org](http://www.sfteaustin.org)

2200 E. Martin Luther King, Jr. Blvd.  
Austin, TX 78702

**Katy Kappel**

512-477-3796

**M-F 8am-5pm**

**G** Travis County

**D** Short-term, in-home assistance for women of all ages recovering from breast cancer surgery, chemotherapy, or radiation therapy (including housekeeping, cooking, laundry, and personal care tasks).

**M** Call for more information

**\$** Sliding fee scale based on income

**TEAM CARE SUPPORT  
THE CARE COMMUNITIES (FORMERLY  
INTERFAITH CARE ALLIANCE)**

[www.thecarecommunities.org](http://www.thecarecommunities.org)

7215 Cameron Road  
Austin, TX 78752

Mailing Address:

P.O. Box 16529

Austin, TX 78761

512-459-5883

**Care Teams are available all hours,  
depending upon individual schedules.  
Office hours M-F 8:30-5:30**

**G** Austin Area

**D** Our volunteer Care Teams provide practical and emotional (non-medical) support to people suffering from a serious illness such as AIDS and cancer. We recruit, train and supervise volunteer Care Teams of 4-8 people who provide practical help: house/yard work, activities for children, cooking meals, running errands, spending time with clients, and transportation to medical appointments, support groups, or the pharmacy.

**M** Care Teams provide services in the homes of their Care Partners (as we call clients) or wherever the Care Partners are residing.

**\$** Free

# M E A L S

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

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## AUSTIN BAPTIST CHAPEL

901 E. Cezar Chavez  
Austin, TX 78702  
512-474-2666

**Daily Lunch 11am-12:30pm**

**Men's Clothing Closet**

**Sat 9:30am-10:30am**

**G** Austin Area

**D** Soup Kitchen, lunch is served every day from 11-12:30 pm

**M** All are welcome

**\$** Free

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## BAPTIST COMMUNITY CENTER

2000 E. 2nd Street  
Austin, TX 78702

**Pat**

512-478-7243

**M-F 8:30am-12pm and 1pm-5pm**

**G** Greater Austin Area

**D** Food Pantry and low-cost clothing, and certain types of financial aid

**M** Must call for an appointment, bring picture ID and bill for proof of address

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## CHRISTIAN SERVICE CENTER

1903 University Ave  
Austin, TX 78705  
512-476-9584

**M-F 9am-12pm**

**G** Austin Area

**D** Food Pantry and financial aid services

**M** Call for an appointment

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## COUNTRY WHEELS PROGRAM MEALS ON WHEELS AND MORE

[www.mealsonwheelsandmore.org](http://www.mealsonwheelsandmore.org)

3227 E. 5th Street  
Austin, TX 78702  
512-476-6325

**M-F 8am-5pm**

**G** Currently, Country Wheels operates in Bastrop, Lee, Travis, and Fayette Counties and will soon expand into Williamson County.

**D** Delivery of seven, nutrient-rich frozen meals once a week to people living in remote rural areas where there are not enough volunteers to deliver meals daily.

**M** Call for info or email at: [email@mealsonwheelsandmore.org](mailto:email@mealsonwheelsandmore.org). Service not based on age or income but clients must be homebound and have no other assistance in preparing meals.

**\$** No cost is required but each person is asked to make a monthly "cost share" contribution to help cover costs if they can.

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## GETHSEMANE LUTHERAN CHURCH

[www.gethsemaneustin.org](http://www.gethsemaneustin.org)

200 W. Anderson Lane  
Austin, TX 78752  
512-836-8560

**Tues 1:30pm-4:30pm**

**G** All Areas

# M E A L S

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**D** Food Pantry and Clothing Closet

**M** no appointment necessary,  
call for more information

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## GROCERIES TO GO PROGRAM MEALS ON WHEELS AND MORE

[www.mealsonwheelsandmore.org](http://www.mealsonwheelsandmore.org)

3227 E. 5th Street  
Austin, TX 78702  
512-476-6325

**M-F 8am-5pm**

**G** Travis County (including the Greater Austin Metropolitan Area), portions of Southwestern Williamson County (including Round Rock), and Northern Hays County. Included in the Austin Metro Area are Pflugerville, Manor, Del Valle, Manchaca, Oak Hill, Jonestown, and Lago Vista.

**D** "Shopping Friends" shop for recipients and bring vital groceries to their homes

**M** Call for info or email at:  
[email@mealsonwheelsandmore.org](mailto:email@mealsonwheelsandmore.org).  
Service not based on age or income but clients must be homebound and have no other assistance in preparing meals.

**\$** No cost is required but each person is asked to make a monthly "cost share" contribution to help cover costs if they can.

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## HOPE FOOD PANTRY

600 E. 50th Street  
Austin, TX 78751

**Early Ullich (374-0411)**

512-420-0710

**W-Th 10am-12pm**

**G** Area codes: 78703, 78705, 78722, 78723, 78751, 78752, 78754, 78757

**D** Offers canned goods/fresh produce, if available

**M** Lottery system, so no need to arrive extra early. Only 40 families served each week.

**\$** Free

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## MEALS ON WHEELS PROGRAM MEALS ON WHEELS AND MORE

[www.mealsonwheelsandmore.org](http://www.mealsonwheelsandmore.org)

3227 E. 5th Street  
Austin, TX 78702  
512-476-6325

**M-F 8am-5pm**

**G** Travis County (including the Greater Austin Metropolitan Area), portions of Southwestern Williamson County (including Round Rock), and Northern Hays County. Included in the Austin Metropolitan Area are Pflugerville, Manor, Del Valle, Manchaca, Oak Hill, Jonestown, and Lago Vista.

**D** Delivery of hot, nutritious lunchtime meals. Meals are designed by a registered dietician and prepared fresh in a central kitchen. Care Managers conduct recipient assessments and assist with other programs and services.

**M** Call for info or email at:  
[email@mealsonwheelsandmore.org](mailto:email@mealsonwheelsandmore.org).  
Service not based on age or income but clients must be homebound and have no other assistance in preparing meals.

**\$** No cost is required but each person is asked to make a monthly "cost share" contribution to help cover costs if they can.

## M E A L S

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

### SERVICES FOR THE ELDERLY, INC. HELP AT HOME PROGRAM

[www.sfteaustin.org](http://www.sfteaustin.org)

2200 E. Martin Luther King, Jr. Blvd.  
Austin, TX 78702

**Katy Kappel**

512-477-3796

**M-F 8am-5pm**

**G** Travis County

**D** Short-term, in-home assistance for women of all ages recovering from breast cancer surgery, chemotherapy, or radiation therapy (including housekeeping, cooking, laundry, and personal care tasks).

**M** Service available to women recovering from breast cancer surgery, chemotherapy, or radiation therapy. Phone for more info.

**\$** Sliding fee scale based on income

### ST. JOHN'S COMMUNITY CENTER

7500 Blessing Ave  
Austin, TX 78752  
512-972-5780

**M-F 8am-5pm**

**G** Austin Area

**D** Neighborhood Service Center provides emergency food and clothing, Shots for Tots.

**M** Call for more information

### TEAM CARE SUPPORT THE CARE COMMUNITIES (FORMERLY INTERFAITH CARE ALLIANCE)

[www.thecarecommunities.org](http://www.thecarecommunities.org)

7215 Cameron Road  
Austin, TX 78752

Mailing Address:

P.O. Box 16529

Austin, TX 78761

512-459-5883

**Care Teams are available all hours,  
depending upon individual schedules.  
Office hours M-F 8:30-5:30**

**G** Austin Area

**D** Our volunteer Care Teams provide practical and emotional (non-medical) support to people suffering from a serious illness such as AIDS and cancer. We recruit, train and supervise volunteer Care Teams of 4-8 people who provide practical help: house/yard work, activities for children, cooking meals, running errands, spending time with clients, and transportation to medical appointments, support groups, or the pharmacy.

**M** Care Teams provide services in the homes of their Care Partners (as we call clients) or wherever the Care Partners are residing.

**\$** Free

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**CHC DENTAL CLINIC**

[www.ci.austin.tx.us/communitycare/chc.htm](http://www.ci.austin.tx.us/communitycare/chc.htm)

CHC Dental Clinic  
15 Waller St  
Austin, TX 78702  
512-972-4820

**M-F 7:45am-4:45pm**

**G** Travis County

**D** Provides a range of dental services for Medicaid, Medicare, and MAP eligible clients.

**M** Call for an appointment. New patients should call CHC Central Scheduling and Triage at 512-972-4278

**\$** MAP, or sliding fee scale based on income

**FERTILITY ASSISTANCE**

**FERTILE HOPE**

[www.fertilehope.org](http://www.fertilehope.org)

Fertile Hope  
65 Broadway, Suite 603  
New York, NY 10006  
888-994-HOPE or 212-242-6798

**G** Nationwide

**D** Provides information about cancer-related infertility to patients and healthcare providers. Offers financial assistance for newly-diagnosed patients seeking fertility preservation (sperm banking, egg and embryo freezing) before cancer treatment.

**M** Go to the website to get information, find a fertility doctor, download educational resources or apply for financial assistance. Individual inquiries can be submitted online or via phone.

Breast Cancer and Fertility Booklet:  
[www.fertilehope.org/download\\_brochures.cfm](http://www.fertilehope.org/download_brochures.cfm)

**\$** Free

**HELP AT HOME PROGRAM SERVICES FOR THE ELDERLY, INC.**

[www.sfteaustin.org](http://www.sfteaustin.org)

2200 E. Martin Luther King, Jr. Blvd.  
Austin, TX 78702

**Katy Kappel**

512-477-3796

**M-F 8am-5pm**

**G** Travis County

**D** Short-term, in-home assistance for women recovering from breast cancer surgery, chemotherapy, or radiation therapy (including housekeeping, cooking, laundry, and personal care tasks).

**M** Service available to women recovering from breast cancer surgery, chemotherapy, or radiation therapy. Phone for more info.

**\$** Sliding fee scale based on income

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

eligibility office for an eligibility appointment  
512-972-5300

**HOSPICE AUSTIN**

[www.hospiceaustin.org](http://www.hospiceaustin.org)

4107 Spicewood Springs Road, Suite 100  
Austin, TX 78759  
512-342-4700

**M-F 8am-5pm**

**G** Central Texas

**D** Offer a full range of services to terminally-ill patients and their families. Services include health care services such as medical and nursing care, spiritual and emotional support, social work, personal care, special therapies, and volunteer bereavement services.

**M** Services are provided in home, in hospital, or in other assisted-care facilities. referral by doctor is required, call for more information

**\$** Fees vary with treatment

**MANOS DE CRISTO**

[www.manosdecristo.org](http://www.manosdecristo.org)

1201 E. Cesar Chavez  
Austin, TX 78702  
512-477-2319

**M-F 7:30am-4pm**

**D** Filings and extractions for children age 6 and older and adults. Dental care provided for low-income residents who do not qualify for government-sponsored programs. Manos de Cristo also sponsors a Food Pantry and Clothes Closet.

**M** Call to determine eligibility

**\$** Low cost clinic

**MEDICAL ASSISTANCE PROGRAM  
AUSTIN/TRAVIS COUNTY**

[www.ci.austin.tx.us/communitycare/map.htm](http://www.ci.austin.tx.us/communitycare/map.htm)

1111 E. Caesar Chavez  
Austin, TX 78702  
512-972-5210

**M-Th 7:45am-4:45pm**

**F 8:45am-4:45pm**

**G** City of Austin and Travis Country

**D** Provides access to health care through networks of established providers for those City of Austin and Travis County residents who meet eligibility criteria.

**\$** Some services require a co-payment.  
City of Austin residents should contact a city

## M I S C S U P P O R T

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

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### ADVOCACY, INC

[www.advocacyinc.org](http://www.advocacyinc.org)

7800 Shoal Creek Blvd., Suite 171 E  
Austin, TX 78757  
512-454-4816 or 800-252-9108

**M-F 9am-5pm**

**G** Offices all throughout Texas

**D** Legal Services

**M** Walk-In

**\$** Free

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### AUSTIN AREA URBAN LEAGUE

[www.aaul.org](http://www.aaul.org)

1033 La Posada Drive, Suite 150  
Austin, TX 78752-3829  
512-478-7176

**M-F 8am-5pm**

**G** Travis County

**D** Housing and Emergency Home Repair,  
GED and Computer Training Classes,  
First Time Home Owner Opportunities,  
Some Financial Resources

**M** Call for assistance, walk-ins accepted

**\$** Free

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### AUSTIN ENERGY

[www.austinenergy.com](http://www.austinenergy.com)

721 Barton Springs Rd  
Austin, TX 78704  
512-974-7827

**M-F 7am-9pm, Sat 9am-1pm**

**G** Austin

**D** Free home weatherization (insulation in attics,  
sealing and repairing or replacing ductwork,  
caulking around plumbing penetrations, weather  
stripping around doors, and installation of solar  
screens).

**M** Contact for more information. General  
Qualifications: Status as an Austin Energy  
electric customer; only single-family homes,  
mobile homes, or duplexes; occupation of the  
home you want weatherized (if renting, must  
have been there more than one year). Austin  
Energy must be able to verify income level  
and/or disability status. Homes with an  
appraised value of more than \$150,000 may  
not be eligible.

**\$** Free

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**AUSTIN RESOURCE CENTER FOR INDEPENDENT LIVING, INC. (ARCIL)**

www.arcil.com

ARCIL Austin: 512-832-6349  
825 E. Rundberg, Suite A-1  
Austin, TX 78753;

ARCIL San Marcos: 512-396-5790  
618 South Guadalupe, Suite 103  
San Marcos, TX 78666;

ARCIL Round Rock: 512-828-4624  
525 Round Rock West, Suite A120  
Round Rock, TX 78681;

ARCIL Temple: 254-760-9205  
100 W. Adams, Suite 304  
Temple, TX 76510

**M-F 8am-5pm**

**G** Travis and surrounding counties. ARCIL also provides services throughout Hays, Caldwell, Comal and Blanco counties at ARCIL San Marcos, and Williamson, Bell, Burnett and Milam counties at ARCIL Round Rock.

**D** Core Services include: Advocacy, Independent Living Skills, Information and Referral, and Peer Counseling. Auxillary Services: Transition Service and Central Texas Benefits Planning Services (CTBPS). Misc. Community Services: Americans with Disabilities Act Technical Assistance, Disability Awareness Workshops, Consulting Services for Business and Government, and ARCIL Graphics, Services & Design

**M** Call to schedule the appointment. Intake is normally on Tuesday, Wednesday, Thursday and occasionally on Friday. Services available to persons with disabilities, their families and communities

**\$** Free

**BAPTIST COMMUNITY CENTER**

2000 East 2nd St  
Austin, TX 78702  
512-478-7243

**M-F 8:30am-12pm and 1pm-5pm**

**G** All Austin Zip Codes

**D** Assistance with food, rent, utilities, and medications

**M** Must have a picture ID, Social Security Card, and a current bill for proof of address. Call for an appointment.

**\$** Free

**CANCARE AUSTIN**

www.cancareaustin.org

710 Cedar Box 11  
Austin, TX 78705

**Emmett Skiles**

512-342-0233

**M-F 9am-5pm**

**G** Greater Austin Area

**D** Listening support, relevant information and referrals available for those undergoing treatment and for those now beyond treatment. Also provide programs and support groups

**M** Services available to cancer patients and their family members. Call or email for more information: info@cancareaustin.org

**\$** Free

## M I S C   S U P P O R T

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

### CARE CALLS PROGRAM MEALS ON WHEELS AND MORE

[www.mealsonwheelsandmore.org](http://www.mealsonwheelsandmore.org)

3227 E. 5th Street  
Austin, TX 78702  
512-476-6325

**M-F 9am-5pm**

- G** Greater Austin Area, and surrounding counties
- D** Provide meal delivery for people who do not have the means to do so themselves. Eight other support programs ranging from help grocery shopping to provided kids meals
- M** Call and talk to a representative
- \$** Free, unless the customer can afford to pay, in which case, they are asked to help cover the cost of food

### COMMUNITY TAX CENTERS

[www.claimandsave.org](http://www.claimandsave.org)

3036 S. 1st Street  
Austin, TX 78794  
512-447-2026 or 2-1-1

**Flexible scheduling on weekdays**

- G** Greater Austin Area
- D** Free income tax preparation for families earning less than \$40,000/yr or singles earning less than \$20,000/yr
- M** Currently open year-round by appointment only
- \$** Free

### EL BUEN SAMARITANO EPISCOPAL MISSION

[www.elbuen.org](http://www.elbuen.org)

7000 Woodhue Drive  
Austin, TX 78745

**Dick Klusmann**

512-439-0700

**M & T 8:30am-8:30pm**  
**W-F 8:30am-5pm**

- G** Austin Area
- D** Range of services geared towards working-poor Hispanic families. Include Education, Outreach, Health Clinic, and Social Services.
- M** All programs and services address the needs of the whole person (physical, mental, and spiritual) Call for an appointment.
- \$** Free

### INSURE\*A\*KID

[www.insureakid.org](http://www.insureakid.org)

1213 North IH-35  
Austin, TX 78702  
512-324-2447

**M-F 8:30am-5pm**

- G** Greater Austin Area
- D** Helps uninsured Central Texas families get enrolled in non-commercial health care coverage programs, including CHIP, Medicaid, and other locally available programs for adults and children
- M** Call the helpline for a quick and easy health care eligibility screening
- \$** Varies

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**LEGAL AID OF AUSTIN**

205 W. 9th Street, Suite 200  
Austin, TX 78701  
512-374-2700

**Th 8:30am-3pm**  
**Fri 8:30am-12:30pm**

**G** Travis County

**D** Offers legal services in housing law, consumer law, domestic law and miscellaneous civil law for residents of Travis County. Also holds walk in legal clinics as well as walk-in appointments for legal advice

**M** Upon meeting income guidelines customers can receive no cost legal advice

**\$** Free

**LOOK GOOD...FEEL BETTER  
AMERICAN CANCER SOCIETY**

[www.cancer.org](http://www.cancer.org)

2433 Ridgpoint Dr. B  
Austin, TX 78754

**Patient Service Center**

877-227-1618

**Hours vary**

**G** Greater Austin Area

**D** Teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related side effects from chemotherapy and radiation treatments. A non-medical service provided by certified/trained cosmetologists that does not promote any cosmetic product line. Group classes and one-on-one services are available, depending on area.

**M** Pre-registration is required. Please leave a message stating name, telephone number, and make-up shade (light, medium, dark, or very dark). Services offered to female cancer patients undergoing treatment.

**\$** Free

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**HOUSE CALL DOCTORS TEXAS**

[www.housecalldoctorstexas.com](http://www.housecalldoctorstexas.com)

7610 Hwy 71 W., Suite F  
Austin, TX 78735  
512-288-0859

**M-F 8am-5pm**

**Message Center 7 days per week**

**G** Travis, Williamson, and parts of Hays, Caldwell, Bastrop, and Burnet counties

**D** House Call Doctors visits you at your home. Patients do not have to be home-bound to qualify for our services. We are equipped to do anything normally done in a medical office. We can either become your primary physician or contact your present doctor after each visit

**M** This service is provided in your home, appointments scheduled at your request as frequently as your medical conditions dictate. Medicare allows house call doctors visits and House Call Doctors Texas accepts Medicare assignment and most insurance plans. Many supplements and Medicaid will pay the balance.

**\$** Free

**NORTH AUSTIN MEDICAL CENTER**

[www.northaustin.com](http://www.northaustin.com)

Comprehensive Breast Center  
12221 Mopac Expressway North  
Austin, TX 78758  
512-907-6619 or 512-478-3627

**24 Hours**

**G** Austin Area

**D** Help set up people with doctors and medical help in their area.

**M** Call anytime

**\$** Free

**SETON PHYSICIAN NETWORK**

[www.setonmedicalcenter.com](http://www.setonmedicalcenter.com)

800-436-2404

**24 Hours**

**D** Help set up people with doctors and medical help in their area.

**M** Call anytime

**\$** Free

**TRAVIS COUNTY MEDICAL EXCHANGE**

[www.tcms.com/index.html](http://www.tcms.com/index.html)

4300 North Lamar, PO Box 4679  
Austin, TX 78765

**Doug Herring**

512-458-1121

**24 Hours**

**G** Greater Austin Area

**D** Help set up people with doctors and medical help in their area.

**M** Call anytime

**\$** Free

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**BREAST CANCER RESOURCE CENTER**

www.bcrc.org

2300 Round Rock Ave  
Round Rock, TX 78681  
Helpline 800-309-0089  
Round Rock 512-248-2645

**M & W 10am-12pm**

**G** Round Rock area

**BREAST CANCER RESOURCE CENTER – BRACKENRIDGE**

www.bcrc.org

601 E. 15th Street  
Austin, TX 78701  
Helpline 800-309-0089  
Brackenridge 512-324-7992

**M-F 10am-3pm**

**G** Austin area

**BREAST CANCER RESOURCE CENTER – GEORGETOWN**

www.bcrc.org

2000 Scenic Drive  
Georgetown, TX 78626  
Helpline 800-309-0089  
Georgetown 512-942-4689

**M 1pm-6pm, W & F 10am-4pm**

**G** Georgetown area

**CANCARE AUSTIN**

www.cancareaustin.org

710 Cedar Box 11  
Austin, TX 78705

**Emmett Skiles**

512-342-0233

**M-F 9am-5pm**

**G** Greater Austin Area

**D** Listening support, relevant information and referrals available for those undergoing treatment and for those now beyond treatment. Also provide programs and support groups

**M** Services available to cancer patients and their family members. Call or email for more information: info@cancareaustin.org

**\$** Free

**LIVESTRONG SURVIVORCARE**

www.livestrong.org

P.O. Box 161150  
Austin, TX 78716  
866-235-7205

**M-F 8am-4pm**

**G** Nationwide

**D** Seek to inspire and empower people with cancer through education, advocacy, public health and research programs. Offer counseling services, help with financial needs, employment insurance issues, and information about treatment options and new treatments in development.

**M** Call to speak to someone about receiving available services

**\$** Free

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

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**ST DAVID'S HEALTH RESOURCE CENTER**  
**BREAST CANCER RESOURCE CENTER**

www.bcrc.org

3000 North IH 35  
 Austin, TX 78722  
 Helpline 800-309-0089  
 St. David's 512-472-1710

**M-F 10am-3pm**

- G** Austin Area
  
  - D** Created by survivors, the BCRC is central source for information, education, and support for women, their families and support systems.
  
  - M** Some of the services offered include: assistance understanding pathology report; treatment and reconstruction options; patient navigation; helpline; family support; lending library; and support groups. Call for more information and assistance.
  
  - \$** Free
-

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**AMERICAN CANCER SOCIETY**

www.acs-tx.org

2433 Ridgpoint Dr. #B  
Austin, TX 78754

**Kenya Johnson 512-919-1877**

512-928-1144

**M-F 8am-4:30pm**

**G** South Central Texas

**D** Provides free wigs, bras and prosthesis

**M** Contact Patient Services

**\$** Free

**LADY'S BOUTIQUE  
DIVISION OF GIRLING HEALTH CARE  
SERVICES, INC.**

4900 Grover Avenue  
Austin, TX 78765

**Lorraine Adams**

512-452-5781 or 512-454-3597

**G** Austin Area

**D** Offer a wide variety of breast forms and mastectomy accessories

**M** Call for an appointment

**\$** Prices Vary (most insurance accepted)

**PETTICOAT FAIR**

www.petticoatfair.com

7739 Northcross Drive  
Austin, TX 78757

**Betty Andrews or Karen Andrews**

512-454-2900

**M-Sat 10am-6pm**

**G** Austin Area

**D** Intimate apparel boutique, serving the Austin are for over 42 years. Offer private fitting rooms and five certified mastectomy fitters. Fit post surgical products such as prosthetic bras and prosthesis.

**M** Work with all types of post breast surgery patients; offer one on one services to identify the best products for each and every client. In addition, provide assistance with insurance paperwork. Walk-ins welcome.

**\$** Prices Vary (insurance accepted)

**PROSTHETIC CAMISOLES  
SOFTEE USA**

www.softeeusa.com

P.O. Box 3847  
Salem, OR 97302  
866-605-8585

**24-hours a day online  
M-F 10am-7pm by phone**

**G** Nationwide

**D** Offer specialty prosthetic camisoles beneficial for post mastectomy, lumpectomy, biopsy, breast reconstruction, lymphedema, radiation therapy, and other skin sensitivities.

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**M** Order online or call/fill out form to request product catalog.

**PROSTHETICS AND WIG BANK  
Y-ME**

www.y-me.org

212 West Van Buren  
Chicago, IL 60607  
800-221-2141

**M-F 9am-5pm**

**G** Nationwide

**D** Y-ME has a prosthesis and wig bank for women with financial need.

**M** Depending on availability of an appropriate size, YMe will mail a wig and/or breast prosthesis anywhere in the country

**\$** Nominal-Handling fee

**REHAB DESIGNS OF AMERICA,  
INC.**

www.hanger.com

3829 Medical Pkwy  
Austin, TX 78756  
512-459-0011

**M-F 8:30am-5:30pm**

**G** Austin Area

**D** Protheses, bras, and sleeves

**M** Call to make an appointment

**\$** Prices Vary (insurance accepted)

**REACH TO RECOVERY  
SHOPPER'S GUIDE  
PUBLISHED BY THE AMERICAN CANCER  
SOCIETY**

512-928-1144 Austin Office

**D** Publication that contains a description of prosthetic devices available and where they may be obtained

**M** Contact the American Cancer Society for a free copy

**\$** Free

**TENDER LOVING CARE (TLC)  
CATALOG  
AMERICAN CANCER SOCIETY**

800-850-9445

**D** A catalogue from which patients can purchase prostheses and other products. Call the toll-free number to obtain a copy of TLC or to place an order. The catalogue contains several products, including hats, hairpieces, swimsuits, swim caps, bras, breast forms.

**M** Call toll free for a free copy

**\$** Free

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**24-HOUR HOTLINE  
Y-ME NATIONAL BREAST CANCER  
ORGANIZATION**

www.y-me.org

212 W. Van Buren, Suite 1000  
Chicago, IL 60607  
800-221-2141 (English)  
800-986-9505 (Espanol)

**24-hours a day, 7 days a week**

- G** Nationwide
- D** Staffed and answered by trained peer counselors who are breast cancer survivors. Provide support to anyone touched by or concerned about this disease. Callers can be matched with a survivor, patient and/or supporter who has has a similar experience with breast cancer.

**M** Call for assistance.

**ASSOCIATION OF ONCOLOGY  
SOCIAL WORK**

www.aosw.org

100 N. 20th St, 4th floor  
Philadelphia, PA 19103

**M-F 9am-4pm**

- G** Nationwide
- D** Oncology social workers are the primary providers of psychosocial services to people affected by cancer. To locate a professional near you, please visit our website.

**M** Visit website for more information

**CANCER AND CAREERS**

www.cancerandcareers.org

**24-hours**

- G** Nationwide
- D** A web-based resource for working women with cancer. Site offerings include a resource database, shared stories, and other advice/tips.

**M** Visit website for more information

**CANCER AND NUTRITION  
SPECIALIST**

**DIANA DYER, MS, RD**

www.dianadyersrd.com

- G** Nationwide
- D** Nutritional and general information of importance to cancer survivors provided by a three-time cancer survivor and registered dietitian

**M** Visit website for more information, question/answer section, recipes, books, and more

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

### CANCER NUTRITION NETWORK FOR TEXANS

[www.utmb.edu/nsights/](http://www.utmb.edu/nsights/)

University of Texas Medical Branch at Galveston,  
301 University Blvd.  
Galveston, TX 77555

409-747-2239

#### 24-hours

- G** Nationwide
- D** Website offers scientifically grounded, well-documented information on nutritional support. Categories include: Ask the experts, junk food blues, top 15 foods, nutrition bar information, symptom management, and more.
- M** Visit the website for more information

### HEADWEAR FOR HARD TIMES CHEMO SAVVY

[www.chemosavvy.com](http://www.chemosavvy.com)

P.O. Box 175  
Green Mountain, CO 80819  
888-599-3560

#### M-F 8am-7pm

- G** Nationwide
- D** Started by a breast cancer survivor in response to the lack of resources available during her time of need. ChemoSavvy offers headwear, wigs, hair pieces, and accessories for cancer patients.
- M** Products available through catalogue and internet sales. Call or fill out the online form to request a free catalog.

### LIFELINE AND LINK-UP IN TEXAS

[www.lifelinesupport.org](http://www.lifelinesupport.org)

888-641-8722 for consumer questions  
866-873-4727 for telephone carrier questions

#### M-F 8am-5pm

- G** Texas
- D** Discounts on monthly phone bills- a service provided to the general population. Program availability depends on customer telephone company and low income eligibility.
- M** Participating companies include, but are not limited to: AllTel, Cap Rock Cooperative, Inc, Guadalupe Valley Telephone Cooperative, Southwestern Bell, Sprint, and Verizon. Contact your local phone service provider for more info.
- \$** Eligibility depends on multiple factors (Must qualify for food stamps, Section 8, SSI, Medicaid, or income < 125 % poverty level).

### NATIONAL BREAST CANCER HELPLINE SUSAN G. KOMEN BREAST CANCER FOUNDATION

[www.komen.org](http://www.komen.org)

5005 LBJ Freeway, Suite 250  
Dallas, TX 75244

800-I'M AWARE (800-462-9273)

#### M-F 9am-5pm

- G** Nationwide
- D** Helpline answered by trained, caring volunteers who can provide answers, local resources and moral support.
- M** Anyone with breast health and breast cancer concerns, including patients and their friends and family

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

### NEEDY MEDS

[www.needymeds.com](http://www.needymeds.com)

P.O. Box 63716  
Philadelphia, PA 19147  
215-625-9609 (voicemail)

#### 24-hours

- G** Nationwide
- D** Aid in finding programs that supply medications and/or financial assistance. Online information resource that aids in finding programs that supply medications or financial assistance. The four primary information programs include: patient assistance, help with paperwork, assistance for specific diseases and conditions, and government programs.

**M** Visit the website for more information

### NUTRITION INFORMATION AMERICAN INSTITUTE FOR CANCER RESEARCH

[www.aicr.org](http://www.aicr.org)

1759 R. Street, NW  
Washington, DC 20009  
800-843-8114

#### M-F 8am-4pm

- G** Nationwide
- D** Offer practical, reliable information on healthy eating for lowering cancer risks. Free nutrition online hotline directly connects consumers to registered dieticians by email, the AICR website or phone. Dieticians specialize in cancer diets.
- M** Call and ask to be connected to the nutrition hotline or email with a question and phone number. An AICR registered dietician will return the call within 3 business days.

### ONLINE SUPPORT GROUP/BULLETIN BOARDS AVON BREAST CANCER CRUSADE

[www.avoncompany.com/women/avoncrusade](http://www.avoncompany.com/women/avoncrusade)

#### 24-hours

- G** Nationwide
- D** Web-based bulletin boards serve as support systems and provide education/awareness opportunities. Topics of discussion include breast health, research, medical advances, current events, etc.
- M** Visit website for more information.

### PATIENT ADVOCATE FOUNDATION

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

700 Thimble Shoals Blvd, Suite 200  
Newport News, VA 23606  
800-532-5274

#### M-F 7am-4:30pm

- G** Nationwide
- D** Patient Assistance with health care issues. Offer assistance to patients with specific issues facing insurers, employers, and/or creditors regarding insurance, job retention, and/or debt crisis matters relative to diagnosis of a life threatening or debilitating disease.
- M** Personalized assistance may be requested via the online request form

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**PROSTHETIC CAMISOLES  
SOFTEE USA**

www.softeeusa.com

P.O. Box 3847  
Salem, OR 97302  
866-605-8585

**24-hours a day online  
M-F 10am-7pm by phone**

- G** Nationwide
- D** Offer specialty prosthetic camisoles beneficial for post mastectomy, lumpectomy, biopsy, breast reconstruction, lymphedema, radiation therapy, and other skin sensitivities.
- M** Order online or call/fill out form to request product catalog.

**PROSTHESIS AND WIG BANK  
Y-ME NATIONAL BREAST CANCER  
ORGANIZATION**

www.y-me.org

212 W. Van Buren, Suite 1000  
Chicago, IL 60607  
800-221-2141

**24 hours a day, 7 days a week**

- G** Nationwide
- D** A prosthesis and wig bank for women with financial need. Depending on availability of an appropriate size, Y-Me will mail a wig and/or breast prosthesis anywhere in the country, for a nominal-handling fee.
- M** Call hotline to speak to a peer counselor who then forwards the patients information to the organization prosthesis and wig bank.

**SOCIAL SECURITY  
ADMINISTRATION**

800-772-1213

- G** Nationwide
- D** Social Security Disability income for disabled persons who have worked and paid into Social Security for five of the last 10 years. Supplemental Security income for the aged and disabled who are financially eligible.
- M** Call for assistance

**SUPPORT SERVICES  
CANCER CARE**

www.cancercares.org

275 Seventh Ave, Floor 22  
New York, NY 10001  
800-813-HOPE (800-813-4673)  
**M-Th 8am-6pm, F 8am-4pm**

- G** Nationwide
- D** Free, professional support services for anyone affected by cancer. Services include: CancerCare Connect (expert-led educational programs on a variety of topics), CancerCare Counseling (professional counseling and support group facilitation), CancerCare Inform (resources and strategies for finding help), and CancerCare Assist (financial assistance for those who need it most).
- M** Visit the website, call, or email for more info.

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

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**SURVIVOR'S HELPLINE  
LIVING BEYOND BREAST CANCER'S**

[www.lbbc.org](http://www.lbbc.org)

10 East Athens Avenue, Suite 204  
Ardmore, PA 19003  
888-753-LBBC (5222)

**Tues 10am-2pm**

**Messages should be left and will be  
returned within 24 hours**

- G** Nationwide
  - D** Hotline for anyone who wants to talk with a woman who has experienced breast cancer.
  - M** Call to be connected with women in similar circumstances
-

## TRANSPORTATION

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

### ANGEL FLIGHT SOUTH CENTRAL

[www.angelflightssouthcentral.org](http://www.angelflightssouthcentral.org)

4310 Amelia Earhart Dr.  
Addison, TX 75001

**Cindy Palmer**

972-458-0700

**M-F 9am-5pm**

**G** Seven-state region (Oklahoma, Texas, Arkansas, Louisiana, New Mexico, parts of Tennessee, and western Mississippi.

**D** Provide flights for scheduled medical treatment not available locally, such as chemotherapy or specialized surgery, up to 1,000 miles from the starting city.

**M** Call during office hours to further discuss needs after reviewing posted guidelines. Paperwork needs to be filled out by a qualified third party (doctor, pastor, social worker, etc) and must be received five working days before the mission for flights within the region, 7 days for those outside of the region. Patients must be ambulatory and able to get in and out of plane with limited assistance. Patients must also be able to sit up during the duration of the flight.

**\$** Free

### CAPITAL AREA RURAL TRANSPORTATION SYSTEM (CARTS)

[www.ridecarts.com](http://www.ridecarts.com)

2010 E. 6th St  
Austin, TX 78702  
512-478-7433

**M-F 7am-7pm**

**G** Travis County. Also available on varying weekdays for rural Travis, Bastrop, Blanco, Burnet, Caldwell, Fayette, Hayes, Lee, and Williamson Counties

**D** Ground transportation for cancer patients and/or family members

**M** No eligibility requirements, public transportation available according to county schedule

**\$** Based on mileage

### CAREGIVERS - FAR NORTHWEST

[www.farnorthwestcaregivers.org](http://www.farnorthwestcaregivers.org)

10633 Lake Creek Pkwy  
Austin TX 78750

512-250-5021

**M-F 9am-1pm**

**G** Northwest Austin, Cedar Park, Leander

**D** Provide volunteers transportation to medical visits, errands, and shopping for individuals 60 years of age and older who live independently. Patients must be ambulatory.

**M** Clients must call to register or do so online. Following registration there will be an in-home interview. Clients are asked to reserve transportation services a week in advance.

**\$** Free

### CAREGIVERS - GEORGETOWN

1001 Main Street  
Georgetown, TX 78626  
512-868-9544

**M-F 9am-1pm**

**G** Georgetown City Limits

**D** Provide volunteers transportation to medical visits, errands, and shopping for individuals 60 years of age and older who live independently. Patients must be ambulatory.

## TRANSPORTATION

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**M** Clients must call to register or do so online. Following registration there will be an in-home interview. Clients are asked to reserve transportation services a week in advance.

**\$** Free

### CAREGIVERS - NORTH CENTRAL

6800 Woodrow Ave,  
Austin, Texas 78757  
512-453-2273

**M-F 9am-1pm**

**G** Service area encompasses 45th Street to FM 1325 and Interstate 35 to Burnet Road.

**D** Provide volunteer transportation to medical visits, errands, and shopping for individuals 60 years of age and older who live independently

**M** Clients call to register or do so online. Following registration there will be an in-home interview. Clients are asked to reserve transportation services a week in advance.

**\$** Free

### CAREGIVERS - NORTHEAST AUSTIN

6100 Berkman Drive  
Austin, TX 78723  
512-459-1122

**M-F 9am-1pm**

**G** Area bounded by Webberville Road to the south, Interstate 35 to the west, Yager Lane to the north and Decker Lane to the east.

**D** Provide volunteer transportation to medical visits, errands, and shopping for individuals 60 years of age and older who live independently.

**M** Potential clients should call to register. Following registration there will be an in-home interview. Clients are asked to reserve transportation services a week in advance.

**\$** Free

### CAREGIVERS - PFLUGERVILLE

[www.main.org/pfcaregivers](http://www.main.org/pfcaregivers)

P.O. Box 1294  
Pflugerville, TX 78691  
512-538-1152

**M-F 9am-1pm**

**G** Area bounded by Louis Henna to North, Yager Lane to the South, Cameron Road to the East, and IH-35 to the West

**D** Provide personalized transportation to medical appointments, shopping, and other destinations. Volunteers will run occasional errands and do minor household repairs. Also loan wheelchairs, walkers, and other medical equipment.

**M** Clients must be 60 or older, ambulatory, and unable to provide their own transportation or assistance. Must first call to register and set up an in-home interview.

**\$** Free

### CAREGIVERS - ROUND ROCK

[www.roundrockcaregivers.org](http://www.roundrockcaregivers.org)

2498 E. Palm Valley Blvd,  
Round Rock, TX 78664  
512-310-1060

**M-F 9am-12pm**

**G** Area bounded on the north by RM 1431 (Chandler Road), on the south by FM 1325, on the east by County Road 122 and on the west by Parmer Lane.

## TRANSPORTATION

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**D** Volunteers provide transportation for medical appointments, shopping, and personal business. Can also pick up and deliver prescriptions and other emergency items.

**M** Potential clients must call to set-up an in-home interview. Clients are asked to reserve transportation services a week in advance.

**\$** Free

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### CAREGIVERS - SOUTH AUSTIN

205 E. Monroe  
Austin, TX 78704  
512-445-5552

**M-F 9am-1pm**

**G** Area bounded by the Colorado River on the north, Boggy Creek on the south, Pleasant Valley Road and Nuckols Crossing Road on the east and MoPac Boulevard (Loop 1) and Brodie Lane on the west. Also provides services in Oak Hill and Manchaca.

**D** Provide volunteer transportation to medical visits, errands, and shopping for individuals 60 years of age and older who live independently

**M** Potential clients should call to register. Following registration there will be an in-home interview. Clients are asked to reserve transportation services a week in advance.

**\$** Free

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### CAREGIVERS - WEST AUSTIN

[www.main.org/wacaregivers/](http://www.main.org/wacaregivers/)

2601 Exposition Blvd,  
Austin, TX 78703  
512-472-6339

**M-F 9am-1pm**

**G** Area bounded on the north by U.S. 183, on the south by Town Lake, on the west by Lake Austin and Capital of Texas Highway (Loop 360), and on the east by Interstate 35 to 45th Street and Burnet Road to U.S. 183.

**D** Provide personalized transportation to medical appointments, shopping, and other destinations. Volunteers will run occasional errands and do minor household repairs.

**M** Clients should be 60 years of age or older and live independently. Interested clients should call to schedule an in-home assessment.

**\$** Free

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### MEDI WHEELS PROGRAM MEALS ON WHEELS AND MORE

[www.mealsonwheelsandmore.org/index.html](http://www.mealsonwheelsandmore.org/index.html)

3227 E. 5th Street  
Austin, TX 78702  
512-467-6325

**M-F 8am-5pm**

**G** Austin Area

**D** Provides meal-recipients with transportation to and from doctor appointments.

**M** Please call one week in advance of appointment, ride requests will not be taken when made less than three working days before the appointment. Applicants receive an initial home visit by a social worker before enrollment in the program. Requests are limited to one ride per week. Client must not require a wheelchair.

**\$** Free

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## TRANSPORTATION

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

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### **MEDICAL TRANSPORTATION PROGRAM** **TEXAS DEPARTMENT OF TRANSPORTATION**

[www.dot.state.tx.us](http://www.dot.state.tx.us)

125 E. 11th Street  
Austin, TX 78701  
877-MED-TRIP (877-633-8747)

**M-F 8am-5pm**

**G** Texas

**D** TX DOT will provide medical transportation services, including medical appointments, dialysis appointments, and pharmacy trips. Transportation from the emergency center is available if necessary. Airline and bus trip tickets may also be provided in certain cases.

**M** Must call to schedule transportation 48 hours prior to appointment. Must provide doctors name, address and phone number along with personal information.

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### **ROAD TO RECOVERY** **AMERICAN CANCER SOCIETY**

[www.cancer.org](http://www.cancer.org)

2433 Ridgpoint Dr. B  
Austin, TX 78754

**Patient Service Center**

877- 227-1618

**M-F 8am-4:30pm**

**G** Volunteers are available throughout the Austin Area

**D** Road to Recovery- Program that assists ambulatory cancer patients with ground transportation to and from cancer treatment.

**M** Rides are provided by volunteer drivers who donate their time and the use of their personal

vehicles. 3 business days notice required for transportation requests. Clients must be ambulatory or able to walk to the car or facility without assistance. Must be a cancer patient.

**\$** Free

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### **SPECIAL TRANSIT SERVICE (STS)** **CAPITAL METRO**

[www.capmetro.austin.tx.us](http://www.capmetro.austin.tx.us)

2910 E. 5th Street  
Austin, TX 78702  
512-389-7480

**M-F 5am-12am, Sat 6am-12am,  
Sun 7am-10pm**

**G** Any location within the Capital Metro service area

**D** Ground transportation for cancer patients and/or family members. Services are available for passengers with disabilities who cannot use the accessible fixed route buses due to barriers.

**M** Fill out application, doctor's certification of disability needed. Applications are available by calling the STS Administrative office at 512-389-7480 or can be found online. Can use to go anywhere within service area. Must make advance reservations.

**\$** Door to door service for \$.60 per trip

**G**=Geographic Areas Served    **D**=Service Description    **M**=Method of Service Provision    **\$**=Cost

**TEAM CARE SUPPORT  
THE CARE COMMUNITIES (FORMERLY  
INTERFAITH CARE ALLIANCE)**

[www.thecarecommunities.org](http://www.thecarecommunities.org)

7215 Cameron Road

Austin, TX 78752

Mailing Address:

P.O. Box 16529

Austin, TX 78761

512-459-5883

**Care Teams are available all hours,  
depending upon individual schedules.**

**Office hours M-F 8:30-5:30**

**G** Austin Area

**D** Our volunteer Care Teams provide practical and emotional (non-medical) support to people suffering from a serious illness such as AIDS and cancer. We recruit, train and supervise volunteer Care Teams of 4-8 people who provide practical help: house/yard work, activities for children, cooking meals, running errands, spending time with clients, and transportation to medical appointments, support groups, or the pharmacy.

**M** Care Teams provide services in the homes of their Care Partners (as we call clients) or wherever the Care Partners are residing.

**\$** Free





Special Thanks to:

