

Dealing With Cancer Uncertainties

Resource Guide

SPRING 2024

Community Event Series



VOLUNTEER WEEK

April 21-28

Thank you Mentor Angels,
Ambassadors and Volunteers.
We greatly appreciate your
service!

[GET INVOLVED](#)

A Conversation About Cancer Uncertainties

Join our live panel Tuesday, May 21 at 6pm CT to discuss the uncertainties that come along when being diagnosed with cancer, awaiting a cancer diagnosis or taking care of a loved one. This FREE event will also provide some tips, including mindfulness, journaling and yoga, to help control cancer anxiety for fighters as well as caregivers.

 **TUES
MAY 21**  **6:00 PM
CT**

[REGISTER](#)

Dealing With Cancer Uncertainties

Resources

DESCRIPTION

LINK

Coping With Uncertainty

[Read](#)

Imerman Angels - A Journal For Your Journey

[Download](#)

How Cancer Affects Family Life

[Read](#)

Managing The Fear Of Side Effects Caused By Cancer Treatment

[Read](#)

Scanxiety Is Normal - Podcast

[Listen](#)

Using Mindfulness When Things Feel Beyond Your Control

[Watch](#)

Navigating Disruption In Work, School & Home Life

[Watch](#)

Scanxiety Blog Series

[Read](#)

I'm Always Worried My Cancer Will Come Back

[Listen](#)

Mental Health In Survivorship - Podcast

[Listen](#)

Mindfulness Matters

[Listen](#)

Changing Perspective On Numbers And Words

[Watch](#)

Managing Disruptions And Anxiety

[Watch](#)

How To Manage Breast Cancer Fears After Being Diagnosed

[Watch](#)

I Worry About My Cancer All The Time. How Can I Manage My Anxiety?

[Watch](#)

Living With Advanced Cancer: Handling Uncertainty

[Watch](#)

Managing The Uncertainty Of Cancer Diagnosis

[Watch](#)

Dealing With Cancer Uncertainties Events

DESCRIPTION

A Conversation About Cancer Uncertainties

Fear Of Recurrence

Breathe Now Wellness Retreats - AYA

DATE/TIME

May 21st / 6 pm CT

June 18th / 6 pm CT

TBD

LINK

[Register](#)

[Register](#)

[Learn more](#)

scan·xiety

(noun)\skan-zi-eteē\

: the anxiety associated
with cancer-detecting
scans

“

I learned that control is an illusion, there is so much out of our control, people you thought you'd have as support will fall off your radar. But there are also those friendly strangers that step up for you when you need them most. As a Mentor, I feel like I'm providing information to help guide them and validate their feeling of lack of control, because it's normal to feel that way.”

- Diane A., Caregiver Mentor Angel

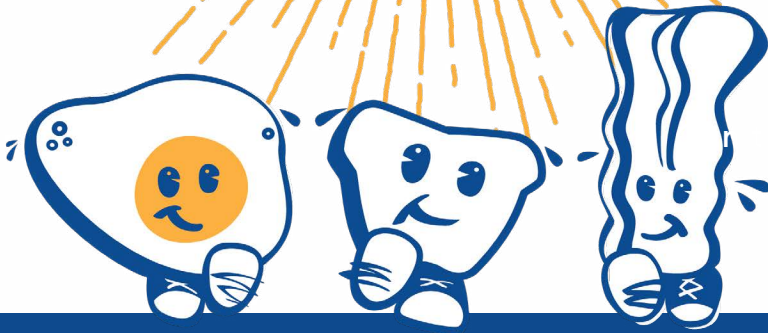


10TH ANNIVERSARY

IMERMAN ANGELS

Brunch

RUN -5K- & WALK



JUNE 15, 2024
CHICAGO LAKEFRONT

Enjoy a special morning of fun and community on Chicago's beautiful lakefront, plus receive a congratulatory brunch, complete with mimosa, at the finish line. You'll be making a difference in the lives of those impacted by cancer: we run, we walk and we brunch so no one faces cancer alone.

[REGISTER](#)



Looking for a cool way to promote Imerman Angels' mission and vision? Or want to make sure your Brunch Run team looks uniform on Race Day? Purchase a commemorative t-shirt and help raise awareness!

T-shirts are just \$40 (includes shipping) and will ship directly to your house every Friday from now through May 31, 2024.

[Learn More & Purchase](#)

Can't make it to Chicago, but would like to support this important event? You can donate directly to Brunch Run below and help us spread the word by sharing with your network.

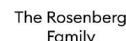
[Make a Donation](#)

THANK YOU TO OUR SPONSORS

KIRKLAND & ELLIS

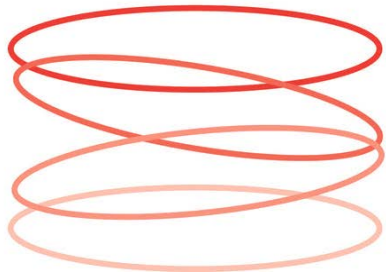


Robert Polak



Partner Feature

TWIST[®]
OUT
CANCER



Twist Out Cancer's signature program, Brushes with Cancer, improves the quality of life for survivors, previvors, caregivers and loved ones through a unique art experience. Twistshops are wellness and art therapy-focused workshops. Programs are hosted in person and virtually throughout the year. Participants engage in healing, relaxation and recovery through creative-based intervention.

[LEARN MORE](#)



“

I heard the superstition that you have to stay positive for your best chance of survival, but I was suppressing all the fear, anxiety and anger until I met my Mentor Angel. She helped me unravel it all slowly but surely, as she too was once in my position.”

– Rachel M., Breast Cancer Support Seeker

Additional Resources

AYA RESOURCES

[The Scoop: Navigating Careers And Cancer - AYA Focused](#)

[The Scoop: Finances And Cancer - AYA Focused](#)

[The Scoop: Navigating College And Cancer](#)

[Fertility After Cancer](#)

[Parenthood Options for Infertile Survivors](#)

[Young Adult Survivor/ Caregiver Retreats](#)

[Young Adult Resources Leukemia or Lymphoma](#)

[Family Building Resources](#)

BILINGUAL RESOURCES

[Recursos En Español](#)

[El Sueño Después De Un Diagnóstico De Cáncer De Mama](#)

[Prostate Care En Espanol](#)

[Prostate Care En French](#)

[Prostate Care In Shalom](#)

[Thyroid Cancer En Espanol](#)

[Lidiar Con Los Efectos Secundarios En El Trabajo](#)

[En Vivo: Amar Su Hígado](#)

[Cómo Tomarse Tiempo Libre Con Goce De Sueldo](#)

[Decisiones Sobre La Divulgación](#)

[Kidney Cancer - Translated](#)

CAREGIVER RESOURCES

[Caregiver Virtual Trainings](#)

[Hospice & Community Care Caregiver Training](#)

[Supporting Caregivers Work - Laws That Protect](#)

[Courageous Parents Network - Caring For A Child](#)

[Things Caregivers Need To Know When Their Loved One Dies](#)

[Cancer Caregivers Need Care Themselves](#)

[Love Your Caregiving Life Podcast](#)

CANCER SPECIFIC INFO

[Fighter To Thrive With Breast Cancer](#)

[The Psychosocial Impact of Bladder Removal](#)

[Newly Diagnosed with Metastatic Breast Cancer - Next Steps](#)

[Dealing With Recurrence With Ovarian Cancer](#)

[Know What Your Doctors Know about Basal Cell Skin Cancer](#)

[Non-Operative Strategy For Locally Advanced Rectal Cancer](#)

[Kidney Cancer Association's Rights To Work](#)

[Recently Diagnosed With Kidney Cancer - Next Steps](#)

[I Felt Like Breast Cancer Put My Life on Hold](#)

Additional Resources

GENETICS

[Understanding Genetic Mutations & Biomarkers In Ovarian Cancer](#)

[Genetic Testing And Previvors](#)

[What If I Test Positive For Genetic Mutations - Should I Tell My Family?](#)

[Decoding Genetic Tests For Parents-To-Be](#)

RESEARCH & CLINICAL TRIALS

[A Healthy Diet & Exercise May Prevent Colorectal Cancer Recurrence Study](#)

[Why Prostate Cancer Patients Should Consider Participating in a Clinical Trial](#)

[Self-Perception And Intimacy After The Cancer Experience](#)

[Open Clinical Trials for those positive for the BRCA GENE](#)

[Research Opportunity For Ovarian Cancer Patients](#)

[Understanding Clinical Trials In Ovarian Cancer](#)

[Paid Research Study For Those Diagnosed With Lynch Syndrome](#)

[Colorectal Cancer Recurrence Study](#)

IMERMAN  ANGELS

RESOURCES



Imerman Angels Grief Toolkit

A guide to coping and supporting the grief process.

[DOWNLOAD](#)

List of helpful cancer related resources.

[Resource Page](#)

[Request Brochures](#)

[Shop Imerman Angels](#)

Become a Mentor Angel

Have you sought support with Imerman Angels? Are you willing to give back? Join our worldwide cancer support community as a Mentor Angel and provide personalized, one-on-one support for cancer fighters, survivors, previvors and caregivers.

[LEARN MORE](#)



Looking for other ways to get involved?

Being a part of Imerman Angels' volunteer community makes you a special type of supporter that believes in the same future we do – to see a world where no one faces cancer alone! [Learn more](#)



Share your journey

Everyone has a story to tell. It only takes one story to inspire and provide hope to others. Whether it is a story of survivorship, your experience as a caregiver, or of remembrance, others like you will find comfort in knowing they are not alone.

[SHARE YOUR STORY](#)

Connect with us

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