

Community Resources



Wellness of our bodies, minds, emotions, and spirits are an important part of the cancer journey. No matter what the stage or the prognosis, a cancer diagnosis completely changes your life. We are dedicated to making the process go as smoothly as possible for you.

Our goal is to improve quality of life by providing high-quality evidence based therapy services throughout the continuum of care.

Listed below are services to help support you and your caregivers. Check out the support organizations under Resources on our website at www.NebraskaCancer.com for more information.

NEBRASKA CANCER SPECIALISTS INTEGRATIVE MEDICINE TEAM 402-691-6977

Midwest Cancer Center – Legacy

17201 Wright Street Suite 202 Omaha, NE 68130

NCS Mental Health:

Jayne Gundrum LMHP (Telehealth available)

NCS Nutrition Services:

Karly Schneider, RD (Telehealth available)

NCS Occupational Therapy:

Courtney Hundroft, OTD, OTR/L, CLT

NCS Palliative and Supportive Care:

Kathleen McKillip, MD

Jessica Johnson, APRN

Jami Kezeor, APRN

Ann Burch, RN BSN OCN

(Telehealth available)

GENERAL AND NATIONAL RESOURCES

American Cancer Society

The American Cancer Society offers all kinds of support for patients, families, and caregivers including lodging and transportation assistance, disease information, caregiver and patient support, resources, and survivorship programs.

1-800-227-2345

www.cancer.org

The Leukemia and Lymphoma Society

“As the leading source of free blood cancer information, education and support for patients, survivors, families and healthcare professionals, LLS helps patients navigate their cancer treatment and ensures they have access to quality, affordable and coordinated care.”

1-800-347-1074 or 402-344-2242

www.LLS.org

Get Palliative Care

“Palliative Care is specialized medical care focused on relieving the symptoms and stress of a serious illness. It is appropriate at any age and at any stage, and you can have it along with curative treatment. The goal is to improve your quality of life.” Website offers program finder, blog, stories, webinars, videos, resources for patients, families, and care teams.

<https://getpalliativecare.org/>

NUTRITION AND DIETICIAN SERVICES

Methodist Estabrook Cancer Center

402-354-4282

CHI Health CUMC Bergan / Midwest Cancer Center

402-717-4776

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Suite 200
Omaha, NE 68130
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Fax (402) 330-7463

Community Resources



PHYSICAL, OCCUPATIONAL, SPEECH, AND LYMPHEDEMA THERAPY

CHI Health CUMC Bergan Mercy: 402-398-5750

CHI Health Lakeside: 402-758-5050

CHI Health Midlands: 402-593-3864

Methodist Hospital: 402-354-4670

SOCIAL WORK AND ONCOLOGY CARE

Social workers can provide information and referrals for the many of the social/emotional, financial, and practical aspects of navigating a cancer diagnosis. They can perform assessments of distress and care needs. Thinking about advanced directives and living wills; disability or workplace issues; caregiver needs; medical equipment; health insurance; financial stress; meal assistance; religious or spiritual concerns; substance use; or transportation needs? Wondering who can support you emotionally during this time? Ask your NCS team about a referral to one of the following social work teams:

Social Work at Methodist Estabrook Cancer Center:
402-354-4213

Social Work at Henry Lynch and Midwest Cancer Centers: 402-717-2273

Social Work at Fremont Health: 402-727-3454

HAIR, SKIN, AND APPEARANCE RESOURCES

Look Good Feel Better

Beauty guides and virtual workshops for men, women, and teens – “dedicated to improving the appearance, confidence, and self-esteem of individuals undergoing cancer treatment”

<https://lookgoodfeelbetter.org>

CHI Health CUMC Bergan – Renewed Hope Boutique
7710 Mercy Road Medical Building One Suite 120,
Omaha NE 68124 • 402-398-6464
<https://www.chihealth.com/en/services/cancer-care/cancer-support-services/renewed-hope-boutique.html>

Methodist Estabrook Cancer Center – Inner Beauty Salon

8303 Dodge Street Suite 109 Omaha NE 68114
402-354-7813

<https://bestcare.org/locations/methodist-inner-beauty-salon>

MENTAL HEALTH RESOURCES

Methodist Estabrook Cancer Center

8300 West Dodge St Omaha, NE 68114 • 402-354-8350

- Susan Bauer, LMHP
- Dr. Jane Theobald

Methodist Fremont Health Behavioral Medicine – Outpatient Clinic

2560 North Healthy Way Fremont, NE 68025
402-941-7245

Gold Circle Counseling LLC

13911 Gold Circle, Suite 210 Omaha NE 68144
402-333-6950

<https://www.goldcirclecounseling.com>

- Kevin Keeley, LCSW, LIMHP
- Jane Karges, Psy. D., P.C.

Wings of Hope Cancer Support Center

427 East Kaneshville Blvd, Suite 202 Council Bluffs, IA
51503 • 712-325-8970

<https://wingsofhope.org/>

Grand Island Mental Health & Medical Clinic, LLC

2815 S Locust St Grand Island, NE 68801
1-308-398-0350 Phone
1-308-225-6464 Text
1-308-398-0351 Fax

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

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The Lanning Center for Behavioral Services

835 S. Burlington Ave. Ste. 108, Hastings, NE 68901 (402) 463-7711

<https://www.marylanning.org/medical-clinics/behavioral-services/lanning-center/>

ACUPUNCTURE AND MASSAGE SERVICES

Omaha Integrative Care

2126 N. 117th Avenue Omaha, NE 68164
402-934-1617

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

Thirteen Moons

1000 N 72nd St Omaha, NE 68114
Call or Text: (402) 827-1355

frontdesk@thirteenmoonsacupuncture.com

<https://www.thirteenmoonsacupuncture.com>

Assisted Healing Massage

14450 Eagle Run Drive Omaha NE
402-740-9731

<https://assistedhealing.abmp.com>

FACES Spa

2605 South 84th Street (84th & Center) Omaha, NE 68124
402-384-8400

spa@facesspa.com

<https://facesspa.com>

Hand and Stone Massage

10341 Pacific Street Suite 13, Omaha, NE 68114
(402) 951-9335

<https://www.handandstoneomaha-onepacificpl.com>

14505 West Maple Road Suite 100, Omaha, NE 68116
(402) 982-4440

<https://handandstone.com/locations/ne-omaha-maple>

COMMUNITY SUPPORT GROUPS

A Time to Heal

Survivorship and support programming, brain fog classes, resources for patients and families.

8707 West Center Road, Suite # 101 Omaha, NE 68124
(402) 401-6083

<https://atth.org>

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CHI Health / Henry Lynch Cancer Center:

<https://www.chihealth.com/cancer-center>

- **CUMC Bergan Mercy:** 402-398-6267
- **Immanuel:** 402-572-2072 or 402-572-2933
- **Mercy Council Bluffs:** 712-388-2750
- **Midlands Living with Cancer Lunch and Learn:** 402-717-2273
- **Lakeside / Midwest Cancer Center:** 402-717-4718
- **Living with Cancer Lunch and Learn:** group for patients and families. Various sites 402-572-2072
- **Breast Cancer Support Group – CUMC Bergan:** 402-572-2072
- **US TOO Prostate Cancer Support Group – CUMC Bergan:** 402-398-6267
- **Brain Tumor Support Group – Immanuel:** 402-572-2933

Methodist Etabrook Cancer Center – Omaha, NE

- **Harper's Hope Cancer Survivorship Program**
<https://bestcare.org/harpers-hope>
- **Breast Cancer Support group**
- **Prostate Cancer Support group:** 402-354-8350
- **Lung Cancer Support Group:** 402-354-5893
- **Support for People with Oral, Head, and Neck Cancer (SPOHNC):** 402-354-5893
- **Young Adult Cancer Survivors:** approx. 19-40 years old. 402-354-5893

Wings of Hope Cancer Support Center

Council Bluffs, IA - 712-325-8970

www.wingsofhope.org

- **Hope for Tomorrow** – a support group for patients and families.
- **Women's Cancer Survivor Movement Support Group**
- **Young Women's Breast Cancer Support**



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Sisters and Survivors (Fremont, NE)

Support group for women impacted by cancer.

402-727-3580

Fremont Area LLS Support Group

For patients, families, caregivers impacted by leukemia, lymphoma, myeloma, or myelodysplastic syndrome.

Carmen Heller, cheller@fremonthhealth.com

Omaha Community Colorectal Cancer Support Group

Meets at 9850 Nicholas St. This is a combined effort of American Cancer Society, CHIH Health, Methodist Estabrook Cancer Center, and Nebraska Medicine.

402-393-5801

Omaha Community Sarcoma / GIST Support Group

Sponsored by CHI Health and Methodist Estabrook Cancer Center.

402-398-6267

My Sister's Keeper

Breast cancer support group for Black and African American women.

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

Email mskneb402@gmail.com or (402) 513-8471

Strong Ovarian Cancer Survivors

Ovarian cancer support group.

socsurvivors@gmail.com

Young Survival Coalition

Support and networking for young breast cancer survivors up to age 40.

<https://youngsurvival.org>

United Ostomy Association of America

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

Memories for Kids

Created to help create lifelong memories for children who have a parent with stage IV cancer

<https://memoriesforkids.org/>

Grief's Journey

Online resources and support groups for families coping with a serious illness

<https://thecollectiveforhope.org/>

English - 402.502.2773

info@thecollectiveforhope.org

En Español - 402.507.0190

enespanol@thecollectiveforhope.org

Project Pink'd

"From the moment of diagnosis through end of life, Project Pink'd, Inc. provides tools, resources and a strong network to strengthen and renew the mind, body and spirit of breast cancer survivors in Nebraska and Western Iowa"

<https://projectpinkd.org/>

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