

# Caregiver Resources

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## Local Cancer Wellness Centers

These cancer wellness centers offer many free support services for patients and their families.

### The Gathering Place

The Gathering Place is in Beachwood and Westlake.  
To learn more, call **216-595-9546** or visit [touchedbycancer.org](http://touchedbycancer.org)

### Aunt Susie's Cancer Wellness Center

Aunt Susie's is in Canton. To learn more, call **330-400-1215** or visit [auntsusies.org](http://auntsusies.org)

### Stewart's Caring Place

Stewart's Caring Place is in the Fairlawn/Akron area.  
To learn more, call **330-836-1772** or visit [stewartscaringplace.org](http://stewartscaringplace.org)

### Yellow Brick Place

Yellow Brick Place is in Youngstown and serves Mahoning, Trumbull and Columbiana counties. To learn more, call **234-228-9550** or visit [yellowbrickplace.org](http://yellowbrickplace.org)

## Websites

**Caring Bridge** – [caringbridge.org](http://caringbridge.org) A free online tool for sharing health updates with family and friends.

**Family Caregiver Alliance** – [caregiver.org](http://caregiver.org) Offers a wide range of information about caregiving. Video and audio files are offered in many languages.

**Cancer Support Community** – [cancersupportcommunity.org/caregivers](http://cancersupportcommunity.org/caregivers)  
Offers videos and webinars on caregiving. There are also sections about talking with children, rights at work, and facing advanced cancer.

**National Cancer Institute** - [cancer.gov](http://cancer.gov). In the search box, type Caregivers, then choose from the topics list. They also offer caregiver booklets that you can read online.

**CancerCare** – [cancercares.org](http://cancercares.org) or call 1-800-813-4673  
Offers several online caregiver support groups plus booklets, fact sheets and podcasts.

## Books

### **Better Together: Navigating the Cancer Experience**

Jessica Walker

### **How to Help Children Through a Parent's Serious Illness**

Kathleen McCue

### **The Conscious Caregiver: A Mindful Approach to Caring For Your Loved One Without Losing Yourself**

Linda Abbit

### **Things I Wish I'd Known: Cancer Caregivers Speak Out**

Deborah Cornwall



## Patient and Family Education Resources

To view our online patient and family education resources, visit [uhhospitals.org/seidmaneducation](https://uhhospitals.org/seidmaneducation) or scan the QR code.

To request education items mailed to you, call our Cancer Information Service line at 216-844-5432.



## Things to Remember

- It is important to take care of yourself so you will be able to take care of others.
- Reach out for help when you need a break or have a question.
- Continue to engage in your regular activities and the things you enjoy.
- It is okay to feel happy, sad, and angry and express these and other feelings. Ask for help if you need it.
- It is okay to say no to the person(s) you are taking care of.
- Be proud of your care giving efforts. No one is perfect.

This list is not meant to take the place of medical advice or professional counseling. If you have questions or concerns, please talk to your doctor, nurse, or social worker.