



SabesWings Support Resources

During this difficult time, we wanted to share with you some resources that we have used for things like stress and anxiety, work, and financial support.

CANCER SUPPORT

CANCER SUPPORT COMMUNITY

SAN LUIS OBISPO COUNTY

888-793-9355

Monday-Friday: 9:00 a.m.-8:00 p.m. ET

Saturday: 9:00 a.m.-5:00 p.m. ET

SAN FRANCISCO / BAY AREA

925.933.0107

The Cancer Support Community is here to help you by offering free navigation for cancer patients or their loved ones by phone and online.

The Cancer Support Helpline is staffed by community navigators, resource specialists, and a Helpline navigator who have over 170 years of combined experience helping people affected by cancer. The Helpline provides guidance, resources, and support to cancer patients or their loved ones with a variety of needs—from getting information about cancer, identifying a local support group, or just finding someone who is willing to listen.

HEARST CANCER RESOURCE CENTER

The Hearst Cancer Resource Center is a one-of-a-kind resource in San Luis Obispo County for those living with cancer and their families. The goal of the center is to help persons with cancer learn about the disease, recognize opportunities for improved health, build a personal support system, and gain a sense of extended family. We are dedicated to serving cancer patients and their families: ranging from those newly diagnosed with cancer, in treatment, in recovery, and beyond. No one wants to hear the word cancer, but if you do, the expert doctors and cancer specialists at French Hospital Medical Center offer comprehensive care dedicated to your health and healing.

(805) 542-6234

[Hearst Cancer Resource Center](#)

EMOTIONAL SUPPORT

Mama Bears Fighting Childhood Cancer

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

Cancer Connections SLO - Elaine. Grassroot Organization

Cancer Connections of San Luis Obispo is a one-on-one, positive self-help network for those diagnosed with cancer. Our network consists of volunteers who themselves have been diagnosed with cancer and are surviving. These volunteers are not doctors nor trained therapists but local individuals who offer non-medical information, reassurance, and emotional support with complete confidentiality to others dealing with a recent diagnosis. A cancer diagnosis is often accompanied by feelings of fear, confusion, isolation, as well as many, many questions.

805-235-2997

[CancerConnectionsSLO](#)

TALKING TO YOUR MEDICAL TEAM

Free professional case management for anyone affected by cancer

[CancerCare.org](https://www.cancer.org)

800-813-HOPE (4673) or email info@cancer.org

FINANCIAL RESOURCES

Free and Low-Cost Home Care Resources in California

[Caring.com](https://www.caring.com)

1-866-376-7066

Low-income Energy Assistance Program

[PGE Resource](#)

[Denied Coverage?](#)

[Unemployment Help \(Federal\)](#)

CANCER AND WORK

[Cancer & Careers](#)