



Our Funding

We are a locally-based non-profit organization serving individuals in and around Tompkins County.

We depend on the support of our community through individual and corporate donations and through events such as our Walkathon & 5K Run (held every October).

Statement of Inclusion

The Cancer Resource Center seeks to serve all people living with and affected by cancer. Our goal is to create an inclusive, welcoming community in which the perspectives and needs of all those we serve are heard and respected.

We welcome fundraising events held by groups, organizations, and businesses on our behalf. Please call our office for suggestions and guidance.

We are proud that all the donations to the Cancer Resource Center remain here in our community.



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Phone: 607.277.0960
info@crcfl.net
www.crcfl.net



We won't tell you what to do because every situation is different. Instead, we promise to listen, answer your questions, and guide you to helpful resources.

No one should face cancer alone



Information and Support

People come to the Cancer Resource Center of the Finger Lakes for many reasons:

- When they are first diagnosed
- Because they are concerned about a loved one or friend with cancer
- When they finish treatment and are wondering, "Now what?"

We recognize that every person and every cancer is different.

We begin by listening. Our warm and caring staff will answer questions, suggest resources, and share what we've learned from

others who have come through our door. We can meet you at our office, at Cayuga Medical Center, or even visit you at home.



We know that you're coming to us at a stressful time in your life.

Groups

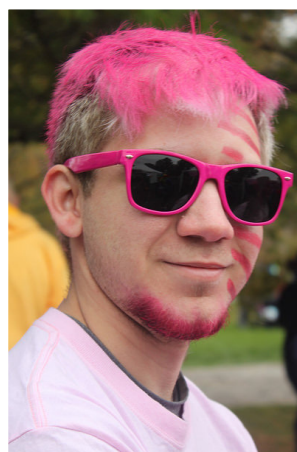
Our groups focus on building community. No one should face cancer alone.

Groups include:

- Friday noon group for women
- Young adult group
- Pat's Group: Living with cancer as a chronic disease
- Men's Breakfast Club
- Colorectal group
- Caregiver group
- Living Well with Cancer Workshops (monthly educational programs)
- Prostate cancer group

Newcomers are always welcome.

New groups are sometimes formed. Please call our office at 607-277-0960 to get the most up-to-date group information.



Wellness Activities

We routinely offer classes and programs for people affected by cancer, including one-day retreats and ongoing classes in yoga and water exercise.

Going through cancer is a process. Know that we are here for you today, next month, and next year.

Subscribing to our monthly E-news is the best way to stay up-to-date with the latest offerings.

Please visit www.crcfl.net to sign up.

Boutique

We have new and gently used wigs, hats, scarves, post-mastectomy supplies such as prostheses and bras, and other supplies – all available for free!

