

# FIVE PILLARS *of support*

Cancer Support Community of Greater St. Louis provides support and education for people with cancer, their loved ones, or those who have lost someone to cancer, and is the only provider of **no-cost**, comprehensive psychosocial support to cancer patients and families in the greater St. Louis area. As the third leg of the cancer-care tripod of medical care/clinical research/comprehensive psychosocial care, CSCSTL has supported tens of thousands of people in their cancer journey since 1993.

## On average we annually provide:

- Over **6,000** hours of virtual programming support
- Over **2,100** individual and support group visits
- Over **500** responses to participants for engagement and resource needs
- Over **2,300** healthy lifestyle, education workshop and social event visits

CSCSTL's professional staff delivers programming through a model built on Five Pillars of Support. Just like cancer patients, no pillar is independent. All support each other, and all are necessary to enhancing the mind, body, and spirit of those impacted by cancer. Community is stronger than cancer.

## 1 INDIVIDUAL AND GROUP SUPPORT

*Find support no matter how you are impacted by cancer.*

- People living with cancer
- Caregivers/family/friends
- People who have lost a loved one to cancer
- Cancer survivors
- Young adults, children, and parents
- Cancer specific networking groups
- Open to Options™ Decision Support Counseling

## 2 EDUCATION

*Feel empowered to ask questions and get information about cancer related topics.*

- Kid Support™
- Frankly Speaking About Cancer® education series
- Workshops on complementary therapies, coping with side effects and symptom management, cancer in the workplace, and more

## 3 HEALTHY LIFESTYLE

*Feel strengthened by action in healing mind, body, and spirit.*

- Nutrition education and cooking demonstrations
- Exercise and physical activity programs
- Expressive arts
- Stress management and mindfulness

## 4 SOCIAL OPPORTUNITIES

*Meet friends and be sustained by community on your cancer journey.*

- Crafts
- Book clubs
- Special events, including potlucks and themed parties
- Member-led activities
- Family activities
- Field trips

## 5 RESOURCES AND REFERRALS

*Find the information you need to make the right decisions for you.*

- Cancer Support Source™ distress screening
- Lending and resource libraries
- Cancer Support Helpline® 888-793-9355