

Cancer Survivorship

Resource Guide

SPRING 2025



 MAY 28  6:00 PM CT

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Community Event Series

You're Invited: A Conversation On Cancer Survivorship

Whether you've just been diagnosed or are years into life after cancer, this special event offers insight, support and community. Join us for a powerful and heartfelt discussion featuring a panel of cancer survivors who will share their personal journeys and reflections on what it truly means to live beyond cancer. The conversation will be moderated by Alison Snow, PhD, LCSW, OSW-C, Senior Director of Cancer Supportive Services at Mount Sinai Health System, and hosted by Imerman Angels' Executive Director, Stephanie Lieber.

Together, we'll explore a wide range of topics, including:

- How each survivor defines "Survivorship"
- Life after cancer—what's changed, what's stayed the same
- What they wish someone had told them
- Advice they'd give to their newly diagnosed selves
- Navigating the "new normal" – emotionally, physically and socially
- The importance of advocacy and supporting others

This event is designed to bring comfort, clarity and connection—from those who've been there to those who are just beginning the journey. We hope you'll join us for this moving and meaningful conversation.

imermanangels.org

3 Things No One Tells You About Survivorship

It's common knowledge that undergoing a cancer diagnosis and treatment is full of challenges. What's not talked about as much is that survivorship can bring plenty of difficulties too. After finishing long, grueling months of chemotherapy, radiation and surgery, you think you've made it and you're done: Now that treatment is over, you can finally be happy and get on with your life.

In reality though, it usually doesn't happen like that. You might not be told what to expect after you complete treatment and ring that bell, and you may not have the support you need, like you did during treatment, to navigate the transition from active treatment to survivorship.

Wendy Griffith, LCSW, oncology social worker and Director of the Adolescent and Young Adult (AYA) Program at The University of Texas MD Anderson Cancer Center, shares some common surprises about survivorship – and her advice on how to navigate these unexpected challenges.

1. Your body might not bounce back to how it was before.

Treatment might be over, but its impact could last for a long time and even permanently, cautions Griffith. This can include external physical changes – from surgical scars and amputations, to differences in your skin and hair to weight loss or weight gain – as well as internal, invisible changes, like persistent fatigue and brain fog.

“The body can take a long time to heal,” Griffith says. “[After treatment], a lot of patients say they don't feel like they belong in their body anymore.”



Wendy Griffith, LCSW, Director of the Adolescent and Young Adult (AYA) Program at The University of Texas MD Anderson Cancer Center

Her Advice: Oftentimes there can be a tendency to dismiss or downplay these types of concerns; after surviving a life-threatening disease like cancer, people might feel like they shouldn't care about changes to their appearance, for instance. But ignoring discomfort with your physical appearance, struggles with energy and difficulties with mobility and strength can lead to diminished quality of life.

Griffith advises people to share their concerns – no matter how trivial they may seem – with their medical team. Their providers might be able to suggest helpful interventions, such as procedures or medications, or provide a referral to another specialist, like an occupational therapist to help with daily functioning.

2. You might not feel as happy as you expect to.

“You think you're going to feel happy and excited after treatment, and sometimes you do,” Griffith says. “But the end of treatment can also bring up feelings of sadness, anxiety or anger that you aren't familiar with and perhaps don't even know how to explain.”

Her Advice: If you're struggling with difficult emotions after finishing treatment, Griffith says it can be helpful to speak to a therapist. A couple of sessions might be enough to set you on the right track, she says. "Or you might be surprised at how much you uncover and how much you want to keep going."

3. The transition might be difficult and last longer than you expect.

After treatment, there can be expectation that life will return to how it was before cancer; people may think all their physical symptoms will disappear and they're just going to jump right back into their daily routines, says Griffith.

"They see this light at the end of the tunnel, and then they get to the light and realize that now they're just in a different tunnel, and there's still a lot of work and healing to do," she says.

Her Advice: "Find your people," Griffith advises. "The people who are in that phase and experiencing that too, who will get it."

While you may have supportive friends and family, it's hard for people who haven't had cancer to understand what you've been through, she points out. "Patients say over and over that they need their 'cancer friends' who really get it without having to over-explain everything to them – they just inherently understand."

There are different ways to connect with others in the cancer community depending on what type of support you're seeking. Some people may be more comfortable joining private Facebook groups and just observing the posts and discussions, says Griffith. Others who want to actively engage might seek out online or in-person support groups, among other alternatives.

How Peer Mentoring Can Help

In addition to therapy and online and in-person support groups, another option for support in survivorship is **peer mentoring**. A peer mentor is someone who provides **psychosocial support** to another person with similar circumstances. At Imerman Angels, our peer mentors (called Mentor Angels) are trained volunteers who've been educated on how to provide the best support to their Mentees.

¹psychosocial support: Support for people who've been diagnosed with a medical condition or disease that helps meet their mental, emotional, social and spiritual needs.

While licensed therapists are equipped to help people manage mental health conditions, peer mentors serve a different function: Mentors call upon their **lived experience** to be a compassionate and understanding listener, supporter and guide. Peer mentorship can be utilized alone or in combination with other forms of support.

Below, two of our Mentor Angels share some advice for cancer survivors and a few of the benefits of having a peer mentor.

"Get support! Find support outside of your circle of friends and family. Not only does it give friends and family space to breathe, but [another cancer survivor] can relate to your journey without filters."

– Kim, Mentor Angel

"My Mentor Angel deserves the lion's share of gratitude for being an excellent role model, a gifted listener and a steadfast cheerleader. [My Mentor Angel] rocks and Imerman Angels is the best cancer support system available!"

– Cec, Mentor Angel

Survivorship may be full of challenges, but you don't have to face them alone. If you're having difficulties post-treatment, contact Imerman Angels to be matched with a peer mentor who can help you navigate the challenges of survivorship. And if you're a cancer survivor and want to help guide and support another survivor, contact us about being a peer mentor. Visit our website imermanangels.org or call us at 866-IMERMAN (463-7626) to learn more.

Survivorship Resources

DESCRIPTION	LINK
Campfires Of Hope Podcast By Epic Experience	Watch
Survivor's Guilt, Trauma And Life Beyond	Watch
Creating A Survivorship Plan With Your Healthcare Team	Watch
Re-Defining Life After A Cancer Diagnosis: Why “Survivorship” Is Such A Tricky Term	Watch
Kidney Cancer Unfiltered Podcast Episode, "Long-Term Survivorship"	Watch
Kidney Cancer Association: Living With Kidney Cancer, Survivorship	Read
Sex After Cancer: Maintaining Intimacy & Connection	Watch
Prostate Cancer Survivorship	Watch
Lifestyle And Wellness In Survivorship	Watch
A Practical Guide To Cancer Rights: Navigating Employment, Insurance And Finances	Read
Cancer Survivorship Care Plans And Late Effects Webinar	Watch
Cancer Survivorship Care Plans	Watch
Treatment's Done... Now What?	Watch
Empower Your Recovery: Safe Exercise Guidelines During And After Cancer Treatment	Watch
Surviving Survivorship - Webinar Fight Colorectal Cancer	Watch
Cancer Survivorship Series - Young Adults Survivorship	Watch
Cancer Survivorship Series - Body Image And Intimacy	Watch
Cancer Survivorship Series - Support And Planning For The Patient And Caregiver	Watch
Follow-Up Care And Survivorship	Read
Survivor Guilt: Common Yet Under-Discussed	Listen
Survivor, Author, Athlete And Overcomer: Bishoy's Story	Listen
LIVE! At CancerCon: The Roadmap Of Survivorship	Listen
Cancer & Caregiving: Navigating My Parent's Cancer – Survivorship	Listen

Survivorship Resources

DESCRIPTION

LINK

Cancer & Caregiving: Navigating My Child's Cancer – Survivorship	Listen
Cancer & Caregiving: Navigating My Young Adult's Cancer – Survivorship	Listen
Not Cashing In My Chips: Living with Cancer	Listen
How Do I - Short Videos	Watch
Paths To Recovery: Stories From Two Blood Cancer Survivors	Watch
What Is Bladder Cancer Survivorship?	Read
Navigating Survivorship Care Plans: A Map to Life After Bladder Cancer	Watch
Thrivership: Insights From Bladder Cancer Survivors And Advocates	Watch
What Is Bladder Cancer Survivorship?	Read
National Ovarian Cancer Coalition YouTube Playlist	Watch
2025 PAC Webinar: Pediatric Cancer Survivorship And Oncofertility	Watch
College Scholarships For Teen Cancer Survivors	Read



I was telling some people. 'I hope when you're done, you will consider becoming a mentor. First of all, whether you realize it or not, you're gaining insights that people newer to the journey could use. And second, I hope that for you, like for me, that will help you feel healed.' I would encourage them to think of themselves on a continuum that goes through to what do you do when you're healed with all of this experience that you have. Wouldn't somebody benefit from talking to you about it?"

Bruce, Mentor Angel, Stage 2 Tonsil Cancer

Survivorship Events

**All events listed are offered virtually unless noted otherwise*

DESCRIPTION	DATE/TIME	LINK
ZERO Prostate Cancer Virtual Education & Support Summit	June 3rd-5th at 2pm CT	Register
Triage Health Conference	May 17th from 9am to 5:30pm CT	Register
Navigating Health Care: How To Plan Ahead Webinar	June 26th at 12pm CT	Register
Breathe Now Retreats For College Aged Survivors	June 27th-29th	Register
Breathe Now Retreats For Survivors And Partners	September 18th-22nd and October 23rd-27th	Register
Virtual Twistshops	May 15th, June 19th, and July 17th at 6:30pm CT	Register
ANCAN Support Groups	Ongoing	Register
YACC Support Groups: Survivorship	Wednesdays from 8pm to 9:30pm CT	Register
YACC Chats: Post-Treatment Survivorship Chat	Last Tuesday of the Month at 7pm CT	Register
STEEP: Sitting Together In Empathy And Emotional Perversance	First Tuesday of the Month 6pm - 7:30pm CT	Register
Healing Through Writing Workshops	Series	Register
Virtual Meet-up For Parents Post-Treatment	Ongoing	Register
Survivor Conference 2025 (Calgary, Canada)	November 6th-9th in Calgary	Register

Become a Mentor Angel

Join our worldwide cancer support community as a Mentor Angel and provide personalized, one-on-one support for cancer fighters, survivors, previvors and caregivers.

[LEARN MORE](#)



Partner Spotlight



Elephants and Tea believes in the power of storytelling and community to foster connection, coping and expression for young adults (ages 15-39) experiencing cancer. They are the only FREE quarterly magazine written by and for the young adult cancer community, focusing on themes such as identity, expectations, challenges of survivorship and more.

Through these quarterly printed or digital magazines, as well as an extensive online

library, these personal stories provide a space for self-expression, validation and empowerment surrounding topics they believe need to be discussed more in the community.

In addition to the publications, Elephants and Tea offers virtual and in-person programming for additional opportunities for young adults and their supporters to feel less alone, including Healing Through Writing Workshops, Perkatory (virtual events where authors share their stories in a safe space for conversation), STEEP (a monthly virtual group focusing on challenging emotions), Guided Yoga Nidra Meditation series, YA Cancer Gabfest (a free, week-long, virtual, and interactive conference in partnership with Cactus Cancer Society), training for healthcare professionals (AYA POWER), in-person Magazine Release Events, and Young Adult Cancer Camp (in partnership with YASU).

[LEARN MORE](#)



When I was struggling with treatment and I needed more support, I came upon Imerman Angels and thought, 'Oh my goodness, that is perfect.' Mentors have been through this themselves. They know what you're saying and how you're feeling. They can support and empathize and validate you. At a stressful time like that, I really needed validation for my feelings. I had never been through something quite that intense before. My mentor was able to normalize my feelings so I could understand why I was feeling that way. And when you understand something about yourself, it gives you a chance to do something about it. It didn't take away all my fear, but it really helped a lot."

– Susan, Support Seeker, Stage 2 Breast Cancer

Additional Resources

ADOLESCENTS AND YOUNG ADULTS (AYA) RESOURCES

[Bright Spot Network](#)

[Young Survival Coalition](#)

[Stupid Cancer](#)

[Dear Jack Foundation](#)

[Elephants And Tea](#)

[The Cassie Hines Shoes
Cancer Foundation](#)

BILINGUAL RESOURCES

[The Latino Cancer Institute](#)

[Nueva Vida](#)

[Chinese Community
Cancer Information Center](#)

[ALAS Wings](#)

[Triage Cancer - Seguros,
Empleo, Finanzas](#)

[New Hope Chinese
Cancer Care Foundation -
Translated](#)

[Latinas Contra Cáncer](#)

CANCER-SPECIFIC RESOURCES

[National Ovarian Cancer
Coalition](#)

[The Paula Takacs
Foundation For Sarcoma
Research](#)

[Learn Look Locate \(Breast\)](#)

[Leukemia & Lymphoma
Society](#)

[American Lung Association](#)

[Melanoma Research
Foundation](#)

[Leukemia Research
Foundation](#)

[Hope For Stomach Cancer](#)

[MPN Research Foundation](#)

[National Brain Tumor
Society](#)

[Melanoma Action
Coalition](#)

[Sarcoma Alliance](#)

[Bladder Cancer Advocacy
Network](#)

[Head & Neck Cancer
Alliance](#)

[Northwest Sarcoma
Foundation](#)

[Kidney Cancer Association](#)

[Male Breast Cancer Global
Alliance](#)

[Blue Faery \(Liver\)](#)

[Colontown](#)

GENETICS

[What Is Genetic
Counseling And Genetic
Testing ? What Are
Previvors?](#)

[What If I Test Positive For
Genetic Mutations - Should
I Tell My Family](#)

[Alive And Kick'n - Lynch
Syndrome](#)

[Decoding Genetic Tests for
Parents-To-Be](#)

[Living LFS - Li-
Fraumeni Syndrome](#)

[KRAS Kickers](#)

Additional Resources

RESEARCH & CLINICAL TRIALS

[Participate In The Inherited Genetic Cancer Registry](#)

[Paid Research Study For Those Diagnosed With Lynch Syndrome](#)

[Black Women And Cancer Study](#)

[Paid Research Study On Mindfulness And Social Support](#)

[Self-Perception And Intimacy After The Cancer Experience](#)

[Open Clinical Trials Related to Hereditary Cancers](#)

[A Healthy Diet And Exercise May Prevent Colorectal Cancer Recurrence](#)

ADDITIONAL RESOURCES

[Pickles Group - Kids Supporting Kids](#)

[Camp Kesem - A Child's Friend Through And Beyond A Parent's Cancer](#)

[Cocktails & Caregivers](#)

[Cancer Care - Free Professional Support Services And Information](#)

[Twist Out Cancer - Creative Arts](#)

[National LGBT Cancer Network](#)

[Triage Cancer - Insurance, Employment, Finances](#)

[Cure Today - Online Magazine](#)

[Worth The Wait - Fertility Treatments, Adoption, And Surrogacy](#)

[Lazarex - Access To Care And Clinical Trials](#)

[Alliance For Fertility Preservation](#)

[Empowering Intimacy](#)

[Team Maggie's Dream - Fertility Preservation](#)

[Epic Experience - Adventure Camps](#)

[Patient Empowerment Network - Education](#)

REGISTER TODAY!



JUNE 14, 2025

CHICAGO LAKEFRONT

GOURMET BRUNCH

FAMILY FUN

MIMOSAS + MORE

REGISTER AT: **BRUNCHRUN5K.COM**



Imerman Angels Grief ToolKit

A guide to coping and
supporting the grief process.

[DOWNLOAD](#)

List of helpful cancer
related resources.

[Resource Page + Videos](#)

[Request Brochures](#)

[Shop Imerman Angels](#)

Share your journey



Everyone has a story to tell. It only takes one story to inspire and provide hope to others. Whether it is a story of survivorship or your experience as a caregiver, others like you will find comfort in knowing they are not alone.

[SHARE YOUR STORY](#)

Connect with us

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