We know physical illness can have profound emotional, mental and spiritual effects which is why we have developed an integrative approach to healing.

AMERICAN CANCER SOCIETY (ACS)
Call the ACS at (800) 227-2345
Calling the ACS can connect you to their patient programs and community resources including resources including transportation, lodging, and services.

AMXY FAMILY RESOURCE LIBRARY
(208) 367-3150
The Amxy Family Resource Library provides you easy access to reputable information on cancer prevention, early detection, diagnosis, treatment, integrative therapies and survivorship issues. Funded by the Amyx Foundation, Inc., our resource library provides access to reputable online resources, DVD, CDs, and books. Visit our libraries in our Boise, Nampa and Caldwell cancer centers.

ARTIST IN RESIDENCE AND ART!
(208) 367-3150
Professional local artists are available in the waiting rooms and infusion rooms providing art supplies and encouragement to help you create art while at the Cancer Care Center. Funded by a generous grant from the Saint Alphonsus Foundation.

BREAST AND GYNECOLOGICAL CANCER SUPPORT GROUPS
Boise (208) 367-6627
The Cancer Care Center offers two different support groups for women diagnosed with breast or gynecological cancer. One group is for those recently diagnosed with cancer, and the other group is open to all women living with advanced stage disease. Call for meeting dates, times and locations.

CHAPLAIN SERVICES
Boise (208) 367-2254
Canyon County (208) 205-2144
Chaplains provide support and spiritual guidance using a non-denominational approach. They honor the beliefs of each individual while offering a listening presence, spiritual support and the opportunity for ritual. Call to talk or meet with one of our chaplains.

COUNSELING SERVICES
Boise (208) 367-3150
Canyon County (208) 367-4796
Counseling is a resource the Cancer Care Center provides to help with the emotional issues that may arise while coping with cancer. Individual and family counseling, as well as mind-body tools such as guided imagery, mediation and relaxation are offered as tools to help you tap into your own inner resources for healing. Call to talk or meet with one of our counselors.

CLIMB
Boise (208) 367-3150
Canyon County (208) 367-4796
Children’s Lives Include Moments of Bravery is a six week support program for kids with a parent, grandparent or guardian going through cancer treatment. Sessions are held in the evening throughout the year. Children complete a weekly activity and teens have group time with age appropriate activities and discussions with oncology staff and trained volunteers. Adults have a supportive group time led by oncology professionals. Dinner is provided. Call for session dates and locations.

COPING CONNECTIONS
Boise (208) 367-3150
Canyon County (208) 367-4796
Coping Connections is a monthly support program for people with cancer and those that care for them. It provides participants the opportunity to reflect on their personal cancer experience, gain support from other group members. Throughout the year, education on a topic related to cancer may also be presented. Call for meeting dates, times, and locations.
GUIDED IMAGERY
Boise (208) 367-3150
Canyon County (208) 367-4796
Guided imagery is a gentle technique that uses imagination as a powerful source of healing. It is used to help with relaxation, lessen anxiety and depression, boost the immune system, and relieve physical side effects of treatment. CDs are also available for your use during treatment and at home. Call to learn more about guided imagery.

LIVESTRONG AT THE YMCA
Call the YMCA at (208) 344-5502 extension 276 for more information.
Completing your cancer treatment is a time for celebration. The YMCA has a free physical activity program just for you. The program is available at the Boise, Meridian (West), and Caldwell YMCAs and consists of exercise, yoga, relaxation, and educational classes.

MASSAGE
Boise (208) 367-7380
Appointments for massage are available in Boise at our Family Center at low rates for cancer patients and their caregivers. Call to make an appointment.

NURSE NAVIGATOR
Breast Cancer Nurse Navigator for Boise: (208) 367-3420
Breast Cancer Nurse Navigator for Canyon County: (208) 205-0628
All Other Types of Cancer Nurse Navigator for Boise: (208) 367-8551
All Other Types of Cancer Nurse Navigator for Canyon County (208) 205-0345
Nurse Navigators offer help for patients and their families to find and make use of various resources and treatment services to receive the best cancer care possible. Our Nurse Navigators serve as patient care coordinators, educators, and trusted advocates who are sensitive to the needs of each individual patient. Call to talk or meet with one of our nurse navigators.

DIETITIAN AND NUTRITION SERVICES
Boise and Caldwell (208) 367-3151
Nampa (208) 205-1320
Eating healthfully is especially important for people diagnosed with cancer. Good nutrition helps your body fight cancer, as well as cope with the effects of cancer treatment. Dietitians are available to provide individual nutrition counseling, and to answer nutrition and diet-related questions or concerns. Call to talk or meet with one of our dietitians.

FAITH COMMUNITY NURSING
(208) 367-6494
The Saint Alphonsus Parish Health Ministry is a partnership between the hospital, church and community. Our parish nurses are registered nurses who recognize spirituality as being central to healthcare. The nurses pray with you and for you, help you cope with loss and treatment, and act as advocates for you. Call to talk or meet with one of our parish nurses.

FINANCIAL ADVOCATES
(208) 367-3431
Our financial advocates help those who are receiving treatment to find financial assistance options so they can focus on healing. Call to make an appointment with one of our financial advocates.
RESTORATIVE YOGA
Canyon County (208) 367-4796
The restorative yoga program at Saint Alphonsus uses physical postures, breathing, and relaxation as a means of healing body, mind, heart and spirit. The postures strengthen and tone every part of the body, including internal organs. Breathing exercises bring energy to the body and calm the mind and relaxation is a great stress reducer. Call for information about class dates, times, and location.

SURVIVORSHIP
(208) 367-6626
When you have completed your cancer treatment, one of our Advanced Practice Providers are available to review your treatment, future medical care needs, and to answer the question, “what’s next?” You will be provided with a treatment summary and individualized survivorship care plan. Contact your provider to make an appointment. Fee for Service.

ONCOLOGY REHABILITATION
(208) 367-7827
Physical therapy, occupational therapy, swallowing therapy and other rehabilitation services are available to you through our Oncology Rehabilitation program. Contact your provider for a referral. Fee for Service.

PALLIATIVE CARE
(208) 302-5480
Palliative Care is specialized medical care for people with serious illness. The goal of care is to improve quality of life for both patients and their families, and to relieve symptoms, pain, and stress. The interdisciplinary team includes a physician, nurse practitioner, nurse, social worker, and a chaplain to ensure the care is focused on the unique needs of the patient. Contact your provider referral is required. Fee for Service.

PSYCHO-ONCOLOGY
(208) 367-3131
Experiencing stress and/or distress upon learning of a cancer diagnosis is a normal reaction. Our Advanced Practice Nurse offers supportive counseling and evaluation to explore with you options for managing symptoms. Contact your provider for a referral. Fee for Service.

SOCIAL WORKER
Boise (208) 367-3151
Canyon County (208) 367-4796
Social workers provide emotional care and supportive counseling. They can assist patients and their family members with a wide range of concerns including new diagnosis, active treatment issues, post treatment, and end of life issues. Our social workers also offer information, referral, and advocacy services for those in need of additional resources related to their cancer diagnosis. Call to talk or meet with one of our social workers.