

Resource Information for Brain and Spinal Cord Tumor Patients and Caregivers: support groups, local and national programs offering support to patients and their loved ones, financial and transportation resources, and organizations who raise awareness about brain and spinal cord tumors.

BRAIN TUMOR SUPPORT GROUPS

Some groups may meet in person or online virtually. Please use the contact information to learn more how their groups are facilitated.

Allina Health Givens Brain & Spinal Cord Tumor Center

Virtually the 2nd Thursday of every month from 5:30 - 6:30pm.

Email givensbraintumorcenter@allina.com or call 612-863-3732 for information or to register. Instructions and meeting link will be emailed to you prior to each session. Sessions are rotated every other month patient only and caregiver only.

Gilda's Club

Provide social and emotional support for everyone currently impacted by cancer including support groups.

Program offerings virtual and in person.

New Member Orientation required.

Call 612.227.2147 or [Contact - Gilda's Club \(gildasclubtwincities.org\)](http://Contact-Gilda's-Club.gildasclubtwincities.org) for more information.

MHealth Fairview

Virtually on the fourth Monday of every month from 6-7 pm

There is no need to sign up to attend the support group, but if you have questions or would like to be placed on the email distribution list, please contact Kathleen Feyma at Kathleen.Feyma@fairview.org

Health Partners Cancer Center

Virtually 2nd Wednesday of every month, 6:30-8:00 for patients and loved ones.

Contact Denise Shannon, LICSW, or Mary Pat Noonan. LP at 651.254-9267 for more information or to get on their mailing list. denise.m.shannon@healthpartners.com, Mary.P.Noonan@HealthPartners.com

CancerCare.org

[Support Groups tagged 'Brain Cancer' \(cancerca.org\)](http://Support-Groups-tagged-Brain-Cancer-(cancerca.org)) – group offerings change throughout the year.

Free 15-week online support groups for patients and caregivers. Click on link above for information and registration.

Brains Together For a Cure

[Find Support – Brains Together For a Cure](http://Find-Support-Brains-Together-For-a-Cure)

Virtual. Mayo Rochester.

3rd Saturday of the month; 10 am – 12 pm Registration required.

INFO@BRAINSTOGETHERFORACURE.ORG

National Brain Tumor Society

Brain tumor conversations attended by and run by patients and care partners who have had firsthand experience with the challenges and effects of a brain tumor diagnosis. Online monthly sessions

To sign up:

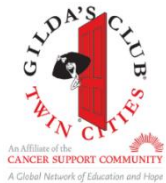
[Brain Tumor Support Conversations](http://Brain-Tumor-Support-Conversations)

Glioblastoma Foundation

Glioblastoma patient and caregiver support groups.
Check website for dates and times.

[Glioblastoma Treatment & Research | Glioblastoma Foundation - Transforming Glioblastoma Therapy](#)

LOCAL ORGANIZATIONS OFFERING PROGRAMS AND SUPPORT SERVICES



Offers free cancer support for everyone impacted by cancer. Learn how you can be part of our community today. <https://www.gildasclubtwincities.org/>



CANCER LEGAL CARE
LAWYERS ON YOUR CANCER CARE TEAM

Non-profit resource for patients and survivors diagnosed with cancer at any stage or diagnosis, living in the state of Minnesota, looking for answers about legal rights on a wide variety of issues such as estate planning, wills, healthcare directives, power of attorney, employment, housing, applying for social security disability, health care insurance, and more. <https://www.cancerlegalcare.org/> 651-917-9000.



A nonprofit that cooks and delivers free, nutritious meals to people living with certain life-threatening illnesses in the Twin Cities. <https://www.openarmsmn.org/aboutus/> 612-872-1152



www.helpatyourdoor.org 651-642-1892

Supports seniors or individuals with disabilities living in Minnesota’s seven-county Twin Cities Metro area. Help maintain independence and continue living in their homes. Transportation services provide door to door services to medical appointments. Store To Door grocery assistance, home support and in-home tasks and chores. Services can be bundled. Service area includes Anoka, Carver, Dakota, Hennepin, Scott, Ramsey and Washington counties.



Wilder is committed to improving the lives of older adults; adults with mental, physical and chronic health conditions; and their caregivers, who age in place and live where they feel most comfortable, whether in their own home or connected to their community. Aging and caregiving services, support and resources to help maintain health, well-being and independence. Committed to addressing complex challenges that will advance equity in Saint Paul and across Minnesota. <https://www.wilder.org/about-us>



Pathways’ mission is to provide resources and services for people with life-threatening or chronic physical illness—as well as caregivers—to explore and experience complementary healing approaches.
Virtual Programming available <https://pathwaysminneapolis.org/>



**PENNY GEORGE
INSTITUTE FOR HEALTH
AND HEALING**

www.allinahealth.org/georgeinstitute

Offers classes and services to help you be your healthiest. Whether you want to manage chronic illness or pain, lose weight, reduce stress, quit smoking, or stay healthy. Treat the whole person – mind, body, spirit and community.

MINNESOTA STATE AGENCIES

Senior LinkAge Line® <http://www.mnaging.org/advisor/SLL.htm> (800) 333-2433

Disability Hub <https://disabilityhubmn.org> 1-866-333-2466

Veteran's Linkage Line www.macvso.org 1.888.546.5838



(Excellent resource for persons of all ages!)

<http://www.mnaging.org/en/Administrator/AAA.aspx>

Seven area agencies (For example: Arrowhead, central Minnesota, southeastern Minnesota, etc.) that provide assistance and resource information to seniors, local agencies, and communities within their area.

NATIONAL ORGANIZATIONS OFFERING SUPPORT AND PROGRAMS



**American
Brain Tumor
Association®**

<https://www.abta.org>

Patient and Family Meetings - free virtual events

<https://www.abta.org/about-brain-tumors/brain-tumor-education/patient-family-meetings/>



CANCERcare®

CancerCare.org website

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

800-813-HOPE (4673)



CERN (Collaborative Ependymoma Research Network) Foundation

E-mail at administrator@cern-foundation.org or call us at (844) 237-6674.

<https://www.cern-foundation.org/>



American Cancer Society
651-255-8100
<https://www.cancer.org/about-us/local/minnesota.html>



National Brain Tumor Society unrelentingly invests in, mobilizes, and unites our community to discover a cure, deliver effective treatments, and advocate for patients and care partners.
617.924.9997
<https://braintumor.org/>



Caregiver classes provide tools and strategies to better handle the unique challenges faced by caregivers of adults with chronic conditions and also of children with special health or behavioral needs. Weekly for six weeks. Virtual / Online. Registration required. <https://www.powerfultoolsforcaregivers.org/class-type/caregiver-classes/>

FINANCIAL AND MEDICAL CARE RESOURCES

Allina Health - <https://www.allinahealth.org/customer-service/financial-assistance>
612-262-9000 or 1-800-859-5077

MNsure
www.mnsure.org
1-855-366-7873

Medicare
www.medicare.gov
1-800-633-4227

Social Security
www.ssa.gov
1-800-772-1213

County Programs
Check with the county you live in to learn about programs you and your family may be eligible for.

Angel Foundation
612-627-9000
www.mnangel.org

TRANSPORTATION

Taxi Services

1010 Taxi

Provides taxi service with cell phone for texting. Rates vary. Affordable taxi rate.

<https://www.1010taxi.com/minneapolis-metro-area/>

Transportation Plus

Full-service transportation company offering the best and most convenient ways to get around the Twin Cities and surrounding areas. Call, book online, text, or use iHail app. *Vans available for transporting patients with wheelchairs.*

<https://www.tplusride.com/>

[612.888.8888](tel:612.888.8888)

Wheelchair transport resources

In the event patient is not able to transfer from car.

- Transport Allegiance 651-207-5211
- Transportation Plus 612-888-888

Veterans – Bene Travel – No charge for Vets going to medical appointments at the VA.

1. Care Cab - 612-467-1396 – No Charge. For Vets who need wheelchair assistance and are going to the VA for an appointment. Must meet VA low-income guidelines and have referral from VA PCP.
2. DAV transportation – 612-467-2768 – No charge for vets who do NOT need w/c or oxygen assistance. The seven-county metro area. Two pickups each day for 9 am or 1 pm appts. Service provided Monday – Thursday. Call 2-3 weeks in advance. For Shakopee / Prior Lake contact the VA County Officer at 952-496-8176.

METRO MOBILITY Metro Mobility is a shared-ride public transportation service for certified riders who are unable to use regular fixed-route buses due to a disability or health condition. Trips are provided for any purpose. To learn more and to apply, which requires your physician's input, see their website.

<https://metro council.org/Transportation/Services/Metro-Mobility-Home.aspx>



Transportation Service

We can help you or a loved one run errands, go to doctor's appointments, or just get out of the house.

Transportation: \$10 One-way trip up to 15 mins or sliding scale based on age and income. If over 10 miles, additional fees may apply.

<https://helpatyourdoor.org/request-a-service/> or call 651-642-1892.

County Public Transportation - Many counties around the state have public transportation options for the general public. Check your county to learn about public transportation options. Rides may be curb to curb, within a specific radius, provide transportation for specific reasons. Some are listed below.

Dakota County –

<https://dartsconnects.org/GoDakota>

Scott and Carver Counties –

<https://scottcountymn.gov/516/SmartLink-Transit>

Transit Link is a shared-ride public transportation for the Twin Cities metro area where regular route transit service is infrequent or unavailable. It's for trips that can't be accomplished on regular transit routes alone.

<https://metro council.org/Transportation/Services/Transit-Link.aspx>

651-602-LINK (5465)

SW suburbs of Chaska, Chanhassen, and Eden Prairie

<https://www.swtransit.org/about/>

BRAIN AND SPINAL CORD TUMORS FUNDRAISING & AWARENESS

Below are some organizations that work tirelessly raising awareness about and funds for brain and spinal cord cancer to help find cures, help us live better lives and keep us connected! Some have been started by our very own patients and families. Now that's saying something. Gratitude!



BREAKTHROUGH FOR BRAIN TUMORS 5K

BT5K Your Way: anyway, anyhow, anywhere! You can walk, run, bike, or even kayak your 5K—solo or with friends and family. Join folks across the country to raise critical funds for brain tumor research and patient support services.

Watch here for information on 2022 in-person events. <https://www.abta.org/get-involved/bt5k/>



WalkTalkConnect is a non-profit dedicated to building a "peer-to-peer" mentoring community that connects patients and caregivers facing the unique challenges rare brain & spinal cord tumors present. Watch for events here:

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



Dedicated to funding research and patient services to improve the lives of patients by raising awareness, providing support and encouragement, and offering uplifting events to provide a sense of community and hope to affected individuals and families.

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