

Hope. Support. Strength. Purpose.

CANCER RESOURCE Handbook

A Comprehensive Guide for Patients, Survivors & Caregivers

MARYLAND • WASHINGTON, DC • VIRGINIA

Support
You are not alone.

Resources
We help you find what you need.

Empowerment
Knowledge strengthens every step.

Resilience
Together, we rise.

www.radiantresilience.org
[301-379-5528](tel:301-379-5528)
info@radiantresilience.org

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	CANCER CENTERS
	FINDING A SPECIALIST
	CLINICAL TRIALS
	FINANCIAL SUPPORT
	TRANSPORT & LODGING
	WELLNESS & SUPPORT
	WORKSHEETS TOOLS
	DIRECTORY & CONTACTS

“ You don't have to go through this journey alone. We are here with you, every step of the way.”

02 UNDERSTANDING ENDOMETRIAL CANCER



Endometrial cancer begins in the lining of the uterus and is the most common gynecologic cancer. When found early, it is highly treatable.

COMMON SYMPTOMS

- Abnormal vaginal bleeding
- Bleeding after menopause
- Pelvic pain or pressure
- Unexplained weight loss

REMEMBER:

You know your body best. If something doesn't feel right, talk to your healthcare provider.

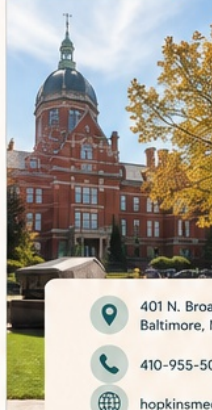
QUESTIONS TO ASK

- What type and stage is my cancer?
- What are my treatment options?
- What are the benefits and risks?
- Will I need surgery, radiation, or medication?
- Are clinical trials right for me?
- What are the possible side effects?

For more information, visit cancer.gov/types/uterine

04 CANCER CENTERS IN MARYLAND

FEATURED CENTER



JOHNS HOPKINS SIDNEY KIMMEL COMPREHENSIVE CANCER CENTER

- NCI-Designated Comprehensive Cancer Center
- Gynecologic Oncology Excellence
- Advanced Treatment & Clinical Trials
- Patient Navigation & Survivorship Programs

401 N. Broadway
Baltimore, MD 21231
 410-955-5000
hopkinsmedicine.org/cancer

See pages 20-33 for more cancer centers in Maryland.

09 FINANCIAL ASSISTANCE

If you're worried about the cost of cancer care, you're not alone. Many organizations offer help.

	CancerCare Counseling, copay assistance, education & support	Page 66
	Patient Advocate Foundation Case management & financial aid	Page 68
	HealthWell Foundation Financial assistance for treatment-related expenses	Page 70
	PAN Foundation Provides grants for treatment costs	Page 72
	Good Days Helps with everyday living expenses	Page 74

FINANCIAL TIP

Ask your hospital about a financial navigator. They can help you explore all available options.

See pages 64-75 for additional resources.

10 TRANSPORTATION RESOURCES

Getting to treatment shouldn't be a barrier to care. These programs may help.

	American Cancer Society Road To Recovery® Free rides to treatment for eligible patients	Page 77
	Medicaid Transportation Call your insurance plan to learn more	Page 78
	Local County Programs Transportation assistance varies by county	Page 79
	Volunteer Driver Programs Many nonprofits provide rides to appointments	Page 80
	VA Transportation For eligible veterans Call 844-698-2311	Page 81

Always request transportation assistance as

18 LOCAL SUPPORT GROUPS

Connect. Share. Heal.



Cancer Support Community DC

Free support groups, counseling, and programs across DC, MD & Northern VA
cancersupportdc.org | 202-659-9709



Hope Connections

Support for people with cancer and their loved ones
hopeconnectionsforcancer.org | 703-698-2526



Life with Cancer

Education, support & wellness programs
lifewithcancer.org | 703-206-5433



Smith Center for Healing and the Arts

Creative arts, movement & supportive programs
smithcenter.org | 202-483-8600

You are never alone on this journey.



21 CARE PLANNING WORKSHEET

APPOINTMENT TRACKER

Date	Doctor / Location	Purpose	Notes / Questions

Write it down. Take it in. You've got this.

The Radiant Resilience Cancer Resource Handbook

Maryland • Washington, DC • Virginia

A searchable, clickable guide for individuals diagnosed with endometrial cancer or another cancer, as well as survivors, caregivers, and loved ones.

IMPORTANT DISCLAIMER

Because funding, program availability, and clinical-trial status can change quickly, confirm eligibility directly with each organization before relying on a service.

Medical notice: This handbook is educational and does not replace medical advice, diagnosis, or treatment. Call your oncology team about urgent symptoms. Call 911 for a medical emergency.

Edition date: July 21, 2026

01

HOW TO USE THIS GUIDE

Start with your immediate need, then use the regional directory and worksheets.



Understand your diagnosis



Find specialty care



Get practical support



Prepare for appointments

This handbook is organized to help you move from diagnosis and treatment planning to practical support and survivorship. Resource links are clickable in the digital PDF. Ask a patient navigator, oncology social worker, nurse, or trusted caregiver to help make calls when the process feels overwhelming.

A useful first-day checklist

- Write down the exact cancer type, stage, grade, and biomarker or molecular-test results.
- Confirm whether a gynecologic oncologist is leading or consulting on care.
- Ask for the name and direct contact information of your patient navigator or oncology social worker.
- Request copies of pathology, imaging, operative reports, treatment plans, and medication lists.
- Ask what symptoms require an urgent call, same-day evaluation, or emergency care.

02

UNDERSTANDING ENDOMETRIAL CANCER

Clear information can make treatment conversations less intimidating.

Endometrial cancer begins in the endometrium, the inner lining of the uterus. It is the most common form of uterine cancer. Abnormal vaginal bleeding - especially bleeding after menopause - is a common warning sign and should be evaluated promptly.

Common questions	Topics to discuss
What type is it?	Endometrioid, serous, clear cell, carcinosarcoma, or another subtype
How far has it spread?	Stage, imaging findings, lymph-node evaluation, and surgical findings
How aggressive is it?	Tumor grade and histologic features
What do the biomarkers show?	Mismatch repair/MSI, p53, POLE, HER2 and other tests when appropriate
What are my options?	Surgery, radiation, chemotherapy, hormone therapy, targeted therapy, immunotherapy, or clinical trials

Trusted educational starting points: National Cancer Institute, American Cancer Society, and Foundation for Women's Cancer. Their links appear in the directory.

03

BUILDING YOUR CARE TEAM*Cancer care works best when everyone knows their role.***Gynecologic oncologist**

Specialist trained in surgery and systemic treatment for cancers of the female reproductive system.

Medical oncologist

Manages chemotherapy, targeted therapy, immunotherapy, and other systemic treatments.

Radiation oncologist

Plans and delivers external-beam radiation or brachytherapy when indicated.

Pathologist

Examines tissue and performs tests that help define diagnosis, grade, subtype, and biomarkers.

Patient navigator / oncology social worker

Helps with appointments, transportation, insurance, financial assistance, emotional support, and community resources.

Palliative-care specialist

Treats symptoms, side effects, stress, and quality-of-life concerns at any stage of illness; palliative care is not the same as hospice.

Second opinions: A second opinion may confirm the plan, clarify options, or identify a clinical trial. Ask whether records can be reviewed remotely before traveling.

04

CANCER CENTERS IN MARYLAND

Contact the center directly to confirm services, referrals, insurance participation, and appointment availability.

Johns Hopkins Sidney Kimmel Comprehensive Cancer Center	Maryland
NCI-designated comprehensive cancer center offering multidisciplinary cancer care, gynecologic oncology, clinical trials, genetics, navigation, and survivorship services.	
https://www.hopkinsmedicine.org/kimmel-cancer-center	Continuously maintained; accessed July 21, 2026
University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center	Maryland
NCI-designated center providing multidisciplinary cancer treatment, research, clinical trials, supportive care, and gynecologic oncology services.	
https://www.umgcc.org	Continuously maintained; accessed July 21, 2026
Maryland Department of Health Cancer Programs	Maryland
State cancer-control information, prevention and screening initiatives, cancer plan resources, and connections to community programs.	
https://health.maryland.gov/phpa/cancer	Continuously maintained; accessed July 21, 2026
American Cancer Society Hope Lodge - Baltimore	Maryland
No-cost temporary lodging for eligible patients and caregivers traveling to Baltimore for cancer treatment, subject to availability and eligibility.	
https://www.cancer.org/support-programs-and-services/patient-lodging/hope-lodge.html	Availability changes; accessed July 21, 2026
MedStar Health Gynecologic Oncology	DC/MD/VA
Gynecologic cancer care across the region, including minimally invasive surgery, multidisciplinary treatment planning, clinical trials, and supportive services.	
https://www.medstarhealth.org/services/gynecologic-oncology-womens-cancer-care	Current program page; accessed July 21, 2026

05

CANCER CENTERS IN WASHINGTON, DC

Contact the center directly to confirm services, referrals, insurance participation, and appointment availability.

Georgetown Lombardi Comprehensive Cancer Center	Washington, DC
NCI-designated comprehensive cancer center with research, precision medicine, women's cancer expertise, clinical trials, and multidisciplinary care.	
https://lombardi.georgetown.edu	Continuously maintained; accessed July 21, 2026
GW Cancer Center Patient and Caregiver Support	Washington, DC
Patient navigation, social work, wellness services, and free virtual support groups, including a gynecologic cancer support group for patients, survivors, and caregivers.	
https://cancercenter.gwu.edu/patientcaregiver-support	Current program page; accessed July 21, 2026
Smith Center for Healing and the Arts	Washington, DC
Cancer support through creative arts, movement, stress reduction, education, retreats, and support programming, including collaborations serving gynecologic cancer communities.	
https://smithcenter.org	Continuously maintained; accessed July 21, 2026

06

CANCER CENTERS IN VIRGINIA

Contact the center directly to confirm services, referrals, insurance participation, and appointment availability.

MedStar Health Gynecologic Oncology	DC/MD/VA
Gynecologic cancer care across the region, including minimally invasive surgery, multidisciplinary treatment planning, clinical trials, and supportive services.	
https://www.medstarhealth.org/services/gynecologic-oncology-womens-cancer-care	Current program page; accessed July 21, 2026
Inova Schar Cancer Institute	Northern Virginia
Comprehensive cancer care with gynecologic oncology, clinical trials, genetics, nutrition, rehabilitation, survivorship, and the Life with Cancer support program.	
https://www.inova.org/locations/inova-schar-cancer-institute	Continuously maintained; accessed July 21, 2026
Life with Cancer	Northern Virginia / DC Metro
Free education, counseling, support groups, exercise, nutrition, mind-body programs, and caregiver services for people affected by cancer.	
https://www.lifewithcancer.org	Continuously maintained; accessed July 21, 2026
UVA Health Gynecologic Oncology	Virginia
Comprehensive care for endometrial/uterine and other gynecologic cancers, including surgery, chemotherapy, targeted therapy, immunotherapy, genetics, and clinical trials.	
https://med.virginia.edu/obgyn/divisions/gynecologic-oncology/	Current program page; accessed July 21, 2026
VCU Massey Comprehensive Cancer Center	Virginia
NCI-designated comprehensive cancer center providing multidisciplinary care, research, community outreach, clinical trials, and supportive oncology services.	
https://www.masseycancercenter.org	Continuously maintained; accessed July 21, 2026

Virginia Department of Health Cancer Prevention and Control	Virginia
Statewide cancer prevention, screening, education, data, and cancer-control resources, including programs for eligible residents.	
https://www.vdh.virginia.gov/cancer-prevention-and-control/	Continuously maintained; accessed July 21, 2026

07

SUPPORT, COUNSELING & COMMUNITY

You do not have to carry the emotional weight of cancer alone.

Foundation for Women's Cancer	National
Education and support for gynecologic cancers, including uterine/endometrial cancer, caregiver resources, courses, and downloadable materials.	
https://foundationforwomenscancer.org	Continuously maintained; accessed July 21, 2026
GW Cancer Center Patient and Caregiver Support	Washington, DC
Patient navigation, social work, wellness services, and free virtual support groups, including a gynecologic cancer support group for patients, survivors, and caregivers.	
https://cancercenter.gwu.edu/patientcaregiver-support	Current program page; accessed July 21, 2026
Cancer Support Community Washington, DC	DC Metro
Free professionally led support groups, education, healthy-lifestyle programs, navigation, and online support for people affected by cancer throughout DC, nearby Maryland, and Northern Virginia.	
https://www.cancersupportdc.org	Current program page; accessed July 21, 2026
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https://smithcenter.org	Continuously maintained; accessed July 21, 2026
Life with Cancer	Northern Virginia / DC Metro
Free education, counseling, support groups, exercise, nutrition, mind-body programs, and caregiver services for people affected by cancer.	
https://www.lifewithcancer.org	Continuously maintained; accessed July 21, 2026

CancerCare	National / Local Navigation
Free professional counseling, support groups, education, resource navigation, and limited financial or copayment assistance when funds are available.	
https://www.cancercares.org	Funding changes frequently; accessed July 21, 2026

When to ask for help: Tell your care team about persistent sadness, panic, sleep problems, hopelessness, severe distress, caregiver burnout, or difficulty functioning. Oncology social workers can connect you with counseling and crisis resources.

08

FINANCIAL, INSURANCE & LEGAL HELP*Ask early; many programs require applications and documentation.*

CancerCare	National / Local Navigation
Free professional counseling, support groups, education, resource navigation, and limited financial or copayment assistance when funds are available.	
https://www.cancercare.org	Funding changes frequently; accessed July 21, 2026
Patient Advocate Foundation	National
Case management and financial-aid navigation for insurance, medical debt, employment, disability, transportation, and access-to-care problems.	
https://www.patientadvocate.org	Programs vary; accessed July 21, 2026
Triage Cancer	National
Free education and navigation related to health insurance, employment rights, disability, medical leave, finances, estate planning, and other cancer-related legal issues.	
https://triagecancer.org	Continuously maintained; accessed July 21, 2026

Hospital financial navigator

Ask about payment plans, charity care, copay support, drug-assistance programs, and insurance appeals.

Employment protections

Ask about FMLA, ADA accommodations, short- and long-term disability, sick leave, and caregiver leave.

Medication assistance

Drug manufacturers and independent foundations may have income and diagnosis requirements; funds can open and close quickly.

Document everything

Keep dates, names, confirmation numbers, denial letters, and copies of every submitted form.

09

TRANSPORTATION & LODGING

Treatment logistics should be part of the care plan.

American Cancer Society Hope Lodge - Baltimore	Maryland
No-cost temporary lodging for eligible patients and caregivers traveling to Baltimore for cancer treatment, subject to availability and eligibility.	
https://www.cancer.org/support-programs-and-services/patient-lodging/hope-lodge.html	Availability changes; accessed July 21, 2026
American Cancer Society Road To Recovery	National / Local
Volunteer transportation to cancer-related medical appointments in participating communities, depending on local capacity and availability.	
https://www.cancer.org/support-programs-and-services/road-to-recovery.html	Availability varies; accessed July 21, 2026

Also ask about: Medicaid non-emergency medical transportation, local paratransit, county senior/disabled transportation, hospital shuttle programs, faith-community volunteers, parking validation, gas-card programs, and hotel partnerships.

Start transportation requests as early as possible. Volunteer-driver programs may need several business days and may not operate in every county.

10

CLINICAL TRIALS

A trial may offer access to a new treatment or a new use of an existing treatment.

NCI Clinical Trials Search	National
Search NCI-supported cancer clinical trials by cancer type, treatment, age, and location; discuss any trial with the treating oncology team.	
https://www.cancer.gov/research/participate/clinical-trials-search	Continuously updated; accessed July 21, 2026

ClinicalTrials.gov	National
Federal database of publicly and privately supported clinical studies; each study record lists its own recruitment status and update date.	
https://clinicaltrials.gov	Individual records update separately; accessed July 21, 2026

- What phase is the trial, and what is already known about the treatment?
- What are the eligibility criteria?
- Which costs are paid by the trial, my insurance, or me?
- How often would I need to travel, and for how long?
- What happens if the treatment does not help or side effects are severe?
- Can my records be screened before an in-person visit?

11

NUTRITION, WELLNESS & SYMPTOM SUPPORT

Small, sustainable steps matter more than perfection.

Ask for an oncology dietitian when treatment affects appetite, weight, swallowing, bowel habits, blood sugar, taste, nausea, or hydration. Avoid starting supplements without checking for interactions with treatment.

Hydration

Keep a simple daily fluid goal if your care team has not restricted fluids.

Protein and calories

During treatment, maintaining strength may be more important than following a restrictive diet.

Movement

Gentle walking, stretching, and strength work can help when medically safe; ask about oncology rehabilitation.

Sexual health and menopause

Treatment can affect vaginal comfort, libido, intimacy, fertility, and menopause symptoms. These concerns deserve medical attention.

Pain and symptom control

Report symptoms early. Palliative-care and supportive-oncology teams can help during active treatment and survivorship.

12

CAREGIVER SUPPORT

Caregivers need information, rest, and backup plans too.

- Ask the patient what kind of help feels useful instead of taking over every decision.
- Use a shared calendar for appointments, medications, rides, meals, and questions.
- Identify at least one backup caregiver for urgent situations.
- Accept specific offers of help: one ride, one meal, one pharmacy pickup, or one hour of companionship.
- Tell the oncology social worker when caregiving affects work, finances, sleep, or mental health.

Permission matters: Ask the patient to complete medical-release or portal-access forms so designated caregivers can communicate with the care team when appropriate.

13

SURVIVORSHIP & FOLLOW-UP*Survivorship begins at diagnosis and changes over time.***Survivorship care plan**

Ask for a written summary of diagnosis, pathology, treatments, doses, surgeries, side effects, and recommended follow-up.

Signs to report

Ask exactly which symptoms might suggest recurrence or a late treatment effect and whom to call.

Long-term health

Discuss bone health, cardiovascular risk, neuropathy, lymphedema, sexual health, emotional health, and other treatment-related concerns.

Return to work

Consider phased schedules, remote work, reduced lifting, appointment flexibility, or other reasonable accommodations.

Fear of recurrence

This is common and treatable. Support groups, counseling, mindfulness, and a clear follow-up plan can help.

14

REGIONAL RESOURCE DIRECTORY

Clickable links and concise descriptions.

National Cancer Institute: Uterine Cancer	National
Patient-focused information on uterine and endometrial cancer, treatment, research, prevention, screening, statistics, and clinical trials.	
https://www.cancer.gov/types/uterine	Continuously maintained; accessed July 21, 2026
American Cancer Society: Endometrial Cancer	National
Plain-language guidance on signs and symptoms, diagnosis, staging, treatment, survivorship, and questions to discuss with the care team.	
https://www.cancer.org/cancer/types/endometrial-cancer.html	Page date not listed; accessed July 21, 2026
Foundation for Women's Cancer	National
Education and support for gynecologic cancers, including uterine/endometrial cancer, caregiver resources, courses, and downloadable materials.	
https://foundationforwomenscancer.org	Continuously maintained; accessed July 21, 2026
Johns Hopkins Sidney Kimmel Comprehensive Cancer Center	Maryland
NCI-designated comprehensive cancer center offering multidisciplinary cancer care, gynecologic oncology, clinical trials, genetics, navigation, and survivorship services.	
https://www.hopkinsmedicine.org/kimmel-cancer-center	Continuously maintained; accessed July 21, 2026
University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center	Maryland
NCI-designated center providing multidisciplinary cancer treatment, research, clinical trials, supportive care, and gynecologic oncology services.	
https://www.umgcc.org	Continuously maintained; accessed July 21, 2026

Maryland Department of Health Cancer Programs	Maryland
State cancer-control information, prevention and screening initiatives, cancer plan resources, and connections to community programs.	
https://health.maryland.gov/phpa/cancer	Continuously maintained; accessed July 21, 2026
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https://cancercenter.gwu.edu/patientcaregiver-support	Current program page; accessed July 21, 2026
MedStar Health Gynecologic Oncology	DC/MD/VA
Gynecologic cancer care across the region, including minimally invasive surgery, multidisciplinary treatment planning, clinical trials, and supportive services.	
https://www.medstarhealth.org/services/gynecologic-oncology-womens-cancer-care	Current program page; accessed July 21, 2026
Cancer Support Community Washington, DC	DC Metro
Free professionally led support groups, education, healthy-lifestyle programs, navigation, and online support for people affected by cancer throughout DC, nearby Maryland, and Northern Virginia.	
https://www.cancersupportdc.org	Current program page; accessed July 21, 2026

Smith Center for Healing and the Arts	Washington, DC
Cancer support through creative arts, movement, stress reduction, education, retreats, and support programming, including collaborations serving gynecologic cancer communities.	
https://smithcenter.org	Continuously maintained; accessed July 21, 2026
Inova Schar Cancer Institute	Northern Virginia
Comprehensive cancer care with gynecologic oncology, clinical trials, genetics, nutrition, rehabilitation, survivorship, and the Life with Cancer support program.	
https://www.inova.org/locations/inova-schar-cancer-institute	Continuously maintained; accessed July 21, 2026
Life with Cancer	Northern Virginia / DC Metro
Free education, counseling, support groups, exercise, nutrition, mind-body programs, and caregiver services for people affected by cancer.	
https://www.lifewithcancer.org	Continuously maintained; accessed July 21, 2026
UVA Health Gynecologic Oncology	Virginia
Comprehensive care for endometrial/uterine and other gynecologic cancers, including surgery, chemotherapy, targeted therapy, immunotherapy, genetics, and clinical trials.	
https://med.virginia.edu/obgyn/divisions/gynecologic-oncology/	Current program page; accessed July 21, 2026
VCU Massey Comprehensive Cancer Center	Virginia
NCI-designated comprehensive cancer center providing multidisciplinary care, research, community outreach, clinical trials, and supportive oncology services.	
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Virginia Department of Health Cancer Prevention and Control	Virginia
Statewide cancer prevention, screening, education, data, and cancer-control resources, including programs for eligible residents.	
https://www.vdh.virginia.gov/cancer-prevention-and-control/	Continuously maintained; accessed July 21, 2026

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Free professional counseling, support groups, education, resource navigation, and limited financial or copayment assistance when funds are available.	
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Free education and navigation related to health insurance, employment rights, disability, medical leave, finances, estate planning, and other cancer-related legal issues.	
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Volunteer transportation to cancer-related medical appointments in participating communities, depending on local capacity and availability.	
https://www.cancer.org/support-programs-and-services/road-to-recovery.html	Availability varies; accessed July 21, 2026
NCI Clinical Trials Search	National
Search NCI-supported cancer clinical trials by cancer type, treatment, age, and location; discuss any trial with the treating oncology team.	
https://www.cancer.gov/research/participate/clinical-trials-search	Continuously updated; accessed July 21, 2026
ClinicalTrials.gov	National
Federal database of publicly and privately supported clinical studies; each study record lists its own recruitment status and update date.	
https://clinicaltrials.gov	Individual records update separately; accessed July 21, 2026

15

APPOINTMENT TRACKER

Write it down. Take it in. You have got this.

Date / Time	Provider / Location	Purpose	Questions / Notes

16

MEDICATION & SYMPTOM TRACKER

Bring this page to appointments or use it as a model for your own log.

Medication / Dose	Schedule	Reason	Prescriber	Notes / Side Effects

Date	Symptom	Severity 0-10	What helped?	Reported to whom?

--	--	--	--	--

17

QUESTIONS FOR MY CARE TEAM

Use the prompts or add your own.

- What exactly did the pathology report show?
- What is the stage and grade?
- Were molecular or biomarker tests completed?
- What is the goal of treatment?
- What are the benefits and risks of each option?
- How might treatment affect fertility, menopause, sexual health, bladder or bowel function?
- What side effects require an urgent call?
- Should I have genetic counseling or testing?
- Are there clinical trials I should consider?
- Who should I contact after hours?

18

EMERGENCY & CARE-TEAM CONTACTS

Keep a copy near the phone and share it with your caregiver.

Role	Name / Organization	Phone	Portal / Email / Notes
Gynecologic oncologist			
Medical oncologist			
Radiation oncologist			
Nurse / navigator			
Primary care clinician			
Pharmacy			
Insurance			
Emergency contact			

Emergency reminder: Follow the emergency instructions provided by your oncology team. Call 911 for severe breathing trouble, loss of consciousness, signs of stroke, uncontrolled bleeding, or another life-threatening emergency.

Your story, your questions, your next steps.

Radiant Resilience

Hope. Support. Strength. Purpose.

This handbook was rebuilt as a native, searchable publication with live hyperlinks and printable worksheets. Resource information was reviewed from official organization pages where possible on July 21, 2026.

IMPORTANT DISCLAIMER

Because funding, program availability, and clinical-trial status can change quickly, confirm eligibility directly with each organization before relying on a service.

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