



PROGRAMS + SERVICES

The National Ovarian Cancer Coalition (NOCC) knows that you and your family face significant hurdles in addition to a new diagnosis. The most important thing to remember is that you are not alone. The NOCC is here to support you and your loved ones through this journey.

FIND SUPPORT THROUGH NOCC'S PEER SUPPORT PROGRAMS



Survivor Peer-to-Peer Online Support Group - Teal Hearts Network™

Teal Hearts Network™ is a regional peer-to-peer support group that invites you, at any stage of your treatment or survivorship, to join. This group provides a place for you to get the emotional support you may need as you navigate this journey. New members are always welcome.

For more information, visit ovarian.org or call 888-OVARIAN (888-682-7426).



Caregiver Online Support Group - Teal Cares Network

Teal Cares Network is a professionally led support group for those currently caregiving and provides an opportunity for those you love to address their own physical and emotional challenges among peers. This nationwide group meets monthly on the first Tuesday of each month at 7:30 ET | 6:30 PM CT | 5:30 PM MT | 4:30 PM PT.

For more information, visit ovarian.org, email tealcares@ovarian.org, or call 888-OVARIAN (888-682-7426).



24/7 Online Support Forum - NOCC CancerConnect Community

NOCC CancerConnect Community is an online forum, moderated by a physician, where you and/or your loved one can learn, support, and connect with other survivors and caregivers that understand what you're experiencing and can offer valuable insights in a safe environment.

To join the conversation, visit NOCCcommunity.ovarian.org.



nocc@ovarian.org
888-OVARIAN (682-7426)
ovarian.org

NOCC'S ONLINE EDUCATION PROGRAMS



Facebook LIVE Education Series - Ask The Experts

Ask the Experts is a monthly informative online conversation led by industry experts designed to raise awareness and educate on a variety of topics relevant to ovarian cancer.

Follow and visit @noccnational on Facebook.



Quality of Life Education and Support - DigiTEAL Learning Series

There are possibly many pressing stresses and issues facing you and your caregiver. This online series provides ways in which you can both take "self-care" moments and learn vital coping skills.

For more information, visit ovarian.org, email [digiteal@ovarian.org](mailto:digteal@ovarian.org), or call 888-OVARIAN (888-682-7426).



NOCC Wellness Retreat - May 7th - 8th, 2021

Join us for an online gathering for hope, inspiration, and support! This program will allow you to engage with others in the ovarian cancer community in a meaningful way, hear inspirational stories from other survivors, and learn about the latest ovarian cancer topics.

To register, visit events.ovarian.org/retreat.

OTHER NOCC SUPPORT RESOURCES



Faces of Hope® Tote Bag

The Faces of Hope® tote bag is filled with educational resources and comfort items to assist you and your family while navigating a diagnosis of ovarian cancer. This tote bag is available to any survivor at any stage in the journey.

To request a free tote, visit ovarian.org or email facesofhope@ovarian.org.



nocc@ovarian.org
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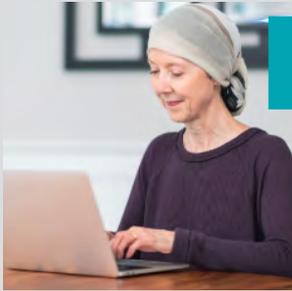
OTHER NOCC SUPPORT RESOURCES - CON'T.



Meal Delivery - Teal Comfort for the Soul

Teal Comfort for the Soul delivers healthy meals on a weekly basis to support you and your caregiver. To qualify, you must be in active treatment for ovarian cancer.

For more information, visit [ovarian.org](https://www.ovarian.org), email tealcomfort@ovarian.org, or call 888-OVARIAN (888-682-7426).



One-On-One Counseling - Teal Comfort for the Mind

The stress of a new diagnosis, the anxiety of a recurrence, or the pressures that come from being a caregiver can be emotionally overwhelming. This program provides free professional counseling for anyone impacted by ovarian cancer.

For more information, visit [ovarian.org](https://www.ovarian.org), email tealcomfort@ovarian.org, or call 888-OVARIAN (888-682-7426).



Nutritional Information and Support - Savor Health®

Good nutrition can help you feel better and help manage symptoms you may have when going through your journey. Savor Health® offers a text-based app that can send you personalized nutrition tips and answer questions.

For more information, visit [ovarian.org](https://www.ovarian.org).

Here are some additional resources you may find helpful located on [ovarian.org](https://www.ovarian.org):

Ovarian Cancer Risk/Symptom Card
Resource Guide for Newly Diagnosed Women
Resource Guide for Women with Recurrent Disease

What Everyone Should Know About Ovarian Cancer Brochure
When a Loved One Has Ovarian Cancer
Quality of Life Issues Brochure