

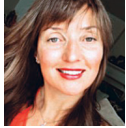
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Helping People Right Here, Right Now

The Marin Community Expansion Program is generously supported by the **Christina Capurro Sand Brain Tumor Fund**. This fund was established in honor of Christina Capurro



Sand by her mother Jeanne Capurro, to support brain tumor research and expand services that help patients with brain tumors and their families get the resources they need

throughout the difficult experience of diagnosis, treatment, and bereavement. In coordination with the UCSF Neuro-Oncology Gordon Murray Caregiver Program and the Sheri Sobrato Brain Cancer Survivorship Program, new programming at UCSF/MarinHealth aims to provide care for patients and caregivers through direct outreach, support groups, special events, and education.

Sign up for our newsletters:

For Patients: Judy.Choi2@ucsf.edu

For Caregivers: Cherrie.Demayo@ucsf.edu

Make a gift:

Find out how you can support our research and outreach programs at tiny.ucsf.edu/SandFund



Marin County Supportive Care Services



UCSF Brain Tumor
Center

Services and Programs at UCSF/MarinHealth

- **Integrative Wellness Center:** Complimentary alternative therapies such as acupuncture, massage, nutritional counseling and jin shin Jyutsu. There is also a library for self-care education and a calm space for waiting between appointments. mymarinhealth.org/programs-services/integrative-wellness
- **Psychosocial Counseling and Social Work:** Lauren Brown Brenner, LCSW, OSW-C, offers short-term supportive counseling those going through active cancer treatment at MarinHealth. mymarinhealth.org/programs-services/integrative-wellness/services/psychosocial-counseling
- **Supportive Care Center:** Outpatient palliative care services to support symptom management, advance care planning, and spiritual care for patients and caregivers. mymarinhealth.org/locations/supportive-care-center
- **Psychiatry:** Outpatient behavioral health services for medication consultation, medication management and talk therapy. Based in Novato. mymarinhealth.org/programs-services/behavioral-health
- **UCSF Neuro-Oncology Survivorship Program:** Survivor support groups, 1:1 peer support, patient events, wellness classes, exercises classes and more. braintumorcenter.ucsf.edu/support/survivorship
- **UCSF Neuro-Oncology Caregiver Program:** Caregiver support group, 1:1 consultation, peer support, caregiver retreat, educational webinar series, and more. braintumorcenter.ucsf.edu/support/caregiver



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North Bay Supportive Care Resources

Acupuncture

- **Marinwood Community Acupuncture, San Rafael:** marinwoodcommunityacupuncture.com
- **Community Acupuncture of Marin, Novato:** communityacupunctureofmarin.com
- **Jennifer Monin, LA-C, Sebastopol:** www.jennifermoin.com
- **Alamere Acupuncture & Herbal Medicine, Mill Valley:** www.alamereacupuncture.com
- **Susan Fox, MS, LA-C, Mill Valley:** drsusanfox.com

Brain Injury Rehabilitation

- **Schurig Center for Brain Injury:** Neurocognitive and aphasia training programs, support groups. schurigcenter.org

Caregiver Resource Centers

A network of 11 nonprofit centers that serve family caregivers of adults affected by chronic and debilitating health conditions.

- **Marin County – Family Caregiver Alliance:** www.caregiver.org
- **Sonoma, Napa, and Lake Counties – Redwood Caregiver Resource Center:** www.redwoodcrc.org

Food Resources

- **Ceres Community Project:** Free or low-cost delivered meals for those with serious illness. ceresproject.org/get-meals/for-myself-or-loved-one
- **San Francisco Marin Food Bank:** Food pantries, home-delivered groceries, a supplemental food program and support enrolling in CalFresh. sfmfoodbank.org
- **Meals on Wheels:** Delivered meals for those age 60+, requested donation of \$3.50/meal. marinhhs.org/nutrition-services-older-adults
- **Vivalon Nourish:** Home delivered meals for those who don't qualify for Meals on Wheels. vivalon.org/nutrition/nourish-Marine-County

Attendant Care

Please consult with clinic social worker for additional resources.

- **Seniors at Home:** seniorsathome.jfcs.org
- **J&M Homecare Services:** jmhomecare.com
- **Reliable Home Care for Seniors:** reliablehomecareforseniors.com

Housecleaning

- **Cleaning for a Reason:** cleaningforareason.org

Medical Equipment

- **Marin Medical Equipment Recyclers:** Free healthcare equipment and supplies. marinmer.org

Meditation

- **Corliss Chan, CMT, MBA:** Library of audio and video recordings for mindful meditation. www.mymarinhealth.org/find-a-provider/corliss-chan-cmt-mba
- **Survive + Thrive:** Monthly meditation, reiki and sound healing class in San Rafael. www.mettayogastudio.com/events/survive-thrive-a-mindfulness-community-wellness-support-group-with-stacy-conlon-in-san-rafael
- **UCSF Osher Center:** Guided imagery and meditation audio recordings. osher.ucsf.edu/guided-imagery-meditation-resources

Transportation Resources

- **Vivalon Rides:** Multiple transport programs (both paid and volunteer-driven), many require an application process to access. Vivalon.org/transportation
- **Marin Access Paratransit:** Public transit system for those unable to use regular bus systems. Requires application and physician's certification of disability. More information and application support from Marin Access Travel Navigators available at 415-454-0902. marintransit.org/paratransit