

Resource Guide

The Good, The Bad, and The Ugly: Living with Metastatic Cancer

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Fred Hutch Cancer Center

Main Line: 1.855.557.0555 | fredhutch.org

MBC Support Group

Monthly Meetings — 1st Thursday of the month, 4–5:15pm via Zoom

Contact — Sarah English

senglish@fredhutch.org | 206.606.1082

Social Work (Free for all patients & families)

Services — Emotional support, insurance & financial navigation, community resources

Access — Ask any care team member or call directly

206.606.1076

Palliative & Supportive Care

Important — Available at ANY stage — NOT hospice

Access — Ask your oncologist or any care team member for a referral (usually within 1–2 weeks)

Advance Care Planning (living will, DPOAHC)

patientresourcectr@fredhutch.org | 206.606.2081

Psychiatry & Psychology

Services — Anxiety, depression, sleep disruption — telehealth available

Access — Ask your social worker or care team member to submit a referral

Spiritual Health / Chaplains

Services — All faiths and no faith. Trained to sit with you.

spiritualhealth.scca@fredhutch.org | 206.606.1099

Patient & Family Resource Center

Location — Sloan Clinic, 3rd floor — materials, wig fittings, notary, digital library

patientresourcectr@fredhutch.org | 206.606.2081

Integrative Medicine

Services — Acupuncture, nutrition counseling, mind-body practices

integrativemedpcc@fredhutch.org | 206.606.5500

750+ Active Clinical Trials

More active trials than any other Pacific Northwest center

fredhutch.org

MET-X Center — Center for Metastasis Research Excellence

Led by Dr. Cyrus Ghajar — Launched 2023

fredhutch.org

Research focus — How cancer spreads, dormant cells, earlier detection, Stage 4 treatments

Clinical Trials

ClinicalTrials.gov

Search all active trials — by cancer type, biomarkers, and location

clinicaltrials.gov

Tip — Many cancer nonprofits maintain curated trial lists for your cancer type — reach out to them too

Before enrolling, ask: Who pays for travel? What does my insurance cover? Get it in writing. Your Fred Hutch social worker can help.

Communication & Coordination Tools

Keeping People Updated — Write Once, Reach Everyone

CaringBridge — Free personal page — updates, comments, meal sign-ups

caringbridge.org

LotsaHelpingHands — Care coordination — meals, tasks, scheduling

lotsahelpinghands.com

MealTrain — Simple meal scheduling

mealtrain.com

Metastatic Cancer Resources

METAvivor — Only organization focused solely on MBC research and advocacy

metavivor.org

Male Breast Cancer Global Alliance — Men with breast cancer — advocacy, research inclusion, support

mbcglobalalliance.org

GO2 Foundation — Lung cancer patient support, research, and advocacy

go2.org

PanCAN — Pancreatic Cancer Action Network — Patient services, trial access, advocacy

pancan.org

Colorectal Cancer Alliance — Education, support, and research

ccalliance.org

National Brain Tumor Society — Research, advocacy, and patient support

braintumor.org

General Cancer Support — For Everyone

Cancer Care (Free for all cancer patients)

Services — Counseling, support groups, workshops, financial assistance

cancercare.org | **800.813.4673**

Patient Advocate Foundation

Services — Insurance navigation, financial assistance, clinical trial travel funds

patientadvocate.org | **800.532.5274**