

Support Resources for the Ostomate

Support organizations for ostomates:

- **United Ostomy Associations of America** is a national, nonprofit network to empower, support, and educate ostomates. Their website has a lot of information, as well as local and regional events. The organization maintains an online support group with professional oversight. You can also find a local ostomy support group under the “Support” tab. Call 1-800-826-0826 or visit their website at: www.ostomy.org.
- **Girls With Guts** is an online resource with local support groups that aims to empower women with inflammatory bowel disease (like Crohn’s disease and ulcerative colitis) and ostomies to share their stories and promote self-esteem. Visit their website at: www.GirlsWithGuts.org.
- **Bladder Cancer Advocacy Network** is a group whose goal is to advance research, raise awareness, and provide information and support for bladder cancer. There is an online support group, as well as local support groups, available. Call 1-888-901-2226 or visit their website at: www.bcan.org.
- **Hereditary Cancer Support Group** is a group for people with hereditary cancers, FAP, and Lynch syndrome. They meet the third Thursday of the month online (via Zoom). Contact the Cancer Support Community by calling (734) 975-2500, going online to www.CancerSupportAnnArbor.org, or contacting them on Facebook at Hereditary Colon Cancer Community of Greater Michigan (www.facebook.com/groups/HCCofMichigan) for more information and to request a Zoom link for meetings.
- **Ostomy Connection** is a global digital media and publishing company for ostomates. The website has many culture, inspiration, lifestyle, and

opinion pieces written by ostomates in the form of articles, books, and podcasts. Visit their website at: OstomyConnection.com.

- Type “**ostomy blog sites**” into your web browser to connect with other ostomates.

Find an ostomy nurse closer to home:

- **Wound, Ostomy, and Continence Nurses Society** helps you find an ostomy nurse near you. Visit their website at www.wocn.org. Click on “Patient Resources.” Scroll down and under “Services for Patients,” click on “Find a WOC Nurse.” Enter your zip code to search for WOC nurses in your area.

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