



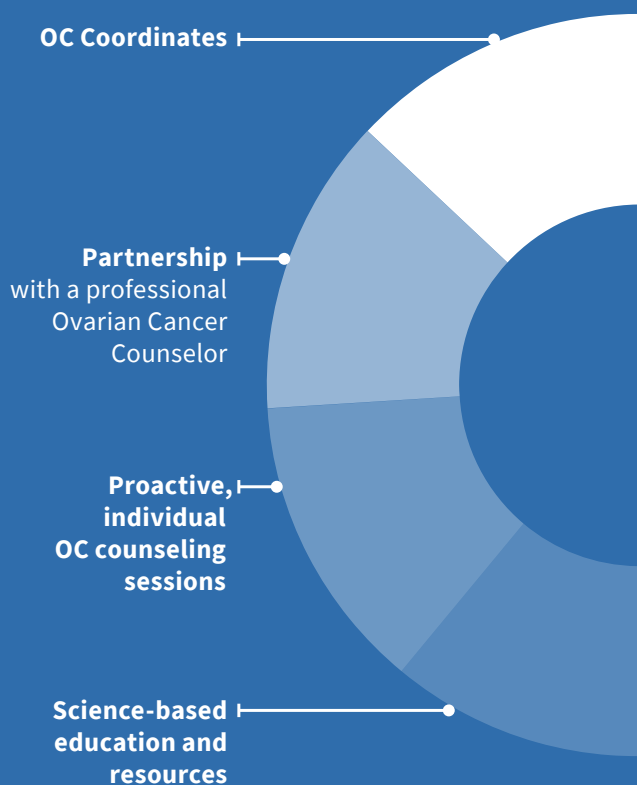
# STEPS THROUGH OC

SUPPORT FOR LIFE WITH OVARIAN CANCER

[www.stepsthrough.org](http://www.stepsthrough.org)

Steps Through OC is a new, national program offering free ovarian cancer counseling and other resources for any woman coping with OC, her family and her active caregivers.

Our goal is to support physical and emotional health so people feel, function and live well with ovarian cancer.



## How it works

**Steps Through OC begins by locating each person's "OC Coordinates"—the place where clinical circumstances and priority concerns intersect.**

For example, participants might want help understanding treatment options, mitigating side effects, facing a difficult prognosis, managing recurrence fears, confronting family dynamics or addressing other issues.

Each person is matched with a professional Ovarian Cancer Counselor who holds a 360° view of their situation.

Through ten private sessions over six months, they'll work together to implement a proactive support plan that includes ovarian cancer counseling along with education, referrals and other resources curated by the counselor to meet specific needs.

Wherever people are in their experience, Steps Through OC will be there with expert support.  
*There is no cost to participate.*

For more information or to register, visit [www.stepsthrough.org](http://www.stepsthrough.org) or call **1.866.830.5134** (toll free).



## Get involved

**Register to participate** if you're a woman, family member or active caregiver living with ovarian cancer

**Refer** others who may be interested

**Share** this information with your networks

**Contact** us to talk about funding opportunities or other ways we might collaborate

## Stay in touch

**Visit** our website and **follow** our social media, blog and other updates

**WEB** [www.stepsthrough.org](http://www.stepsthrough.org)

**BLOG** [www.LifeWithOC.org](http://www.LifeWithOC.org)

**SOCIAL** @stepsthrough

**EMAIL** [counselor@stepsthrough.org](mailto:counselor@stepsthrough.org)

**PHONE** 1.866.830.5134 (toll free)

**Steps Through OC** focuses exclusively on ovarian cancer. We offer resources that are based in science, vetted by oncology and psychology specialists, and delivered in tandem with one-on-one counseling support. All our OC Counselors have master's degrees and ovarian cancer expertise.

Steps Through OC is a nonprofit program of The Clarity Foundation, a 501(c)3 organization.

Seed funding for a 2019 pilot phase, including some 300 participants, has been provided by Susan Poorman Blackie Ovarian Cancer Foundation and The Clarity Foundation. To continue expanding beyond the first year at no cost to participants, we seek collaboration with advocacy organizations, institutional funders and private donors.

Steps Through OC intentionally seeks to serve people whose access to safe, affirming, responsive care may be limited by income, geography, language or discrimination of any kind.

**Online registration is available 24/7 at [www.stepsthrough.org](http://www.stepsthrough.org).**

For partnership opportunities and other information, contact Marina Baroff at 1.866.830.5134 x1010 or [mbaroff@stepsthrough.org](mailto:mbaroff@stepsthrough.org).



**#LifeWithOC**