

# Free Resource Guide

Our free guide is updated and provides accurate information and financial aid resources sure to help you through the bone marrow/stem cell journey.



Check out and share our updated Resource Guide by hovering on this QR code! Printed, free copies available upon request.



Email [info@nbtlink.org](mailto:info@nbtlink.org) to request a copy. Please include your mailing address.

## We acknowledge and thank the following Link Partners for their ongoing support.

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All watercolor artwork by Megan Swoyer, [greenbushmedia.com](http://greenbushmedia.com).

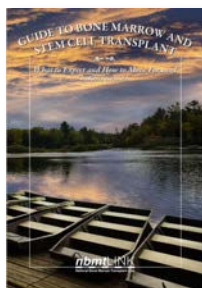
# Linking & Caring

from Diagnosis through Survivorship



## Check out Our Resources for Sale

To order copies of any of the resources listed below, please visit our Shop, located on our website, [nbmtlink.org](http://nbmtlink.org).



### Guide to Bone Marrow and Stem Cell Transplant: What to Expect and How to Move Forward

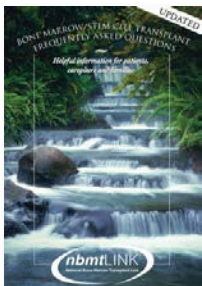
(English or Spanish available)

This guide, written by Keren Stronach, MPH, focuses on before, during and immediately after transplant with sentiments from patients.



### UPDATED: Graft Versus Host Disease: Living with the After Effects of Bone Marrow/ Stem Cell Transplant

A much-needed resource for bone marrow/stem cell transplant patients, caregivers and families faced with the long and arduous journey with GVHD.



### UPDATED: Bone Marrow/ Stem Cell Transplant: Frequently Asked Questions

Flippable: English and Spanish

This booklet discusses the answers to 20 pertinent questions patients and families have when considering transplant as a treatment option; includes a comprehensive resource listing.



### UPDATED: Survivorship: Bone Marrow/ Stem Cell Transplant, Coping with Late Effects

Keren Stronach, a survivor of two bone marrow transplants, has written a reassuring, knowledgeable, and practical guidebook for survivors living with late effects.



### UPDATED: Caregivers' Guide for Bone Marrow/ Stem Cell Transplant, Practical Perspectives

This book offers practical suggestions for getting through the difficult days from caregivers who have been there.



### The New Normal: Life After Bone Marrow Stem Cell Transplant - DVD

The New Normal is an EMMY Award-winning video featuring the stories of six transplant survivors and their caregivers.



\* Also available on YouTube. Scan the QR code to watch The New Normal on our YouTube channel.

## SINCE 1992, OUR FREE PROGRAMS STRIVE TO MEET PATIENTS AND LOVED ONES ACROSS THE GLOBE WHERE THEY ARE AND WHEN THEY NEED SUPPORT.

**Lunch & Learn Programs:** These monthly, toll-free calls featuring a health care professional and a patient or caregiver voice cover bone marrow/stem cell transplant, CAR T-cell therapy, caregiving and survivorship. We also feature past recorded programs on our website, under the Lunch & Learn tab.

**Marrow Masters Podcasts:** Our podcasts cover cGVHD, survivorship, novel treatments and more. Visit <https://marrowmasters.simplecast.com> to listen in or visit our website or YouTube page.

**Webinars:** We host annual fall webinars addressing all things transplant and they are recorded and available on our site.

**Coffee Klatch:** Facilitated by Jen Gillette, LMSW, these 75-minute Zoom based interactive gatherings enable patients and caregivers to meet up, learn from each other and lift each other up.

**Peer Support Program:** Patients, caregivers and survivors can connect with trained peer support volunteers who understand their feelings and can offer support and comradery.

**Celebrating Second Birthdays:** This program acknowledges and honors transplant survivors with a specially designed 2nd birthday postcard sent during the month of their transplant.

**Survivors Thrive Book Club:** New and interactive, several times a year, groups gather via Zoom to discuss a survival related book that the group has read.

To learn more about any of the above mentioned programs, visit [www.nbmtlink.org](http://www.nbmtlink.org) or email [info@nbmtlink.org](mailto:info@nbmtlink.org).