



CHARLOTTE MAXWELL CLINIC

INTEGRATIVE CANCER CARE



About Us

For over 30 years, Charlotte Maxwell Clinic has been providing San Francisco Bay Area low-income women with cancer the opportunity for improved health outcomes and quality of life by providing *free* access to compassionate, integrative care.

Integrative care is the approach of combining effective and safe complementary therapies with standard medical treatment to optimize the body's natural healing capacity. It includes:

- Acupuncture
- Massage/Bodywork
- Guided Imagery
- Movement Therapy
- Chinese & Western Herbs
- Homeopathy
- Nutrition Advice

Studies from the National Institute of Health have shown that these healing modalities help the immune system recover from the often harsh, but necessary and life-saving treatments of western medicine and contribute to improved quality of life and rates of survival.

Since these integrative modalities generally are not covered by insurance, our services are made possible by a corps of dedicated volunteers that include licensed and certificated practitioners and program support. Learn about their impact here: <https://www.charlottemaxwell.org/about-us/impact-stories/>.

Our vision is that all women with cancer achieve the highest attainable health during their cancer journey.



Our Treatment Philosophy

- We do not believe women cause their own cancer.
- We will do everything we can to prevent a woman from blaming herself for her cancer.
- We treat the whole person.
- We believe our function is to support women in their own treatment choices.
- We believe integrative medicine should be a part of all cancer treatments.
- We are committed to being open, non-judgmental, and caring. We are respectful of differences, especially in regard to class, race, culture, body size, sexual identity, and spiritual beliefs.





Services at Charlotte Maxwell Clinic

Charlotte Maxwell Clinic (CMC) is a nonprofit free women's clinic that specializes in providing integrative care for San Francisco Bay Area low-income, under-served, and immigrant women with all types of cancer. It was founded in 1991 by a dedicated group of medical and complementary health practitioners in memory of Charlotte Maxwell, a forward-thinking social worker and public health professional who recognized the importance of integrative care in cancer treatment.

Intake and Orientation

CMC receives referrals from medical centers throughout the San Francisco Bay Area as well as self-referrals. All new referrals receive an in-depth intake to inform them of the options and benefits of integrative care and the holistic therapies that CMC offers, as well as to gather pertinent information and determine eligibility. New clients are then scheduled for an orientation of the clinic during which they receive a clinical assessment and recommendations.

COVID-19 Prevention Protocols

While all staff and practitioners are vaccinated and boosted, CMC serves clients regardless of vaccination status. Upon arriving at the clinic, each client undergoes a COVID health screen as part of their check-in, then meets with their practitioner in a private room or office for their individual session.

Free Guided Imagery Recordings

Available to use at any time and in Spanish/English. You can scan the QR code with your mobile device's camera to access them.



1-on-1 Integrative Care

CMC provides a broad range in-person care and support at its Oakland-based clinic. Services are provided by volunteer acupuncturists, herbalists, bodyworkers, energy workers, exercise therapists, and nutrition consultants, as well as administrative support during shifts. Treatments are designed to help ease the pain, nausea, fatigue, anxiety, neuropathy, and numerous other side effects that often accompany medical treatments such as surgery, chemotherapy, and radiation.

Telehealth

If you cannot come into the clinic in person, we offer telehealth as an option. You can be in touch with a practitioner over the phone or online using a tablet or computer.

Group Wellness Workshops

CMC provides a variety of workshops that focus on stress reduction, symptom management, support for healthy lifestyles, such as nutrition education and cooking demonstrations of culturally relevant foods, and connecting to community resources. These workshops, offered online and in person, provide essential health education and self-care practices, as well as build community between clients undergoing cancer treatment and survivors, practitioners, and staff.

Language interpretation is available in Spanish, Chinese, and other languages, as needed.

To Make an Appointment

CMC operates by appointment only. Client appointments are scheduled Friday, Saturday, and Sunday, between 10 a.m. and 4:30 p.m. The clinic does not take drop-ins and does not provide home visits. Call CMC's Client Services department Monday through Friday for more information and to schedule your appointment:

For assistance in English:

510-601-7660 ext.6

Para asistencia en Español:

510-601-7660 ext.1



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www.charlottemaxwell.org



CMC services are free. We rely on private donations and grants to fund our services. To support our mission with a tax-deductible donation, mail a check to the address above or go to our website at www.charlottemaxwell.org/get-involved/donate. Thank you!