

ANNUAL IMPACT REPORT 2025



CANCER SUPPORT
COMMUNITY
NORTH TEXAS

Transforming lives in 2025 - and beyond!

As we open the red door at our new Dallas Clubhouse, which better serves our participants, we reflect on all the great work in 2025 that led to this moment. Thanks to your support, we saw multiple increases in services provided from 2024 to 2025. This includes increases in individual counseling (29%), new participants onboarded (18%), and virtual visits (12%). CSCNT's licensed mental health professionals dedicate significant time and effort to provide services for our participants. We also were successful on the fundraising side – seeing an increase in the number of donors (13%) and Red Tie Gala sponsors (16%). We're helping people impacted by cancer thrive and taking the scary out of cancer through social, emotional and educational support services. Cancer Support Community North Texas serves incredible people with cancer and their families, and includes talented staff, local partners and supporters, like you. We're making a big impact, thanks to you!

1,007

**Participants
served**

4,511

Total visits

81%

**of surveyed participants say participating in
CSCNT counseling and support groups helped
them manage feelings of anxiety, fear or sadness**

Mother, daughter find strength and support at CSCNT

When Joann Gardner was diagnosed with stage 3 lung cancer in October 2024, the news landed like a shockwave through the home she shares with daughter, Kim. At 81, active and fiercely independent, Joann had never smoked. Cancer simply wasn't something she saw coming.

"I immediately started to pray and put it in God's hands," Joann says. "That's how I deal with things I can't control."

Kim suddenly found herself navigating unfamiliar territory – medical appointments, insurance paperwork, treatment decisions, and the emotional weight of watching her mother endure cancer treatment. While Joann bristles at the idea of being "taken care of," Kim quietly stepped into a partial caregiver role.

"I'm going through this cancer journey with her," says Kim. "And it's painful to watch her go through it."

Joann's treatments, including radiation, chemotherapy and HER2-targeted therapy, have not been easy for the retired teacher's assistant. She's experienced side effects like leg swelling, jitteriness, and an unsettling "out of body" feeling.



Kim Gardner, left, with her mother Joann Gardner

For Kim, the emotional toll was heavier than she expected. "Trying to make sure she's getting the best care, filling out paperwork, and dealing with financial questions brought on a lot of anxiety," she shares. "There are so many things you're juggling at once."

Their collective turning point came thanks to a neighbor who mentioned Cancer Support Community North Texas. Kim knew she needed support and resources – not just for her mom, but for herself. Joann joined first, attending online support group meetings, cooking and educational workshops.

"The support groups are really informative when you can talk to other people with cancer and their different experiences with it," says Joann. "CSCNT has a lot of different activities and it's a wonderful program for anyone to participate in. It makes you feel better about yourself – takes your mind off all you're going through."

Kim soon realized CSCNT was just as much for caregivers as it was for patients. "They made me feel very welcome from the start," she says.

The support helped Kim put words to feelings she'd been carrying quietly. "As a daughter and caregiver, I feel like I'm never doing enough," she admits. "There are things I can't say around the doctors or even my mom. CSCNT reminded me that you're not alone, and that it's okay to ask for help." Now, Kim plans to explore individual counseling through CSCNT, while encouraging her mom to try more in-person activities like Tai Chi.

Together, Joann and Kim are learning how to balance independence and support, fear and faith, caregiving and self-care. And through CSCNT, they've found something essential: A community that sees both of them, exactly where they are, and reminds them they don't have to walk this road alone.

2025 Highlights

463

Support
group
sessions

213

Individual
counseling
sessions

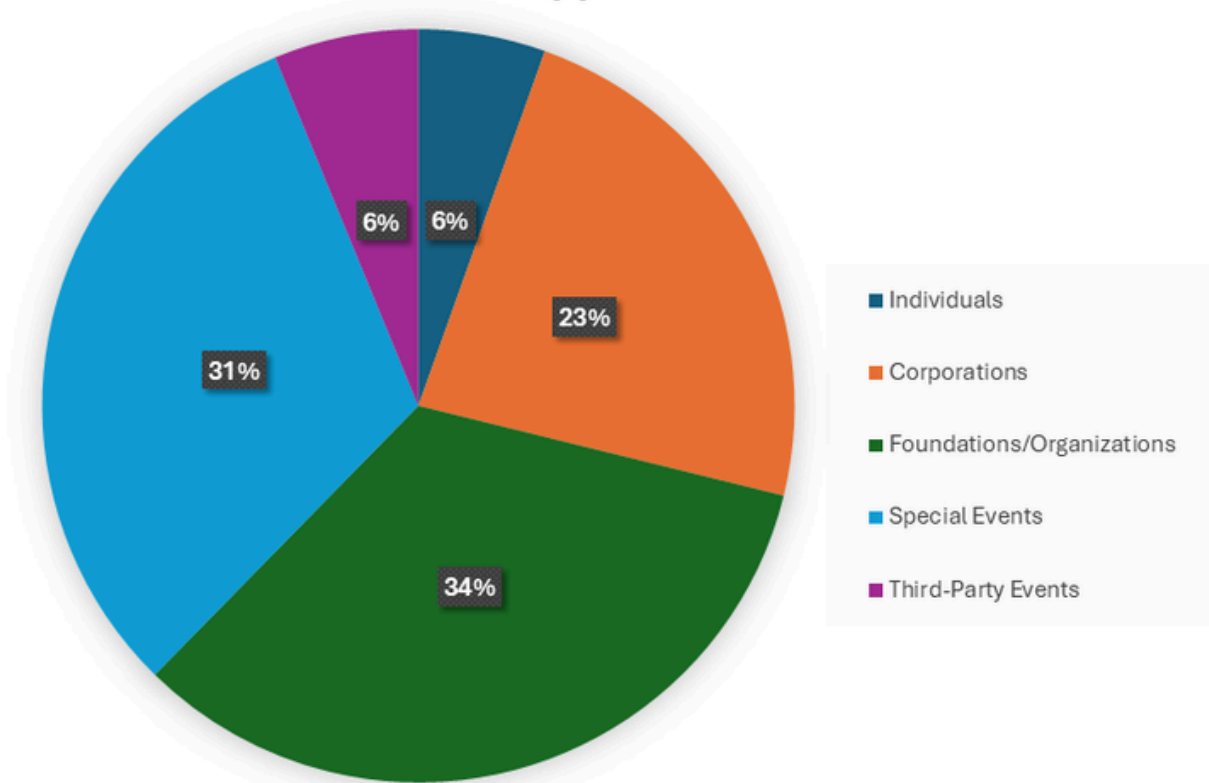
427

Social
events
attendees

187

Healthy
lifestyle
programs

Where Our Support Came From



Changemaker felt 'really compelled' to become monthly donor

Longtime CSCNT participant Shannon Daves knows every raindrop fills the bucket, and every contribution matters, which is why she joined Changemakers, our monthly giving community that launched in 2025.

"I appreciate all the CSCNT services I received over the years at no expense, and that's not lost to me," says Shannon, who is going through treatment for breast cancer. "I really urge others to become Changemakers – even a small amount makes a difference."

Being a monthly donor makes sense to Shannon, who first joined CSCNT as a participant in 2018. She contributes at an amount that isn't burdensome to her household.

Shannon was originally diagnosed with breast cancer in 2000, and the disease has progressed multiple times, creating a significant emotional and physical toll. She sees the mental health support at CSCNT as just as essential as the physical medical care.

"Talking about having advanced cancer with others who also are going through it allows me to live more fully in my daily life," Shannon says. "I want to be fully present with my grandchildren, and that's hard to do when you're overwhelmed emotionally. The support from CSCNT keeps the dark place at bay so I can experience the joy of life."



Shannon Daves with her husband Paul and one of their grandchildren

Shannon and a group of fellow CSCNT participants have become so close that they're planning to go on a cruise together to the Caribbean. They also gather to play games and spend time with one another as much as they can. "We reach out to keep up with each other's health and celebrate the wins and good times in life, while also being there when things aren't going smoothly," she says.

As CSCNT opens the red door at our new Dallas Clubhouse in 2026, Shannon is looking forward to being active in this space, including participating in the Living with Advanced Cancer support group. Her husband Paul has attended several CSCNT events and plans to connect more in the new clubhouse with fellow caregivers.

"I tell others diagnosed with cancer and their families to 100% join CSCNT," Shannon says. "It's a part of your care that you don't even know you need. It's so important."



\$250,000

Dollars raised

256
Attendees

58
Sponsors

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