



During COVID-19, some of the regular information and support groups and programs are on hold.

- You can still call and be put on a waitlist.
- Some support groups are being offered through video conference or online.

CancerCare Manitoba Support Groups

These groups are facilitated by a professional counsellor from the Psychosocial Oncology program.

Breast Cancer Support Group: For women who have completed treatment for **primary** breast cancer in the past 2 years. Call Cheryl 204-235-3186

Support Group for Younger Women with Breast Cancer: Call Stephanie at 204-258-1004

Support Group for Women Living with Metastatic Breast Cancer: **Still offered by Videoconference on Tuesdays 1:00—2:30 pm.** Call Linda 204-787-4645

CancerChat Canada Online Support Groups for Patients and Families: Call Elizabeth 204-787-2109 or register online at: www.cancerchatcanada.ca (1-800-663-3333 ext. 4965) or email info@cancerchatcanada.ca

Caregiver Support Group: Are you helping a loved one with cancer and looking for support? Call Cara at 204-237-2915

Gyne Cancer Coffee Group: Monthly sessions for anyone diagnosed with a gynecological cancer. For information and registration call 204-787-2970

Lung Cancer Support Group: For patients and families. **Still offered by Videoconference on Tuesday May 26, 10:30—12:00 by video conference.** Call 204-787-2109

Narrative Practice Support Group-Who am I now? For anyone who has completed treatment for cancer. Call Mike 204-787-1325

Young Adult Cancer Support (YACS) For young adult patients between 18 and 35. **Still offered by Videoconference.** For more information call Ian at 204-787-2191

Community and National Support Groups

These groups are led by a cancer survivor from the community.

Bladder Cancer Support Group: For patients, caregivers & friends. Call or text Terrol 204-782-7926 or Jan 204-771-8942. WinnipegSupport@bladdercancerCanada.org

Brain Tumour Support Group: For more information call 1-800-265-5106 or visit www.braintumour.ca

Breast Cancer Lymphedema Support Group: For information email: lymphedemagroup7@gmail.com

CNETS Support Group: Call Pat at 204-509-8768 or email winnipeggroup.cnets@gmail.com

Myeloproliferative Neoplasm (MPN) Support Group: email ManitobaMPNnetwork@gmail.com or visit: Canadianmpnnetwork.ca

MY Support Group: Support group for **myeloma** patients, caregivers and family members. **No meetings held at this time but welcome to call Jackey at 204-253-8124**

Ovarian Cancer Survivors of Manitoba - Coffee & Chat: Supportive self-help group for women in treatment or living with ovarian cancer. Email ovariansurvivorsmb@gmail.com or call 204-897-4092

CancerCare Manitoba Programs

Cancer Education and Support

Brain Fog: (8 weeks) An education program for cancer patients to teach ways to manage memory and cognitive challenges. For individuals treated for any type of cancer in the last 3 years. Call 204-787-2109

Breast Reconstruction Information Session: For information and registration call 204-787-2970

Expressive Art Group: (8 weeks) **Group still offered by Videoconference.** This program combines counselling and creative expression through art. For anyone treated for cancer in the last 2 years. Call Miriam 204-787-2062

Expressive Art Grad Group: on hold until further notice.

Moving Forward After Breast or Gyne Cancer: A group session for those who have finished treatment. Family members welcome. For information and registration call 204-787-2970

Preparing for Gyne Surgery Information Session: To register call 204-787-2970

Quit Smoking program: A personalized program to help quit smoking. Call 204-787-1202 or 1-888-775-9899

Exercise and Wellness

Moving Forward After Cancer Wellness Program: (10 weeks) For cancer patients who have completed treatment in the last 2 years. Designed to help transition from active treatment to life after treatment.

Program suspended at this time. Registration for future programs is open. Call 204-787-2109

Yoga & Cancer: (8 weeks) For those in treatment or completed treatment within the past year. **Spring session cancelled Registration for future sessions is open. Call 204-787-2109**

Professional and Community Education and Support Programs

Breast Health Centre Phone: 204-235-3906 **Note: All sessions are postponed due to COVID-19.**

- **Before Breast Cancer Surgery Information Session** - video available online

- **After Breast Cancer Surgery Information Session** - video available online

Videos are posted online at: sharedhealthmb.ca/services/breast-health-centre/patient-resources/

- **Bone Health After Breast Cancer** Call Beth 204-235-3646. **No program offered in May.**

- **EAT well. GET fit. LIVE WELL:** (8 weeks) For those wanting to improve their lifestyle after breast cancer treatment. Co-facilitated by a dietitian, counsellor and certified fitness instructor. Call Beth 204-235-3646.

- **Let's Get Physical!** (8 weeks) Aqua Lymphfit class for breast cancer patients who have developed lymphedema as a result of their treatments. Call 204-235-3691

Cancer Rehab Pilates Class: Open to anyone that has undergone treatment for cancer of any kind. Call Donna Sarna Physiotherapy & Rehabilitation Call 204-475-6940



Dear Reader...

When diagnosed with cancer many people find that support for emotional and practical issues can help to manage stress. CancerCare Manitoba offers the following programs and services at no cost to patients and families:

Breast & Gynae Cancer Centre of Hope Phone: 204-787-2970 or toll free 1-866-561-1026
Nurses are available to provide education to help patients and families with understanding, decision-making, and navigation of care for breast and gynecological cancer. Information about the Manitoba Breast Prosthesis Program is available.

Guardian Angel Caring Room Phone: 204-787-4180 Temporarily closed
offers practical support to manage some of the side effects of cancer treatment such as hair loss. Wigs and headwear are available on loan, at no cost and laryngectomy covers. **Basic headwear will be mailed to new patients only. To request call the Caring Room.**

Patient and Family Resource Centre Phone: 204-787-4357
Offers a quiet place to relax and find cancer information. Temporarily closed.
You can still phone the Centre if you are looking for information on cancer or resources.

Patient Representative can be contacted if you have questions or concerns about your care at CancerCare Manitoba. Main Floor, CCMB 675 McDermot Ave, Room ON 1212.
Phone: 204-787-2065

The CCMB Underserved Populations Program Education and Liaison Nurse works with patients and families to improve access to cancer care (prevent delays, follow-up on test results, direct people to resources and support services). Phone: 204-799-0971 or toll-free 1-855-881-4395

Community Oncology Program

Community Cancer Programs Network helps rural and northern Manitobans receive chemotherapy and follow-up care closer to home. Speak to your nurse or doctor, or call 204-784-0225 or toll-free 1-866-561-1026.

Provincial Cancer Referral and Navigation Services:
Winnipeg Navigation Services: 1-855-837-5400
Central Referral Office: 1-204-787-2176

Regional Cancer Navigation Services:
Information for rural cancer patients

- Interlake-Eastern Regional Health Authority: 1-855-557-2273
- Northern Health Region: 1-855-740-9322
- Prairie Mountain Health: 1-855-346-3710
- Southern Health-Santé Sud: 1-855-623-1533

Production of The Navigator is supported by:



All funds raised stay in Manitoba.

Parking

We know that parking at CancerCare Manitoba can be a challenge. Here are some tips:



Handicap Parking (limited space):
675 McDermot Ave.—on the street at the main entrance to CCMB.
St. Boniface Unit—near the CancerCare Manitoba entrance.

Street Parking: There is metered parking around 675 McDermot Ave. and metered 2-hr parking around the St. Boniface Unit.

Closest parkade to 675 McDermot Ave: The Manitoba Clinic at 790 Sherbrook St.

Closest parkade to the St. Boniface Unit: On the south side of the St. Boniface Hospital. The CancerCare Manitoba entrance is located in the southwest wing of the hospital.

For more information on parkades and weekly parking passes call:
Health Sciences Centre
204-787-2715

St. Boniface General Hospital
204-237-2319

Transportation Service:
NOTE: This transportation service is temporarily closed due to COVID-19.

The Canadian Cancer Society (CCS) Wheels of Hope transportation services is a volunteer led program that provides safe and reliable rides to and from cancer-specific appointments.



Important Changes to Support Programs during COVID-19

CancerCare Manitoba (CCMB) has made changes to some of our counselling and patient and family support services.

Please know that this is only temporary. Right now during COVID-19 we are taking extra steps to protect cancer patients, their families and staff.



To arrange an appointment or for more information on our programs call:
Patient and Family Support Services 204-787-2109 or toll free 1-866-561-1026.

Counselling Services

Phone and video counselling are being offered for patients and their families

Nutrition Services

Our dietitians are still providing appointments by telephone.

Breast & Gynae Cancer Centre of Hope

Phone: 204-787-2970 or 1-866-561-1026
Breast & Gynae Cancer Patient & Family Educators are providing education for patients by telephone as needed.

Speech Language Pathology

Phone: 204-787-4120
Assessment, treatment and education is being offered by telephone when possible for:

- patients on treatment
- Patients referred for swallowing (dysphagia) assessment

Only booking in person appointments for:

- Patients requiring urgent voice prosthesis (TEP) management
- New patients who have had a total laryngectomy
- Patients can be seen for urgent swallowing (dysphagia) assessment in coordination with their CCMB physician appointment



May 2020

Where to Find Us:

CancerCare Manitoba 675 McDermot Ave. Toll Free for all units	204-787-2197 1-866-561-1026
St. Boniface Unit O Block—409 Taché Ave.	204-237-2559
Patient and Family Support Services: Psychosocial Oncology 675 McDermot Ave.	204-787-2109
St. Boniface Unit	204-237-2007
Nutrition Services	204-787-2109
Patient and Family Resource Centre	204-787-4357
Guardian Angel Caring Room 675 McDermot Ave.	204-787-4180
St. Boniface Unit	204-237-2789
Breast & Gynae Cancer Centre of Hope 675 McDermot Ave.	204-787-2970
Sexuality counselling	204-787-4495
Community Oncology Program	204-784-0225
Patient Representative	204-787-2065

Headwear for New Cancer Patients

- New patients can receive one item of basic pull on headwear
- This will be sent by mail

For more information patients can phone: 204-787-4180

The Guardian Angel Caring Room remains closed due to COVID-19. Fittings for wigs and headwear are not available at this time.

Look Good Feel Better – is offering online workshops on skin care and make up for cancer patients.

For information and to register online go to www.lgfb.ca
Phone: 1-800-914-5665

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