

THE NAVIGATOR

APRIL 2023



L to R: Charlie MacKie, Emma Granger, Karen Dobbin (Physiotherapist), Trisha Damen, Lauren Martens.

Recovery through physiotherapy:

Cancer Rehabilitation Program

Many people experience pain, mobility issues, poor function, and fatigue during and after cancer treatment. Physiotherapy can help with recovery and improve symptoms and overall well-being. CancerCare Manitoba (CCMB) is offering a Physiotherapy Cancer Rehabilitation Program in partnership with the University of Manitoba's College of Rehabilitation Sciences. Programs will be offered from April until June with generous funding support from CancerCare Manitoba Foundation.

"Physiotherapy can assist people living with cancer to recover their best possible function," said Karen Dobbin, a licensed physiotherapist. From April to June, Karen will supervise four physiotherapy students to provide these services for cancer patients.

Physiotherapy Program April – June 2023:

If you are experiencing pain, muscle weakness, fatigue, joint stiffness, mobility or balance problems, or numbness and tingling during or after cancer treatments, you are eligible for this program. Physiotherapy can help prevent, treat, and manage these side effects. Individual assessments, physiotherapy treatment and exercise instructions are offered to help with recovery.

Who can use this service?

Anyone who is undergoing cancer treatment, or has finished treatment experiencing pain, muscle weakness, fatigue, joint stiffness, mobility or balance problems, or numbness and tingling.

For more information and to be added to the referral list, contact:

Patient and Family Support Services at 204-787-2109 or toll-free 1-866-561-1026 or ask for a referral from your CancerCare health care provider.

Physiotherapy: an important part of your cancer recovery!

NOTE: COVID-19 guidelines and requirements will be followed for all services for patient and staff safety.

Looking for copies of the Navigator newsletter?

To receive a copy by email or mail call 204-787-2970 or 1-866-561-1026 or email ccmb_hope@cancercare.mb.ca

Visit www.cancercare.mb.ca to view the Navigator newsletter online.

WHERE TO FIND US:

CancerCare Manitoba (CCMB) Sites

Toll-Free call 1-866-561-1026

CCMB MacCharles

675 McDermot Ave.
(beside Health Sciences Centre)
204-787-2197

CCMB Oncology, St. Boniface Hospital

O Block - 409 Taché Ave.
204-237-2033

CCMB Oncology, Grace Hospital

400 Booth Drive
204-837-0246

CCMB Oncology, Victoria General Hospital

(Buhler Cancer Centre)
2340 Pembina Highway
204-477-3328

CCMB Patient Representative

204-787-2065

Patient and Family Support Services

204-787-2109

Anti-hormone Therapy Group Information Session

GETTING BACK TO LIFE AFTER BREAST CANCER



Thursday Mornings
10:00 a.m. to Noon via MS Teams

Learn about:

- The important role of anti-hormone therapy.
- Different types of anti-hormone therapy.
- Common side effects.
- Supports, resources and more.



Facilitated by
Alisha Eilyn MacMillan,
Breast Cancer Patient
and Family Educator

To register, call 204-787-2970 or toll-free 1-866-561-1026



APRIL 2023

During COVID-19, education and support programs and groups are being offered online. If a group or program is full or on hold, you can call and be put on a waitlist.

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 at 204-787-4645.

Support Group for Women Living with Metastatic Breast Cancer: Call Cheryl at 204-787-4645.

Coping with Cancer Support Group: Have you been recently diagnosed with cancer and are looking for support? The Coping with Cancer support group is an 8-week group for people diagnosed with cancer in the past year. The group is a supportive space to process emotions related to the cancer experience with peers. To register call Melanie at 204-237-2464.

Lung Cancer Support Group: For patients and families, 4th Tuesday of the month, 10:30 a.m. to 12:00 p.m. Call Christine at 204-477-3215

Re-Membering Bereavement Support Group: Narrative-based support group for people who have lost someone they love to cancer within the last 5 years. To register call 204-787-4119.

Young Adult Cancer Support (YACS): For young adult patients between 18 and 39. Call Ian at 204-787-2191.

NEW Online Support program for Patients/Caregivers of Children with Cancer: An 8-week online group for parents or caregivers of children who have been diagnosed with cancer within the past two years and are in active treatment. For information and registration call Miriam at 204-787-2062.

COMMUNITY AND NATIONAL SUPPORT GROUPS

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

Bladder Cancer Support Group: For patients, caregivers and friends. Call or text Terrol at 204-782-7926 or Jan at 204-771-8942.

Brain Tumor 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.

All Neuroendocrine Patients Welcome

CNETS (Neuroendocrine) Support Group: Call Pat at 204-509-8768 or Stan at 204-299-7167 or email winnipeggroup.cnets@gmail.com

Myeloproliferative Neoplasm (MPN) Support Group: Email Manitoba@canadianMPNnetwork.ca or visit Canadianmpnnetwork.ca.

MY Support Group: Support group for myeloma patients, caregivers and family members. **Monthly meetings** via Zoom. Call Jackey for more information at 204-253-8124.

Prostate Cancer Support Group: Next public meeting is on **Wednesday, April 19, 2023**. 603 Wellington Cres., 7:00 p.m. - 9:00 p.m. For details, please visit manpros.org, contact Joseph Borsa at josephborsa@gmail.com or call 204-232.8354.

CANCERCARE MANITOBA PROGRAMS

Cancer Education and Support

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

Expressive Art Group: (8 weeks) This program combines counselling and creative expression through art. For anyone treated for cancer in the last 2 years. For more information and registration, call Miriam at 204-787-2062.

Expressive Art Grad Group: Call Miriam at 204-787-2062.

Hope and Resilience CBTm Program: A 6-week education program for cancer patients and support people to learn new skills to manage anxiety and depression. Online classes offer time to practice skills with the help and guidance of professional counsellors. Call 204-787-4119.

Mindfulness Practice: Modelled on Mindfulness-Based Stress Reduction. Mindfulness Meditation can help you to live in the present and manage stress more healthily. This is an 8-week program for individuals diagnosed with any cancer. Family members or others supporting someone with cancer are welcome. Call 204-787-2109.

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) **now taking registrations.** For cancer patients who have completed treatment in the last two years. Designed to help transition from active treatment to life after treatment. For more information and to register, call 204-787-2109.

Yoga and Cancer Program: (8 weeks) For cancer patients who are undergoing treatment, or who have completed treatment within the past year. The instructor guides participants through restorative yoga using supports such as a chair, blocks, bolster or yoga belts to assist with poses. Learn how to calm your mind, release tension from the body, breathe and do gentle stretching and relaxation. For more information and to register call 204-787-2109.

PROFESSIONAL AND COMMUNITY EDUCATION AND SUPPORT PROGRAMS

Breast Health Centre: Phone 204-235-3906. Toll-free 1-888-501-5219. **Note: During COVID-19, education sessions and most groups are being offered online/virtually.**

Before Surgery, After Surgery, Breast Reconstruction, Let's Get Physical, Eat Well, Get Fit & Live Well, Bone Health After Breast Cancer Programs. For more info visit <https://sharedhealthmb.ca/services/breast-health-centre/education-sessions/>

Look Good Feel Better: The program is offering online workshops on skincare and make-up for cancer patients. For information and to register online, go to www.lgfb.ca or phone 1-800-914-5665.

All Neuroendocrine Patients Welcome - CNETS - Support Group Spring Session

Monday, April 24, 9:00am – 12:00pm

Location: Smitty's Family Restaurant (Banquet room), 580 Pembina Highway at Grant Avenue, Winnipeg, MB

RSVP: Pat 204-509-8768 or Stan 204-299-7167 or email: winnipeggroup.cnets@gmail.com

Colorectal Cancer Patient and Family Information and Support Webinar

Wednesday, April 26, 3:00-4:30 p.m.

Learn about:

- Research and treatment
- What to eat
- Ostomy care
- The patient Experience

To register, call CCMB at 204-787-2970 or 1-866-561-1026.

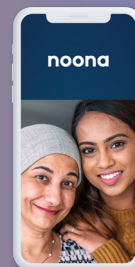


Ask us about our patient app

Use Noona MyCare on your mobile device or the Noona website.

- Communicate with your care team
- View your appointments
- Receive event notices and education resources
- Access your personal diary and library

Scan the QR code to download the app and register with your care team today!



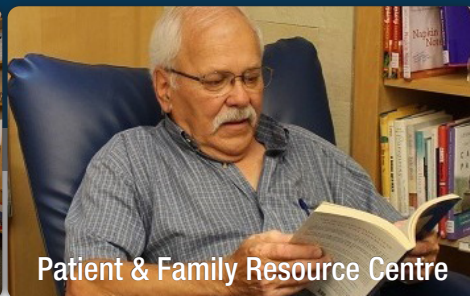
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

DEAR READER...

CancerCare Manitoba offers the following education and support programs at no cost for cancer patients and families.

Call CancerCare Manitoba toll-free at 1-866-561-1026 for any of the services below.

Breast & Gyne Cancer Centre of Hope - Call 204-787-2970. Nurses can provide education to help patients and families with understanding, decision-making and navigation of care for breast and gynecological cancer. Information on the Manitoba Breast Prosthesis Program is available.

Guardian Angel Caring Room - Call 204-787-4180. Wigs and head wear are offered on loan and stoma covers for laryngectomies at no cost. Both online and in-person appointments can be booked.

Patient and Family Resource Centre - Call 204-787-4357. Visit our library for information on cancer and other topics such as nutrition, anxiety, exercise and much more. A quiet place to relax, make a phone call and enjoy tea or coffee. Drop by room ON1016-675 McDermot Ave.

Nutrition Services - Call 204-787-2109. Dietitians can help with nutrition problems and diet before, during and after cancer treatment.

Sexuality Counselling - Call 204-787-4495 for more information.

Underserved Populations Program - A team of staff works with patients and families to improve access to cancer care (prevent delays, follow-up on test results, and direct people to resources). 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. Talk 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

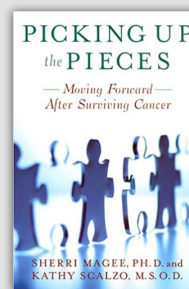
- Interlake-Eastern Regional Health Authority 1-855-557-2273
- Northern Health Region 1-855-740-9322
- Prairie Mountain Health 1-855-346-3710
- Southern Health-Santé Sud 1-855-623-1533

LIBRARY CORNER

CancerCare Manitoba
Patient and Family Resource Centre
Room ON1016-675 McDermot Ave.
Phone: 204-787-4357

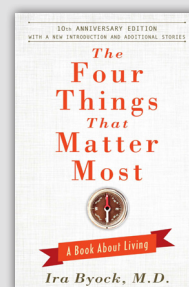
POPULAR PICKS

Picking Up the Pieces
by Sherri Magee and Kathy Scalzo



Surviving cancer may include ongoing emotional stress, changed relationships and new spiritual questions. The authors provide a guide to help survivors move forward.

The Four Things That Matter Most
by Ira Byock M.D.



This book explores four simple phrases—"Please forgive me," "I forgive you," "Thank you," and "I love you". Dr. Byock suggests that these words have the power to mend and nurture our relationships and heal inner conflicts.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.