

THE NAVIGATOR

APRIL 2025



PATIENT NEWSLETTER



CancerCare Manitoba is pleased to work in partnership with the Look Good Feel Better® (LGFB) program to offer workshops for people facing cancer.

Led by expert volunteers, people learn to manage the appearance-related side effects of treatment for cancer.

Patients receive a free kit of skincare and cosmetics products to help practice the tips and techniques.

Workshops are offered in person and online at no cost.

Workshops for Women are held in-person at CancerCare Manitoba, 675 McDermot Ave., and Victoria General Hospital.

- Makeup hygiene, loss of eyebrows and eyelashes
- Demonstration and tips on wigs, headwear and scalp care
- Sun safety, nail care

WORKSHOPS FOR MEN AND TEENS ONLINE



- Information on how to manage hair loss, dry skin and shave safely
- Free kit of men's skincare and shaving products is sent by mail

Special Topics for Teens: Age 13-17

- How to use makeup, skincare and sun safety to feel your best
- Free kit of products is sent by mail

For more information and to register for a workshop:
www.LGFB.ca or phone 1-800-914-5665.

Would you like to receive the Navigator Newsletter by mail?

Call 204-787-2970 or 1-866-561-1026 or email ccmb_hope@cancercare.mb.ca.

Where to Find us:

CancerCare Manitoba (CCMB) Sites
1-866-561-1026

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

St. Boniface Hospital
O Block - 409 Taché Ave.
204-237-2033

Grace Hospital
400 Booth Drive
204-837-0246

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

CCMB Patient Representative
204-787-2065

Hope and Healing Program
204-787-2109

Helpful Online Resource



The West Island Cancer Wellness Centre offers virtual classes in English and French across Canada, supporting traditional treatments with self-care, coping skills, relaxation, and overall well-being.

For more information, visit wicwc.com.

APRIL 2025

CancerCare Manitoba offers the following education and support programs at no cost for cancer patients and families. Call the number listed for more information, or call CancerCare Manitoba toll-free at 1-866-561-1026.

CANCERCARE MANITOBA

HOPE AND HEALING PROGRAM and CENTRES FOR HOPE

Adolescent and Young Adult Cancer (AYA) Program: A team of professionals is available to help address the unique needs of AYA patients.

Ask your CancerCare oncologist/nurse for a referral or contact:

AYAProgram@cancercare.mb.ca.

Patient and Family Educators will provide information, education and support to help you understand breast and gynecological cancer. Information on the breast nipple and areola tattooing and Manitoba Breast Prosthesis programs are available. Call Ally at 204-787-2970.

Counselling Services for Patients and Families (Psychosocial Oncology Program)

Professional counsellors at CancerCare Manitoba are available to speak with you and your family. Call 204-787-2109.

Guardian Angel Caring Room: You can borrow wigs, scarves, and headwear at no cost. Call Ally at 204-787-4180.

Nutrition Services: Clinical Dietitians can help with nutrition before, during and after treatment. Call 204-787-2109, or ask a member of your healthcare team to arrange an appointment for you.

Centres for Hope at the MacCharles site and Victoria General Hospital site. The Centres are a quiet place to relax, find information, and borrow books. Call Kathleen at 204-787-4357. Visit our past education/support videos:

<https://www.cancercare.mb.ca/Patient-Family/support-services/resource-centre>.



SUPPORT GROUPS

Bereavement Support Group: Support group for people who have lost someone they love to cancer. Call 204-787-4119.

Breast Cancer Support Group: For women who have completed treatment for primary breast cancer in the past two years. Call Claire at 204-787-4122.

Caregiver Support Group: Are you helping a loved one with cancer and looking for support? Call 204-787-2109.

Coping with Cancer Support Group: Have you been recently diagnosed with cancer and are looking for support? Call 204-787-2109.

Expressive Art Group: Combines counselling and creative expression through art. Call Renée at 204-787-1546.

Expressive Art Grad Group: For past participants of Expressive Art. Call Miriam at 204-787-2062.

Facing Forward after Cancer Support Group: Open to all Manitobans who have completed treatment for any type of cancer within the last 2 years. Call Hannah at 431-761-1145.

Hope and Resilience CBTm Program: For cancer patients and support people to learn new skills to manage anxiety and depression. Call 204-787-4119.

Lung Cancer Support Group for patients and families: Call Christine at 204-477-3215.

Mindfulness Practice: Mindfulness Meditation to help patients and support people to live in the present and manage stress more healthily. Call 204-787-2109.

Online Support Program for Patients/Caregivers of Children with Cancer: Call Miriam at 204-787-2062.

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

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

EDUCATION SESSIONS

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

Anti-Hormone Therapy Group Information Session - for breast cancer patients. Call 204-787-2970.

Preparing for Gyne Surgery Information Session: Call 204-787-2970.

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

EXERCISE/WELLNESS

Moving Forward After Cancer Wellness Program: For cancer patients who have completed treatment in the last two years. Call 204-787-2109.

Yoga and Cancer Program: Designed for cancer patients who are currently undergoing treatment or who have completed treatment within the past year. Call 204-787-2109.

OTHER SUPPORTS

Community and National Support Groups: for more information call 204-787-4357 or 1-866-561-1026.

Breast Health Centre: A range of education videos on breast cancer, breast health surgery, and wellness programs. Call 204-235-3906. Toll-free 1-888-501-5219 or visit <https://sharedhealthmb.ca/services/breast-health-centre/education-sessions/>

Look Good Feel Better: Two-hour workshops teach skincare and make-up tips and how to wear wigs and head coverings. To register for a workshop, visit: lgfb.ca

Explore **additional support groups** by visiting our virtual library at ccmb.library.site. Simply navigate to the “Resource Lists/Helpful Websites” section.



Get to Know...

Tristan Bilash (he/him)

I am a registered social worker and CCMB Counsellor! I have worked in oncology for almost 15 years. I recently moved to Winnipeg from Saskatchewan but was born in Manitoba (go Bombers)! I was drawn back here by CCMB's active commitment towards health equity in cancer care - something I know first-hand positively transforms the cancer care experience for everyone. I'm grateful for the warm welcome to Winnipeg and CCMB, and I'm looking forward to learning more about and exploring my 'new' home province.

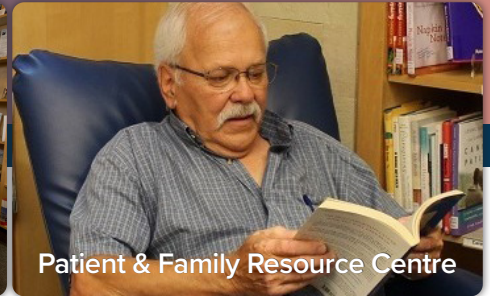
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

Mindfulness Practice

Monkey mind refers to restless thoughts that cause stress. When diagnosed with cancer, individuals often feel overwhelmed by thoughts about the disease and its implications.

Mindfulness offers a way to stay present, listen to your body, connect differently to your thoughts, and deal with stress in a healthier way. The goal is to become aware of each moment without judgment.

The Mindfulness Practice program offered through the Hope and Healing Program at CancerCare Manitoba is based on Mindfulness Based Stress Reduction, developed by Jon Kabat-Zinn in 1979. This program is widely used across North America and Europe.

Program details:

- Tuesdays, April 22 - June 17, 2025, 10 a.m. to 12 p.m. via Zoom
- Open to individuals diagnosed with cancer, as well as their family members and support persons.
- Participants will meet as a group once a week for eight weeks, plus an orientation session and a 4-hour Online Mindfulness Retreat.
- A trained instructor will lead participants through meditations, movement techniques, and discussions.
- Free of charge

For more information, call the Hope and Healing Program at 204-787-2109 or 1-866-561-1026. This program is generously funded by CancerCare Manitoba Foundation.

FIND CARE AND RESOURCES CLOSER TO HOME

Community Cancer Programs Network helps patients in communities outside of Winnipeg to receive chemotherapy and follow-up care closer to home. Talk to your nurse or doctor, or call 204-784-0224 or 1-866-561-1026 or visit <https://www.cancercare.mb.ca/Patient-Family/information-for-rural-patients>

Indigenous Community Profiles provides community information and resources that support people with cancer.

Visit <https://ccmbindigenouscommunityprofiles.ca/>

LIBRARY CORNER

CancerCare Manitoba
Patient and Family Resource Centre

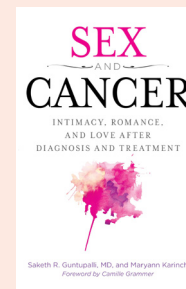
Room ON1016-675 McDermot Ave.

Phone: 204-787-4357

POPULAR PICKS

Sex and Cancer

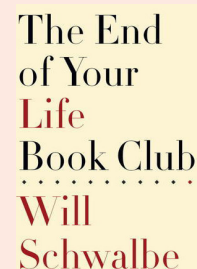
by Saketh Guntupalli



A cancer diagnosis and treatment can change how partners relate. Gynecological cancer, in particular, raises unique concerns about sexual intimacy and function that other cancers might not.

The End of Your Life Book Club

By Will Schwalbe



Mary Anne Schwalbe spent her last decade building libraries in Afghanistan. At Memorial Sloan-Kettering, Will asks his mom what she's reading. They decide to share books while Mary Anne waits for chemotherapy.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.