

THE NAVIGATOR

DECEMBER 2021



Mindfulness Practice

You may have heard the expression “monkey mind”. This is when your thoughts keep running in different directions, causing you to feel worried and stressed. When someone is diagnosed with cancer they can become overwhelmed with thoughts about cancer, what is happening and what is going to happen. Mindfulness meditation offers a way to be more present in your life, to listen to your body and learn ways of connecting differently to your thoughts. The goal of mindfulness is to become aware of your experience moment by moment without judging or analyzing it. Mindfulness can help you to live in the present, and manage stress in a healthier way.

The Mindfulness Practice program offered through Patient and Family Support Services at CancerCare Manitoba is based on Mindfulness Based Stress Reduction. This program was first developed in 1979 by Jon Kabat-Zinn and is now used in many healthcare facilities throughout North America and Europe.

We will be offering a Mindfulness Practice program virtually by Zoom in the winter of 2022.

- Individuals diagnosed with any type of cancer can attend. Family members or others supporting someone with cancer are also welcome.
- Participants will meet as a group once a week for eight weeks. Also included will be a 4-hour Online Mindfulness Retreat on a Saturday.
- A trained instructor will guide participants through meditations along with movement and stretching techniques.
- This program is offered free of charge for participants.

To place your name on a waitlist for this program call:

Patient & Family Support Services at 204-787-2109

Funding support for this program is generously provided by the CancerCare Manitoba Foundation.

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.
204-237-2559

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

Wishing you
peace and
joy over the
holidays



DECEMBER 2021

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 204-787-4645.

Support Group for Women Living with Metastatic Breast Cancer: Call Cheryl 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 Melanie at 204-237-2464.

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 204-237-2464.

Gyne Cancer Support Group: For anyone diagnosed with gynecological cancer. For information and registration call Renée at 204-235-3186.

Lung Cancer Support Group: For patients and families, 4th Tues. of the month, 10:30 am to 12:00 pm. Call Mike at 204-787-1325. Zoom Meeting ID: 819 0992 0588 Passcode: 647705

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

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

Re-Membering Bereavement Support Group: Narrative-based Support Group for people who have had someone they love die from cancer within the last 5 years. Call Mike at 204-787-1325.

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 204-773-7560.

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 at 204-771-8942 winnipegssupport@bladdercancercanada.org.

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.

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.

There are no meetings held at this time but you are welcome to call Jackey at 204-253-8124.

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) 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 204-787-2062.

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

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

Preparing for Gynae 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 2 years. Designed to help transition from active treatment to life after treatment. For more information and to register call 204-787-2109.

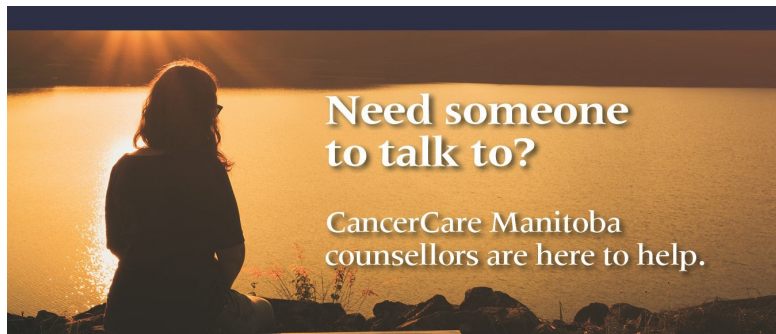
PROFESSIONAL AND COMMUNITY EDUCATION AND SUPPORT PROGRAMS

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.**

Please visit <https://sharedhealthmb.ca/services/breast-health-centre/education-sessions/> for the most up-to-date information about The **Before and After Breast Cancer Surgery Education Sessions, the Breast Reconstruction Education Session, Bone Health After Breast Cancer, Eat Well, Get Fit & Live Well program and the Let's Get Physical! program.** For more information or to register, please call the number listed for each program or call the Breast Health Centre.

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

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.



**For more information call:
204-787-2109 or 1-866-561-1026**



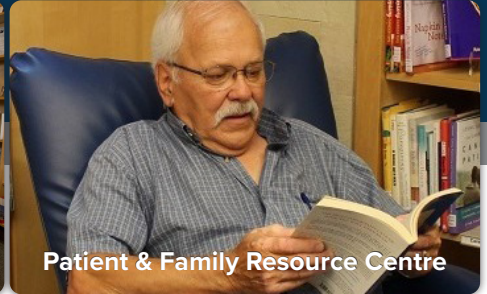
For more information visit www.cancercare.mb.ca



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.

Breast & Gynae Cancer Centre of Hope - Call 204-787-2970 or 1-866-561-1026. 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. Due to COVID-19 restrictions, online fitting appointments are offered and items are sent out by mail. Wigs and headwear are available on loan and laryngectomy stoma covers at no cost.

Patient and Family Resource Centre - Call 204-787-4357. Due to COVID-19 restrictions, cancer information and library books are sent out by mail.

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, 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

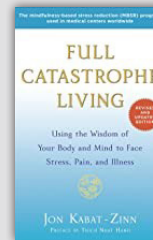
LIBRARY CORNER

CancerCare Manitoba Patient and Family Resource Centre

Room ON1016-675 McDermot Ave

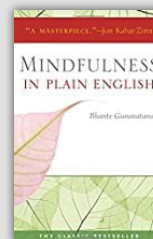
Phone: 204-787-4357

Full Catastrophe Living by Jon Kabat-Zinn



Learn how mindfulness can be part of your day to day life. Living mindfully can help you manage pain, improve healing, lower stress, and live well.

Mindfulness in Plain English by Bhante Gunaratana



This is a great guide that will help you learn about mindfulness and practical ways to use this in your life.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.