

THE NAVIGATOR

DECEMBER 2022



VISIT OUR PATIENT AND FAMILY RESOURCE CENTRE Room ON1016 at 675 McDermot Ave

A cancer diagnosis can be a time when patients and families have many questions and need the information to help with making decisions.

Our Patient and Family Resource Centre at CancerCare Manitoba has a large selection of books, information and resources on:



- different types of cancers and benign blood disorders
- treatments and side effects
- anxiety, nutrition, fatigue and exercise
- patient stories
- helpful community and professional resources

The Centre is also a quiet place to relax, wait between appointments, and meet other patients and families.

You are welcome to stop by for a cup of coffee, tea and snacks, and a telephone is available for local calls.

Kathleen, our Coordinator, can help you to find information.

Hours of Operation:

Open Monday to Friday from 9:00 a.m. to 4:00 p.m.

Location: CancerCare Manitoba, on the Main Floor

Room ON 1016 – 675 McDermot Ave (follow the glass wall corridor)

You are welcome to stop by or call 204-787-4357 or 1-866-561-1026.

The Patient and Family Resource Centre is generously funded 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.
204-237-2033

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

Upcoming Cancer Information Webinar

COVID-19 & Vaccinations for People Living with Cancer

Thursday, December 8, 2022

3:00 p.m. - 4:30 p.m.



Guest Speaker:

Dr. Eric Bow,
Director of Infection Control
Services

Learn about:

- The impact of COVID-19 on cancer care
- The immune response to SARS-COV-2
- The effect of vaccines in immune suppressed patients
- What to expect for bivalent vaccines

To register, call:

204-787-2970 or 1-866-561-1026

DECEMBER 2022

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.

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.

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 in active treatment. For information and registration call 204-787-2109.

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
winnipegsupport@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.

All Neuroendocrine Patients Welcome

CNETS - Support Group Fall Session - Monday, November 21, 9:00 am - 12:00 pm

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

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.

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.

Exploring Your Cancer Experience through Video: Learn ways to explore and share your experience with cancer using photos, videos, music and sound. Contact Bevan Klassen at bevan@deepfocusarttherapy.com

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.

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 204-787-2109.

Mindfulness Practice: Modelled on Mindfulness-Based Stress Reduction. Mindfulness Meditation can help you to live in the present and manage stress in a healthier way. 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 Gynecological Cancer: A group session for those who have finished treatment. Family members welcome. For information and registration call 204-787-2970.

Preparing for Gynecological 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.

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, breathing and 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.**

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.

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.

COMING SOON! WE ARE STILL HERE: AN ART EXHIBIT

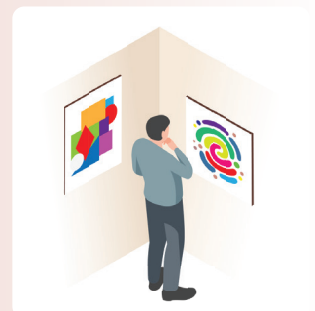
January 19-21, 2023

Join us for the **"We Are Still Here: An Art Exhibit"** at CancerCare Manitoba, 675 McDermot Avenue.

Artwork created by participants in the Expressive Arts Group, and findings of a research study on this program will be on display.

Audio recordings will help to guide you through understanding the creation and experience of this art.

For more information, contact Miriam at 204-787-2062.



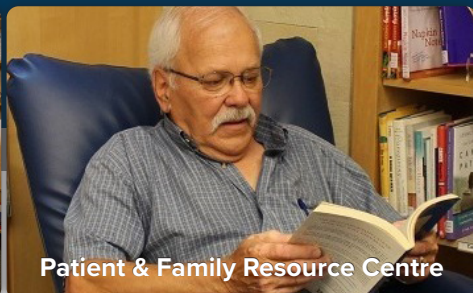
For more information visit www.cancercare.mb.ca



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

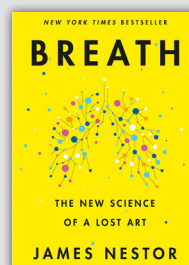
LIBRARY CORNER

CancerCare Manitoba Patient and Family Resource Centre

Room ON1016-675 McDermot Ave

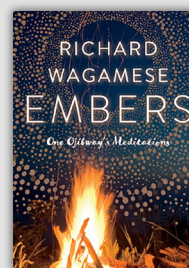
Phone: 204-787-4357

Breath - The New Science of a Lost Art by James Nestor



Breath shows how changing the way we breathe can change our health.

Embers by Richard Wagamese



Ojibway writer Richard Wagamese's book *Embers* is a collection of poetry and meditations exploring grief, joy, recovery, gratitude and spirituality.

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CancerCare Manitoba
FOUNDATION

All funds raised stay in Manitoba.