

# THE NAVIGATOR

FEBRUARY 2022



## NEW - Support Group for Caregivers

Research tells us that about 30% of people treated for cancer will have a high level of anxiety or depression at some point in their cancer journey. We also know that this number can be even higher for those who are providing support and taking care of someone with cancer.

CancerCare Manitoba is offering a new Caregiver Support Group that will offer time to share experiences and also learn about ways to manage the stress of care giving.

Information will be shared on self-compassion and mindfulness practice techniques that can help to relax and improve the ability to cope.

Counsellors from the Psychosocial Oncology Program will be facilitators for this group.

### Support Group for Caregivers:

This group will provide an opportunity for caregivers to:

- Meet others that are caring for someone with cancer.
- Talk about their experiences and learn from one another.
- Discuss topics such as understanding your feelings, caring for yourself, and finding meaning while coping with cancer.
- Learn self-compassion and mindfulness techniques as tools for coping.

### Online Group Session:

- This group will be held for 8 weeks and each weekly session will be an hour and a half long.

**To learn more about this group or to register call:**

Cara, Group Facilitator, at 204-477-3275

## 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

## COMING UP...

### Treatment Choices for Cancer Pain

Online Information Session

Thursday, March 10, 2022  
3:00 p.m. - 4:30 p.m.

#### Guest Speaker:

Dr. Paul Daeninck, Medical Oncologist

This session will be offered by Zoom

**To register, call CancerCare Manitoba:**

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

# FEBRUARY 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.

**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](mailto:winnipegssupport@bladdercancercanada.org).

**Brain Tumor Support Group:** For more information call 1-800-265-5106 or visit [www.braintumour.ca](http://www.braintumour.ca).

**Breast Cancer Lymphedema Support Group:** For information email [lymphedemagroup7@gmail.com](mailto: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](mailto:winnipeggroup.cnets@gmail.com).

**Myeloproliferative Neoplasm (MPN) Support Group:** Email [Manitoba@canadianMPNnetwork.ca](mailto:Manitoba@canadianMPNnetwork.ca) or visit [Canadianmpnnetwork.ca](http://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.

**Digital Storytelling Group for People with Cancer:** Learn ways to explore and share your experience with cancer by using photos, videos, music and sound. For information contact Bevan Klassen at [bevan@deepfocusarttherapy.com](mailto: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.

**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 type of 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 2 years. Designed to help transition from active treatment to life after treatment. For more information and to register call 204-787-2109.

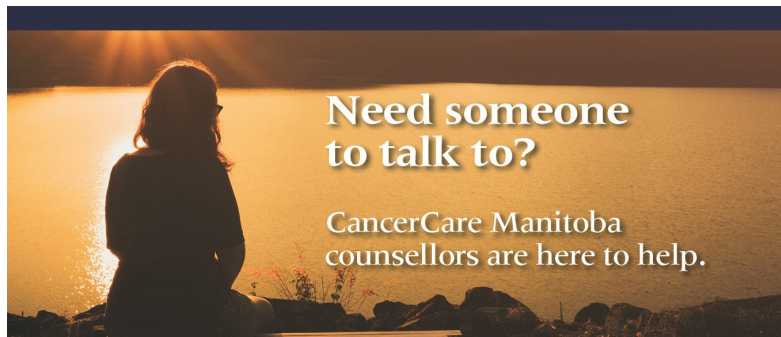
## PROFESSIONAL AND COMMUNITY EDUCATION AND SUPPORT PROGRAMS

**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](http://www.lgfb.ca) or phone 1-800-914-5665.



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



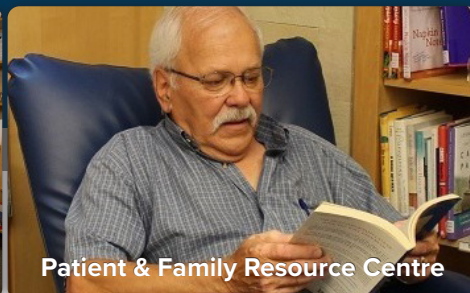
For more information visit [www.cancercare.mb.ca](http://www.cancercare.mb.ca)



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

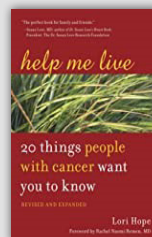
- Interlake-Eastern Regional Health Authority 1-855-557-2273
- Northern Health Region 1-855-740-9322
- Prairie Mountain Health 1-855-346-3710
- Southern Health-Santé Sud 1-855-623-1533

## LIBRARY CORNER

### CancerCare Manitoba Patient and Family Resource Centre

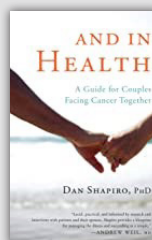
Room ON1016-675 McDermot Ave  
Phone: 204-787-4357

#### help me live by Lori Hope



How do you comfort someone with words of hope and practical support? Lori Hope, a cancer survivor and researcher, offers advice about what to say and do.

#### And in Health by Dan Shapiro, PhD



Dan Shapiro draws on his experience as a caregiver and his work counselling couples facing cancer. Topics include how to work as a team, cope with negative emotions, and open to new types of intimacy.

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**CancerCare Manitoba**  
FOUNDATION

*All funds raised stay in Manitoba.*