

THE NAVIGATOR

FEBRUARY 2023



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 what is happening and what might happen.

Mindfulness meditation offers a way to be more present in your life, listen to your body, and manage stress. The goal of mindfulness is to become aware of your cancer experience, moment by moment, without judging or analyzing it.

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

CCMB will be offering a Mindfulness Practice program virtually via Zoom in the spring of 2023.

- Individuals diagnosed with 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 is a 4-hour Online Mindfulness Retreat on a Saturday.
- A trained instructor will guide participants through meditation with movement and stretching techniques.
- This program is offered free of charge.

For more information and to place your name on a wait list for this program, call Patient & Family Support Services at 204-787-2109 or 1-866-561-1026.

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

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

Brain Tumour Patient and Family Information and Support Webinar

Date: Thursday, March 2, 2023
Time: 3:00 p.m. - 4:30 p.m. CST



Keynote speaker:
Dr. Marshall Pitz, Medical Oncologist,
CCMB

Learn about:

- research and treatment
- supports and services
- the patient experience

To register, call CancerCare Manitoba
204-787-2970 or 1-866-561-1026

FEBRUARY 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 204-787-4645.

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

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 204-787-2109.

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 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 and friends. Call or text Terrol 204-782-7926 or Jan at 204-771-8942 or email 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.

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.



Looking for a way to pass the time during your chemotherapy treatment?

Ask about a free art kit.

Available at CCMB McDermot, St. Boniface, Grace and Victoria Oncology program sites.

Offered through a partnership of Artists in Healthcare and CancerCare Manitoba.

Funding support provided by CancerCare Manitoba Foundation and Manitoba Arts Council.

CANCERCARE MANITOBA PROGRAMS

Cancer Education and Support

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. Feb 10-Mar 10, 2023, 1:00 p.m. - 3:30 p.m. 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.

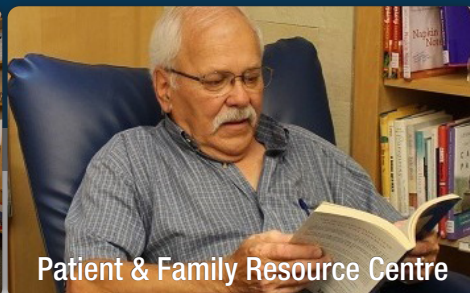
For more information visit www.cancercare.mb.ca



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 1-866-561-1026 for any of the services below.

Breast & Gynae 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 largeectomies 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, 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

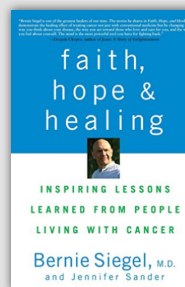
**CancerCare Manitoba
Patient and Family Resource Centre**

Room ON1016-675 McDermot Ave.

Phone: 204-787-4357

POPULAR PICKS

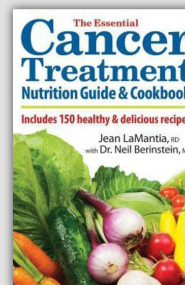
faith, hope & healing
by Bernie Siegel



Bernie Siegel shares stories of how changing the way you think about your disease, the way you act toward those who love and care for you, and the way you feel about yourself, can improve your health and treatment outcomes.

The Essential Cancer Treatment Nutrition Guide & Cookbook

by Jean LaMantia and Dr. Neil Berinstein



This book is for patients and caregivers and addresses the dietary needs of a person undergoing treatment. It contains 150 recipes organized to make meal preparation easier.

Funding support for the Navigator Newsletter is provided by:



CancerCare Manitoba
FOUNDATION

All funds raised stay in Manitoba.