

THE NAVIGATOR

JANUARY 2022



Recovery and Healing through Cognitive Behaviour Therapy with Mindfulness

CancerCare Manitoba will be offering a short online education program that helps people living with cancer to learn skills for managing difficult emotions and thoughts. This program is called Cognitive Behaviour Therapy with Mindfulness (CBTm) and is for patients and their support people. You may find this program helpful if you are experiencing feelings of sadness or worry and this is affecting your day-to-day life.

Sessions will be facilitated by Sarah Nicolau and Cheryl Dizon-Reynante, counsellors at CancerCare Manitoba. They will share information and guide participants through mindfulness exercises.

Information will be provided on:

- how to use CBT to help manage depression and anxiety
- the practice of mindfulness and meditation to connect with thoughts and feelings in the moment
- helpful CBT resources

This program will be offered over five sessions on Thursday afternoons:

Dates: January 27 – February 24, 2022

Time: 1:30 – 3:00 p.m. via Zoom

During the COVID-19 pandemic, all sessions will be offered online. You will be able to connect with others from the comfort of your own home and not have to worry about travelling or parking. Facilitators will help you to get set up. Joining the meeting is as easy as clicking on a link!

To register call: (204) 787-2109 or 1-866-561-1026

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

Body Image and Cancer Coping with Change

Online Information Session

Thursday, January 27, 2022
3:00 p.m. - 4:30 p.m.

Learn about:

- changes to the body
- the impact of cancer on our self-image
- intimacy and sexuality

Guest Speaker:

Anne Katz, PhD, RN, FAAN
Clinical Nurse Specialist and Sexuality
Counsellor

This session will be offered by Zoom online

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

JANUARY 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.

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 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.

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.

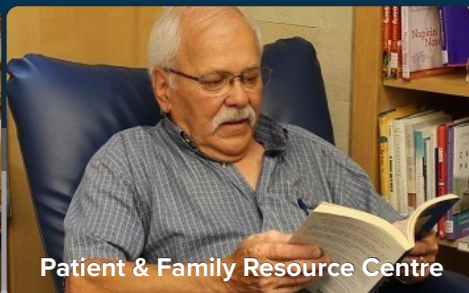
For more information visit www.cancercare.mb.ca



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

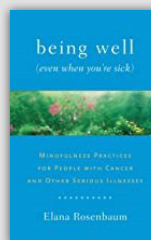
- Interlake-Eastern Regional Health Authority 1-855-557-2273
- Northern Health Region 1-855-740-9322
- Prairie Mountain Health 1-855-346-3710
- Southern Health-Santé Sud 1-855-623-1533

LIBRARY CORNER

CancerCare Manitoba Patient and Family Resource Centre

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

being well by Elana Rosenbaum



Information on basic mindfulness practices for people with cancer and other serious illness, during and after treatment.

This book helps to offer ways to live well even when you are sick.

Man Cancer Sex and Woman Cancer Sex by Anne Katz



Sexuality after a diagnosis of cancer is an issue for women and men.

These books help explain the changes that may happen and offer advice to deal with these changes.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.