

THE NAVIGATOR

JANUARY 2023



I'm Still Here: Healing Through Art After Cancer

CancerCare Manitoba Patient Art Exhibit

January 19 & 20, 2023

CancerCare Manitoba, 2nd Floor, 675 McDermot Avenue, Winnipeg

Join us for this powerful exhibit featuring artwork created by participants of the Expressive Arts group offered by CancerCare Manitoba (CCMB).

Using different materials and activities individuals have the opportunity to explore and express their experience with cancer. Miriam Duff and Renee Saurette, group facilitators are CCMB counsellors with training in expressive art and mindfulness. They help to guide participants.

Dr. Kendra Rieger and a research team interviewed many of the group participants to better understand their process of creating art and the impact of this on their understanding and experience with their cancer.

Findings of the study showed that many explored the question of "I'm still here - how do I now live?"

On January 19 and 20 we invite you to stop by and walk through this incredible art exhibit

- Art pieces that were part of the study will be on display on the second floor of CancerCare Manitoba.
- Headsets will be provided so that you can listen to a recording of patient voices and hear their thoughts, feelings and the meaning behind creation of their art.

Who can attend the exhibit?

- This will be of interest to people with cancer and their families, healthcare staff, and Faculty of Medicine colleagues and medical trainees.
- Others who may be interested in taking in the exhibit can contact CCMB Public Affairs Communications at CCMBCPAffair@cancercare.mb.ca

For more information call Patient and Family Support Services at 204-787-2109 or 1-866-561-1026.

This art exhibit is offered through a collaborative partnership between CancerCare Manitoba with the Faculty of Nursing, University of Manitoba and Trinity Western University.

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

Caring and Connection How to be Supportive and Feel Supported Through Cancer

Thursday, January 26, 2023, 3:00 p.m. - 4:30 p.m.



Guest Speaker:
Melanie Baruch, Psychosocial Oncology
Clinician

Learn how to:

- talk with others about your cancer experience
- cope with loneliness and feelings of isolation
- provide support to loved ones with cancer

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

JANUARY 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.

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.

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 & 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.

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.

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 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.

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.

Yoga and Cancer

A program for patients who are undergoing treatment or who have completed treatment within past year. Choose Wednesday or Thursday afternoons.

Wed., Feb. 15 - April 12, 2023, 1:30 p.m. - 2:45 p.m. or Thurs., Feb. 16 - April 13, 2023, 1:00 p.m. - 2:15 p.m.

To register call 204-787-2109.

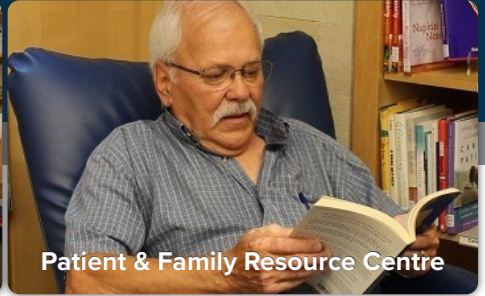
For more information visit www.cancercare.mb.ca



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 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

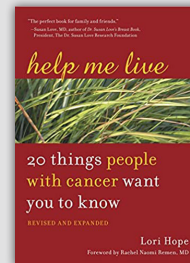
LIBRARY CORNER

CancerCare Manitoba Patient and Family Resource Centre

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

Help Me Live

20 things people with cancer want you to know
by Lori Hope



This book offers ideas of what to say and do to help support a person with cancer.

Tasting Rain

by Kim Malchuk



Tasting Rain is a personal story of a caregiver. It is a story of courage, loss and grief, and how to move forward.

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CancerCare Manitoba
FOUNDATION

All funds raised stay in Manitoba.