

# THE NAVIGATOR

JULY 2021

PROGRAM LIST INSIDE...

## Primary Breast Cancer Support Group for Patients

This support group is for women diagnosed with breast cancer who have completed treatment within the last two years.

Participants who have attended this group have shared that “It is a safe space where everyone gets it” and “It was comforting to realize that I am not alone.”

The support group is facilitated by Cheryl Dizon-Reynante and Sarah Nicolau, counsellors at CancerCare Manitoba. They both find that “the support group provides a meaningful opportunity to reflect and talk about the emotional, mental, and social impact of cancer... without having to edit what you say. Research has shown that this form of support can help improve mood in women who have completed breast cancer treatment. Our experience tells us that when women gather together to discuss shared experiences and topics, they can move forward in a more helpful way, knowing they are not alone.”

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

**Upcoming group sessions will be offered in the fall, 2021.**

**When:** Once a week for 10 weeks

**Where:** On-line using Zoom. You will need a computer with a camera and microphone to participate.

Seats are limited! Each group has room for up to 10 participants.

**To register or for more information please contact:**

Cheryl Dizon-Reynante, Counsellor and Group Facilitator  
Phone: 204-787-4645 or toll-free 1-866-561-1026.

For information on other support groups offered through Patient and Family Support Services at CancerCare Manitoba please call 204-787-2109 or toll-free 1-866-561-1026.



Cheryl Dizon-Reynante



Sarah Nicolau

## 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.  
204-237-2007

**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



**Free Online workshops to help women manage the appearance related side effects of cancer treatment.**

- **Learn about taking care of your skin**
- **How to use make up to help with loss of brows and lashes and more**

Register today at: [www.Lgfb.ca](http://www.Lgfb.ca)

# JULY 2021

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 Younger Women with Breast Cancer:** Call Stephanie at 204-258-1004.

**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](http://www.cancerchatcanada.ca) (1-800-663-3333 ext. 4965) or email [info@cancerchatcanada.ca](mailto:info@cancerchatcanada.ca).

**Caregiver Support Group:** Are you helping a loved one with cancer and looking for support? Call Melanie at 204-237-2464.

**New! 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.

**New! Finding Balance to Live Courageously with Cancer:** For people diagnosed with any cancer within the past year. Participants will be introduced to wellness concepts and practices to empower and live well while dealing with cancer diagnosis and treatment. For more information and to register please call 204-787-2109 or email: [ccmbpfssinquiry@cancercare.mb.ca](mailto:ccmbpfssinquiry@cancercare.mb.ca)

**Gyne Cancer Coffee Group:** For anyone diagnosed with gynecological cancer. For information and registration call Renee 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 204-773-2125 ext. 7117.

## 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 Support Group:** Call Pat at 204-509-8768 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.

**Expressive Art Group:** (8 weeks) This program combines counselling and creative expression through art. For anyone treated for cancer in the last 2 years. During the winter, this program will have some shorter sessions...

**Expressive Art Grad Group:** Call Miriam at 204-787-2062.

**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.

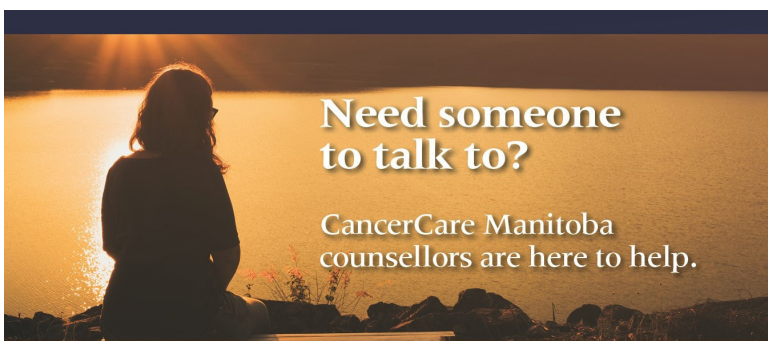
# PROFESSIONAL AND COMMUNITY EDUCATION AND SUPPORT PROGRAMS

**Breast Health Centre: Phone 204-235-3906. Note: Seating may be limited.**

- **Before Breast Cancer Surgery Information Session** – In-person, limited number, subject to change. Phone 204-235-3906 to register. Online presentation available October 19 at [www.sharedhealthmb.ca/bhc](http://www.sharedhealthmb.ca/bhc), click on Patient Resources.
- **After Breast Cancer Surgery Information Session** – In-person, limited number, subject to change. Phone 204-235-3906 to register. Online presentation available October 19 at [www.sharedhealthmb.ca/bhc](http://www.sharedhealthmb.ca/bhc), click on Patient Resources.
- **Eat Well, Get Fit & Live Well Program** – (8 weeks) online virtual program. This program offers support and tips on how to improve your lifestyle after breast cancer treatment. Co-facilitated by a dietitian, counsellor and certified fitness instructor. For information and/or to register, contact the Dietitian at the Breast Health Centre at 204-235-3646.
- **Bone Health After Breast Cancer** – In-person, limited number, subject to change. For more information and/or to register, contact the Dietitian at the Breast Health Centre at 204-235-3646.
- **Let's Get Physical!** – (8 weeks) Aqua Lymphfit class designed specifically for breast cancer patients who have developed lymphedema. For more information and/or to register, call 204-235-3691.

**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**



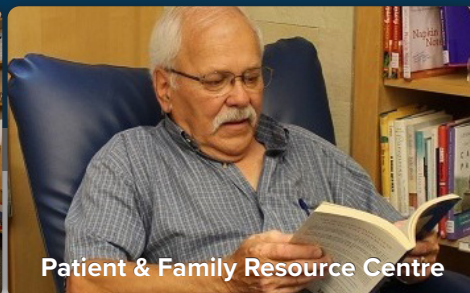
For more information visit [www.cancercare.mb.ca](http://www.cancercare.mb.ca)



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

### The Silver Lining:

**A Supportive & Insightful Guide to Breast Cancer**  
By Hollye Jacobs, RN, MS, MSW and Elizabeth Messina

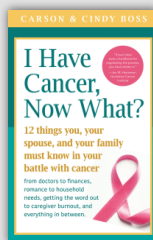


As a healthy happy thirty-nine year-old mother with no family history of breast cancer, being diagnosed with the disease rocked Holley's world. As a nurse and social worker she found herself in the position of moving into the hospital bed. This is her personal story and a practical, supportive resource for anyone with breast cancer.

### I Have Cancer, Now What?

**12 things you, your spouse, and your family must know in your battle with cancer.**

By Carson & Cindy Ross



Written by a married couple this book shares how to overcome the shock and fear of a diagnosis and how to talk to your spouse and other family, how to talk to your doctors and suggestions on how your family can be supportive.

Funding support for the Navigator Newsletter is provided by:



**CancerCare Manitoba**  
FOUNDATION

*All funds raised stay in Manitoba.*