

THE NAVIGATOR

JULY 2022



Exploring Your Cancer Experience Through Video

A cancer diagnosis and its treatment can be difficult not only on the physical body but also on how a person feels about themselves, their relationships and other parts of their lives.

A new support program offered for patients provides an opportunity to explore and express their experience with cancer using technology to create a personal video.

- The facilitator helps guide and support participants to reflect on their life experiences and experience with cancer; to draw on their wisdom and learning.
- Training and supervision on film making and video editing software are provided at no cost.

Learn ways to explore and share your experience with cancer through:

- » Photos
- » Videos (teaching will be provided on making and editing videos)
- » Music and sound

Dates: To start in the fall of 2022

Time: Monday afternoons from 1:00 pm to 3:30 pm for 5 weeks

For more information, contact Bevan Klassen, Facilitator, at bevan@deepfocusarttherapy.com.

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

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



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

JULY 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.

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.

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

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

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.

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. 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 or phone 1-800-914-5665.

PATIENT AND FAMILY ADVISORS NEEDED!



CancerCare Manitoba is looking for Patient and Family advisor volunteers. These volunteers will share their perspective to advise on a variety of short- and long-term projects of their choosing, and may participate in-person or virtually.

CancerCare Manitoba encourages applications from individuals that live outside of Winnipeg and from individuals that self-identify as men, First Nations, Métis, Inuit, newcomers, or 2SLGBTQQA+. To apply, please call 204-787-2121 or email Volunteer Services at ccmbvolunteers@cancercare.mb.ca.

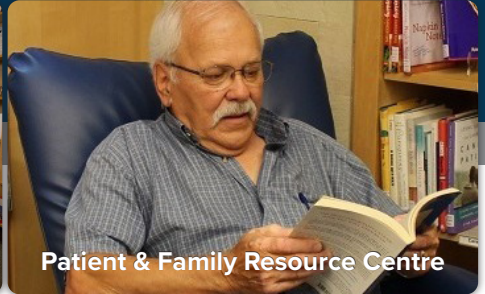
For more information visit www.cancercare.mb.ca



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

The healing powers of art, music and humour by Bernice Kwasniki



The author, Bernice Kwasniki, is a self-taught artist from Winnipeg. She shared her experience of living with breast and advanced stomach cancer through story and sketches.

In Between Days by Teva Harrison



The memoir, *In Between Days*, features the writing and comic illustration of Teva Harrison, who worked as an illustrator for the National Film Board and as a commentator for CBC radio.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.