

# THE NAVIGATOR

JUNE 2021

PROGRAM LIST INSIDE...

## **“Who Am I Now?” A Narrative Practice Support Group**



We come to understand our lives through the stories we tell about ourselves and the stories that others tell about us. This support group will help patients to share their experiences with cancer by using narrative practice. Group members will be asked to explore and talk about the question, “who am I after experiencing cancer?”

Mike Edwards, M.S.W, who is a counsellor with CancerCare Manitoba, will facilitate this group. Participants will be encouraged to share their stories and listen to and reflect on the stories of others. To think about what they have lost, what has changed, and what remains the same after living with cancer.

Through the sharing of stories participants will discuss anxiety and fear of recurrence, stories that remind them of the communities they come from, the strengths they possess, the futures they want for themselves and families, important people in their lives, and the gifts they have been given.

### **Support Group Information:**

- Online sessions are held by Zoom. All participants require a computer with a camera and a microphone.
- Group sessions are offered weekly for 10 weeks. Each session is 2 hours long.

### **Who can attend?**

- This is a group for anyone who has finished cancer treatment

For more information and to register for this group call:  
Mike Edwards, Group Facilitator at 204-787-1325 or toll-free  
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.  
204-237-2007

#### **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

## **The Guardian Angel Caring Room**

**Online fittings for wigs and headwear  
are available during COVID-19.**

**Call 204-787-4180 or 1-866-561-1026**

**The Guardian Angel Caring Rooms  
are funded by CancerCare Manitoba  
Foundation through the fundraising  
efforts of the Guardian Angel benefit  
for women's cancer.**



# JUNE 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 Gyne Cancer:** A group session for those who have finished treatment. Family members welcome. For information and registration call 204-787-2970.

**Preparing for Gyne 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.

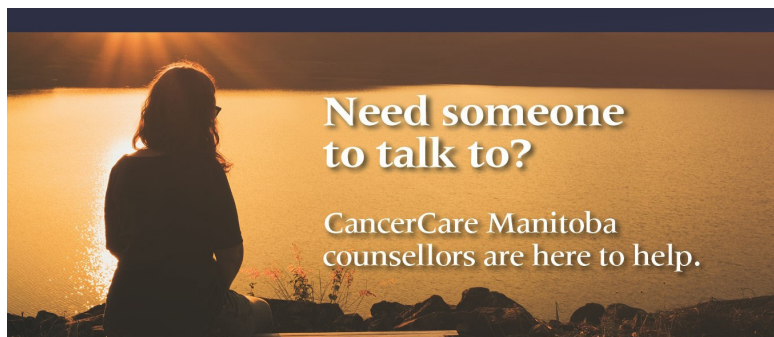
## PROFESSIONAL AND COMMUNITY EDUCATION AND SUPPORT PROGRAMS

**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**



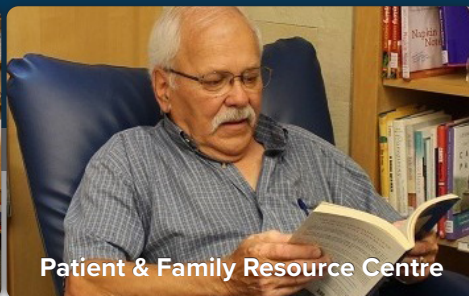
For more information visit [www.cancercare.mb.ca](http://www.cancercare.mb.ca)



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, services are offered online, by telephone 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

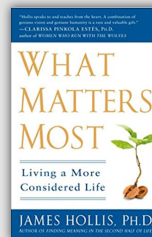
## LIBRARY CORNER

### CancerCare Manitoba Patient and Family Resource Centre

Room ON1016-675 McDermot Ave

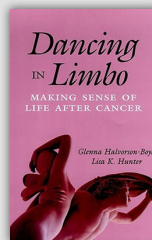
Phone: 204-787-4357

### What Matters Most by James Hollis PhD



Psychologist and author, James Hollis examines the concept of happiness and encourages readers to learn to embrace growth rather than security. He offers wisdom and inspiration to help us cope with our deepest worries and spiritual crises.

### Dancing in Limbo by Glenna Halvorson-Boyd and Lisa K. Hunter



An intimate and inspiring account of the authors' real-life experiences of surviving cancer. The authors provide a straightforward account of what life is like after the whirlwind of doctors' visits and radical treatments comes to an end.

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*All funds raised stay in Manitoba.*