



## 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** 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** 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** 204-787-4357 Due to COVID-19 restrictions, cancer information and library books are sent out by mail.

**Nutrition Services:** 204-787-2109 Dietitians can help with nutrition problems and diet before, during and after cancer treatment.

**Sexuality Counselling:** 204-787-4495 Call 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

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.

*Library Corner*  
CancerCare Manitoba  
Patient and Family  
Resource Centre  
Room ON1016-675 McDermot Ave.  
Phone: 204-787-4357

**Chemobrain by Ellen Clegg**  
The author explains how chemotherapy works at a basic biological level and also provides practical tips for coping after chemotherapy treatment.

**Your Brain after Chemo by Dan Silverman and Idelle Davidson**  
Years after treatment, people have reported problems with memory, concentration, and multitasking due to chemotherapy treatment. The authors combine cutting-edge science and true stories, and offer strategies to re-energizing the brain.

CancerCare Manitoba  
PATIENT AND FAMILY SUPPORT SERVICES

# The Navigator

Program list inside...

## What Can You Do About Brain Fog?



After cancer treatment, some people may find they are experiencing changes with their memory and thinking. This is a real and common problem called “brain fog.”

Things that were easy to remember before treatment may now take longer to remember and seem “foggy.” Some people struggle with reading, finding the right word and organizing their day. This can be frustrating and stressful. The good news is that things will improve over time, and that there are ways to speed up getting back to normal.

CancerCare Manitoba offers an education program on brain fog for cancer patients. This program can help patients get back to thinking and functioning as well as they did before treatment. Information is offered to help learn and practice ways of doing things that will help deal with some of the difficulties with thinking, remembering and organizing information.

### Brain Fog Online Sessions:

- During COVID-19, we are offering this program virtually through online sessions.
- To join, participants need to have access to the internet as well as a computer or mobile device.
- Each program is held for eight weeks and sessions are 90 minutes long.
- The group size for each session is 10 participants.

To register or for more information, call Patient and Family Support Services at 204-787-2109 or toll-free 1-866-561-1026.

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

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### Where to Find Us:

CancerCare Manitoba (CCMB) Sites  
Toll Free call 1-866-561-1026

CCMB MacCharles Site  
675 McDermot Ave.  
(beside Health Sciences Centre)  
204-787-2197

CCMB Oncology, St. Boniface  
Hospital Site  
O Block—409 Taché Ave.  
204-237-2007

CCMB Oncology, Grace Hospital Site  
400 Booth Drive  
204-837-0246

CCMB Oncology, Victoria General  
Hospital Site (Buhler Cancer Centre)  
2340 Pembina Highway  
204-477-3328

CCMB Patient Representative  
204-787-2065

### COMING UP...

**Exercising with Cancer  
in a COVID World  
Triple Threat: Cancer, COVID &  
Couching\***

\*to cause oneself to lie down and rest

Thursday, December 10, 2020  
3:00-4:30 PM

Speaker: Karen Dobbin  
Physiotherapist,  
CancerCare Manitoba

### Learn about:

- Tips for exercising at home during COVID
- Limiting couching behavior
- Aerobic and strengthening ideas
- App and online resources

To register for this Online Session  
Call: 204-787-2970 or  
1-866-561-1026



**During COVID-19, education and support programs and groups are being offered by online.  
If a group or program is full or on hold you can call and be put onto a wait list.**

## 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.

**Gyne Cancer Coffee Group:** For anyone diagnosed with a gynecological cancer. For information and registration call Renee at 204-235-3186.

**Lung Cancer Support Group:** For patients and families. Call Mike at 204-787-1325.

**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 35. 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 with in 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 204-771-8942 [WinnipegSupport@bladdercancerCanada.org](mailto:WinnipegSupport@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 [ManitobaMPNnetwork@gmail.com](mailto:ManitobaMPNnetwork@gmail.com) or visit [Canadianmpnnetwork.ca](http://Canadianmpnnetwork.ca).

**MY Support Group:** Support group for myeloma patients, caregivers and family members. No meetings held at this time but 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. Call Miriam at 204-787-2062.

**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)** 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.

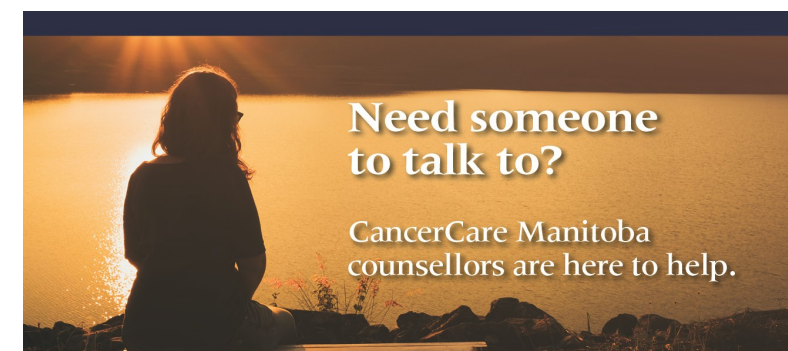
## Professional and Community Education and Support Programs

**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 skin care 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**