



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 & Gyne 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:

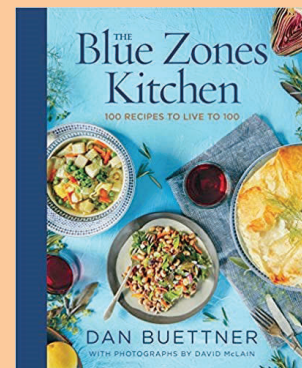


All funds raised stay in Manitoba.

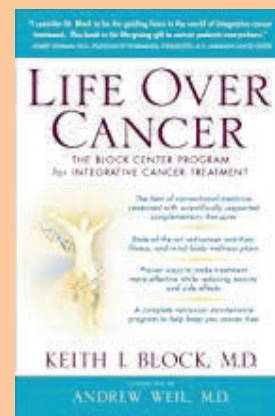
Library Corner

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

Blue Zones Kitchen by Dan Buettner. Healthy eating based on places throughout the world where people live long and healthy lives (called the Blue Zones.)



Life Over Cancer by Keith Block and Andrew Weil M.D. This book offers ideas on how to manage treatment and side effects through healthy eating, exercise and other ways to lower stress.



Program list inside...

Cancer Information Online Sessions

CancerCare Manitoba offers information sessions on topics to support our patients and their families. During the COVID-19 pandemic, these sessions are being offered online.

What do you need to do to join?

- You will need to have access to the internet as well as a computer or mobile device.
- Download Zoom (at no cost) on your computer or device before the session.

If you need help to set up Zoom, call the Coordinator in our Patient and Family Resource Centre at 204-787-4357 or toll free at 1-866-561-1026.

Sessions in February and March:

Hot Topics after Breast & Gynecological Cancer Treatment Lunch and Learn Series

When: Held weekly on Mondays
Dates: February 1 to March 29, 2021 **Time:** 12 p.m. to 1 p.m.

Explore ways to help you recover, move forward and live well.

Topics include:

- February 1: Fatigue and Sleep Issues
- February 8: Exercise
- February 22: Sexuality
- March 1: Menopause
- March 8: The Emotional Impact of Cancer Part 1
- March 15: The Emotional Impact of Cancer Part 2
- March 22: Return to Work
- March 29: Nutrition



To register for these Lunch and Learn sessions call:
CancerCare Manitoba Breast & Gyne Cancer Centre of Hope
Phone: 204-787-2970 or toll-free 1-866-561-1026

Nutrition after Cancer Treatment

When: Thursday, February 4, 2021 **Time:** 3 p.m. – 4:30 p.m.

Guest speakers: Robin Chambers and Ranu Grewal, Dietitians, CancerCare Manitoba

Learn about:

- Why protein is important
- Managing weight changes
- Reducing fatigue

For patients and families living with any type of cancer

To register for this session, call CancerCare Manitoba
Phone: 204-787-2970 or toll-free 1-866-561-1026



Funding support for these sessions is generously provided by CancerCare Manitoba Foundation.

February 2021

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



Cancer Prevention in Canada: What can we do?

Join us on World Cancer Day, February 4, 2021, from 12—1 pm for an interactive webinar about current cancer trends and how we can make an impact on the future burden of cancer in Manitoba. Register at <https://www.cancercare.mb.ca/screening/hcp/education>

February 2021



Learn more at:
www.twitter.com/CancerCareMB



www.facebook.com/cancerCareMB



www.youtube.com
(search for CancerCare Manitoba)

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 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 (1-800-663-3333 ext. 4965) or email 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.

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, 4th Tues. of the month, 10:30 am to 12 pm. Call Mike at 204-787-1325.
[Zoom meeting ID: 829 0579 0192](https://www.zoom.us/j/82905790192) Passcode: 910690

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 within 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
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 Support Group: Call Pat at 204-509-8768 or email winnipeggroup.cnets@gmail.com.

Myeloproliferative Neoplasm (MPN) Support Group: Email ManitobaMPNnetwork@gmail.com or visit 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. During the winter, this program will have some shorter sessions...

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

New! Digital Artmaking Group: Come join us on your computer or digital tablet in our free digital studio! This will give you access to a host of online images, videos and sounds to explore and express yourself and your cancer experience. No experience is required, only basic computer knowledge.

- **Digital Photo Collage—Feb. 10, 17, 24 from 6 - 8 pm**

For more information, please contact Bevan Klassen at bklassen12@cancercare.mb.ca or call Miriam Duff 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.

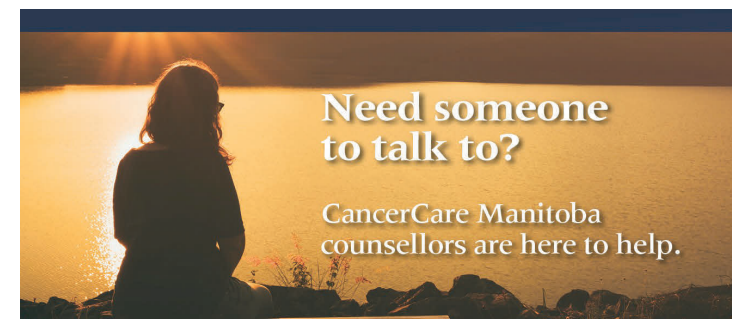
Professional and Community Education and Support Programs

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, 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, 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 or phone 1-800-914-5665.



**For more information call:
204-787-2109 or 1-866-561-1026**

