



During COVID-19, some of the regular information and support groups and programs are on hold.

- You can still call and be put on a waitlist.
- Some support groups are being offered through video conference or online.

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 204-235-3186.

Support Group for Younger Women with Breast Cancer: Call Stephanie at 204-258-1004.

Support Group for Women Living with Metastatic Breast Cancer: **Still offered by Videoconference on Tuesdays 1:00—2:30 pm.** 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 Cara at 204-237-2915.

Gyne Cancer Coffee Group: Monthly sessions for anyone diagnosed with a gynecological cancer. For information and registration call 204-787-2970.

Lung Cancer Support Group: For patients and families. **Still offered by Videoconference.** Call 204-787-2109.

Narrative Practice Support Group-Who am I now? For anyone who has completed treatment for cancer. Call Mike 204-787-1325.

Young Adult Cancer Support (YACS) For young adult patients between 18 and 35. **Still offered by Videoconference.** For more information call Ian at 204-787-2191.

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 Tumour 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.**

Ovarian Cancer Survivors of Manitoba - Coffee & Chat: Supportive self-help group for women in treatment or living with ovarian cancer. Email ovariansurvivorsmb@gmail.com or call 204-897-4092.

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) **Group still offered by Videoconference.** This program combines counselling and creative expression through art. For anyone treated for cancer in the last 2 years. Call Miriam 204-787-2062.

Expressive Art Grad Group: on hold until further notice.

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. Call 204-787-2109.**

Professional and Community Education and Support Programs

Breast Health Centre Phone: 204-235-3906. **Note: All sessions are postponed due to COVID-19.**

- **Before Breast Cancer Surgery Information Session** - video available online.
- **After Breast Cancer Surgery Information Session** - video available online.

Videos are posted online at: sharedhealthmb.ca/services/breast-health-centre/patient-resources/

- **Bone Health After Breast Cancer** Call Beth 204-235-3646. **No program offered in August.**
- **EAT well. GET fit. LIVE WELL:** (8 weeks) For those wanting to improve their lifestyle after breast cancer treatment. Co-facilitated by a dietitian, counsellor and certified fitness instructor. Call Beth 204-235-3646.
- **Let's Get Physical!** (8 weeks) Aqua Lymphfit class for breast cancer patients who have developed lymphedema as a result of their treatments. 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 204-475-6940.

Look Good Feel Better: 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.



Dear Reader...

When diagnosed with cancer many people find that support for emotional and practical issues can help to manage stress. CancerCare Manitoba offers the following programs and services at no cost to patients and families:

Breast & Gyne Cancer Centre of Hope Phone: 204-787-2970 or toll free 1-866-561-1026
Nurses are available to provide education to help patients and families with understanding, decision-making, and navigation of care for breast and gynecological cancer. Information about the Manitoba Breast Prosthesis Program is available.

Guardian Angel Caring Room Phone: 204-787-4180 By appointment only.
offers practical support to manage some of the side effects of cancer treatment such as hair loss. Wigs and headwear are available on loan, at no cost and laryngectomy covers.

Patient and Family Resource Centre Phone: 204-787-4357
Offers a quiet place to relax and find cancer information. Now Open!

Patient Representative can be contacted if you have questions or concerns about your Care at CancerCare Manitoba. Main Floor, CCMB 675 McDermot Ave, Room ON 1212. Phone: 204-787-2065

The CCMB Underserved Populations Program Education and Liaison Nurse works with patients and families to improve access to cancer care (prevent delays, follow-up on test results, direct people to resources and support services). 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. Speak 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

Production of The Navigator is supported by:



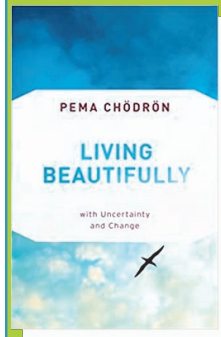
All funds raised stay in Manitoba.

Library Corner
CancerCare Manitoba
Patient and Family Resource Centre
Room ON1016—675 McDermot Ave.
Phone 204-787-4357
Library email:
PatientLibrary@cancercare.mb.ca

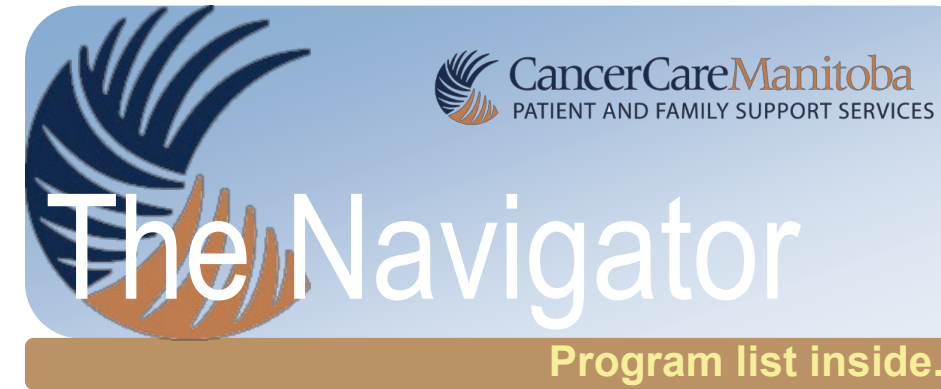
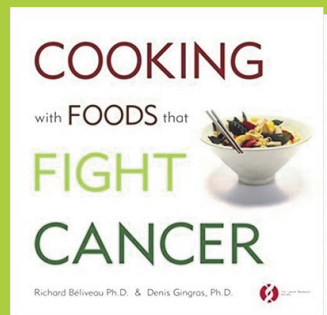
Living Beautifully with Uncertainty and Change

by Pema Chödrön.

We live in difficult times. We try to cling to the what is comfortable and to our habits. Pema Chödrön teaches that fear keeps us from the more powerful experience of being fully alive.



Cooking with Foods That Fight Cancer by Richard Beliveau and Denis Gingras. This book features 160 delicious recipes such as Cuban Black Bean Soup and Scallop and Strawberry Rosettes. It is also packed with information on the latest research exploring foods that help fight cancer.



Now Open!

Cancer Information and Support Programs

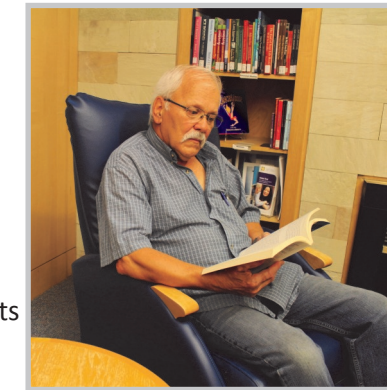
CancerCare Manitoba (CCMB) has now reopened a number of information and support programs. COVID-19 guidelines are being followed to protect the health and safety of our patients.

Patient & Family Resource Centre

Stop by and visit!

Room ON1016 on the main floor
CancerCare Manitoba at 675 McDermot Ave

- Relax and wait in between appointments
- Find information on cancer, support services and more
- Visit our cancer library



Guardian Angel Caring Room

By appointment only.

Phone: 204-787-4180 or 1-866-561-1026.
Wigs, headwear and laryngectomy stoma covers offered at no cost.



Physiotherapy Services

Phone: 204-787-2109
for cancer patients who are receiving treatment or have completed treatment within the last year. Phone to learn more about this service.

Breast Nipple and Areola Tattooing CCMB Breast & Gyne Cancer Centre of Hope

Phone: 204-787-2970 or 1-866-561-1026
For those who have undergone breast cancer surgery.

Support Groups and Other Programs Phone: 204-787-2109 or 1-866-561-1026
Patient and Family Support services has up to date information on support groups and programs that are being offered through video conference (Brain Fog, Expressive Arts, etc.)

September 2020

Where to Find Us:

CancerCare Manitoba 675 McDermot Ave.	204-787-2197
Toll Free for all units	1-866-561-1026
St. Boniface Unit O Block—409 Taché Ave.	204-237-2559
Patient and Family Support Services: Psychosocial Oncology 675 McDermot Ave.	204-787-2109
St. Boniface Unit	204-237-2007
Nutrition Services	204-787-2109
Patient and Family Resource Centre	204-787-4357
Guardian Angel Caring Room 675 McDermot Ave.	204-787-4180
St. Boniface Unit	204-237-2789
Breast & Gyne Cancer Centre of Hope 675 McDermot Ave.	204-787-2970
Sexuality Counselling	204-787-4495
Community Oncology Program	204-784-0225
Patient Representative	204-787-2065

CancerCare Manitoba Board Annual Public Forum

Friday, October 2, 2020
12:00 p.m. - 1:00 p.m.

To join this virtual meeting, go to:
<https://us02web.zoom.us/j/88984989383>



All are welcome.
Registration is *not* required.



Masks are required

Starting Sept. 1, 2020, all patients and companions arriving at CCMB will be required to wear a cloth/non-medical mask. Please remember to bring your own mask. Thank you.