Dear Reader...

Most people find that receiving support for the emotional and practical issues related to cancer can help to manage stress. As part of the care at CancerCare Manitoba, the following programs and services are offered at no cost to patients and families:

*Patient and Family Resource Centre is a quiet place to relax and find cancer information. A telephone and complimentary refreshments are available. Main floor, CCMB, 675 McDermot Ave. Call 204-787-4357.

**CCMB Breast & Gynae Cancer Centre of Hope offers information and support. 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. 866-561-1026.

Psychosocial Oncology has counsellors who can help you and your family deal with the emotional and social stresses you might be experiencing. Call 204-787-2109 or toll-free 1-866-561-1026.

Nutrition Services are provided by registered dietitians specializing in cancer. Call 204-787-2109 or toll-free 1-866-561-1026.

*The Guardian Angel Caring Room offers help with appearance-related side effects. Wigs and headwear are available on loan, free of charge and laryngectomy covers. Two locations, Main Floor, CCMB, 675 McDermot Ave. 204-787-4180 and inside St. Boniface Hospital Oncology, 204-237-2789.

*Supported in full or in part by the CancerCare Manitoba Foundation.

Patient Representative can be contacted if you have questions or concerns about your care at CancerCare Manitoba. Main Floor, CCMB, 675 McDermot Ave, Room 1121. Call 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). Call 204-799-0791 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.


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: 1-855-740-9282

*Prairie Mountain Health: 1-855-346-3710

*Southern Health-Santé Sud: 1-855-623-1533

Parking

We know that parking at CancerCare Manitoba can be a challenge. Here are some tips:

Handicap Parking (limited space): 675 McDermot Ave.—on the street at the main entrance to CCMB.

Street Parking: There is metered parking around 675 McDermot Ave. and metered 2 hr parking around the St. Boniface Unit.

Closest parkade to 675 McDermot Ave: The Manitoba Clinic at 790 Sherbrook St.

Closest parkade to the St. Boniface Unit: On the south side of the St. Boniface Hospital, directly across from the CancerCare Manitoba entrance located in the southwest wing of the hospital.

For more information regarding parkades and weekly passes, please call the Health Sciences Centre at 204-787-2715 or the St. Boniface General Hospital at 204-237-2319 during regular working hours.

Transportation:

The Canadian Cancer Society (CCS) Wheels of Hope transportation services is a volunteer led program that provides safe and reliable rides to and from cancer-specific appointments. A minimum of 3 working days notice is required. For information on fees and to register for the program, call 1-800-263-6760 or visit the CCS Driver Office in room ON1010 on the main floor of CCMB at 675 McDermot Ave.

Telephone peer support: CCS offers support through talking with a volunteer who has had a similar cancer experience. Call 1-888-839-3333.

Looking for cancer information? Visit our Patient and Family Resource Centre

A diagnosis of cancer can be a time when patients and families have many questions and need information to help with making decisions.

Our Patient and Family Resource Centre at CancerCare Manitoba has a lending library with a variety of up-to-date information on:

- different types of cancers and benign blood disorders
- treatments and side effects
- other topics such as nutrition, fatigue, exercise and much more
- helpful community and professional resources

The Centre is also a quiet place to relax, wait between appointments, and to meet other patients and families. A telephone is available for local calls. Patients and families are welcome to a cup of coffee or tea and snacks.

Coordinator Kathleen Helgason, along with trained volunteers, are available to help answer questions and find information.

Watch for our new Library Cart!

Volunteers will be travelling through patient clinic and radiation waiting areas.

You can sign out a book or look at other information.

You are welcome to stop by or call 204-787-4357 or 1-866-561-1026.

The Patient and Family Resource Centre is generously funded by the CancerCare Manitoba Foundation.

March 2020

Where to Find Us:

CancerCare Manitoba

675 McDermot Ave.

204-787-2109

Toll Free for all units

1-866-561-1026

St. Boniface Unit

0 Block—400 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

Guardian Angel Caring Room

675 McDermot Ave.

204-787-4180

St. Boniface Unit

204-237-2278

Breast & Gynae 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

Physiotherapy Cancer Rehabilitation Program:

April to June, 2020

Please call 204-787-2109 to be added to the referral list.

New Community Support Group

Have you been diagnosed with a Myeloproliferative Neoplasm (MPN)?

This includes patients with: Polycythemia Vera, Primary Myelofibrosis, Or Essential Thrombocythemia

MPN Support Group in Manitoba

To find out more about this new support group for patients and their family members/caregivers...

Email: Man Mbpsnetwork@gmail.com

Or visit: Canadianmpnnetwork.ca

Production of The Navigator is supported by...
Multiple Myeloma Awareness Day in Manitoba

(Mon. Jan 6—Mar 16), 1:30—3:30 PM.
675 McDermot Ave.  Call Miriam 204 613-888-7976.

Are you a Caregiver for Someone Who Has been Diagnosed with Cancer? You are invited to participate in a study about how the self-care of caregivers can improve. For more information contact: Emily Wolfe-Phillips, Study Coordinator, University of Ottawa, emily.wolfe-philips@uottawa.ca. Phone: 1-833-762-5800 or 1-730-762-5800.

CCMB Yoga and Cancer: A free program for people receiving treatment or who have finished treatment within the last 12 months. SPACE IS LIMITED. For more information and to register, contact Family & Patient Support Services at 204-787-2109 or Toll-free 1-866 561-1026.

Let’s get physical! A hypoallergy class for breast cancer patients who have developed lymphedema as a result of their treatments starts March 12, 2-3 pm at the Wellness Institute. It’s 6 weeks, with no class on Thurs April 2nd. Please call Abby at 204-245-2051 to register.

The AOVIAN CANCER SUPPORT GROUP—MANITOBA— COFFEE & CHAT (2nd Thurs. of month) will be held at 11:30 a.m. at the Rady Jewish Community Centre.

Let’s get physical! A hypoallergy class for breast cancer patients who have developed lymphedema as a result of their treatments starts March 12, 2-3 pm at the Wellness Institute. It’s 6 weeks, with no class on Thurs April 2nd. Please call Abby at 204-245-2051 to register.

Cancer Rehab Plates Class: Free Call Donna Sarna Physiotherapy & Rehabilitation oremail: platoonsc@rogers.com, Phone: 204-889-8794.

CANCER REHAB PLATES CLASS:

CANCER REHAB PLATES CLASS: Open to anyone that has undergone treatment for cancer of any kind. Call Donna Sarna Physiotherapy & Rehabilitation 204-245-4713.

CANCER REHAB PLATES CLASS: Open to anyone that has undergone treatment for cancer of any kind. Call Donna Sarna Physiotherapy & Rehabilitation 204-245-4713.

Let’s get physical! A hypoallergy class for breast cancer patients who have developed lymphedema as a result of their treatments starts March 12, 2-3 pm at the Wellness Institute. It’s 6 weeks, with no class on Thurs April 2nd. Please call Abby at 204-245-2051 to register.

CANCER REHAB PLATES CLASS: Open to anyone that has undergone treatment for cancer of any kind. Call Donna Sarna Physiotherapy & Rehabilitation 204-245-4713.

CANCER REHAB PLATES CLASS: Open to anyone that has undergone treatment for cancer of any kind. Call Donna Sarna Physiotherapy & Rehabilitation 204-245-4713.

CANCER REHAB PLATES CLASS: Open to anyone that has undergone treatment for cancer of any kind. Call Donna Sarna Physiotherapy & Rehabilitation 204-245-4713.

CANCER REHAB PLATES CLASS: Open to anyone that has undergone treatment for cancer of any kind. Call Donna Sarna Physiotherapy & Rehabilitation 204-245-4713.