



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 & Gyne 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. ON1018—675 McDermot Ave. Call 204-787-2970 or toll free 1-866-561-1026.

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 ON 1212. 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 204-799-0971 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

The Navigator Newsletter is posted on the CancerCare Manitoba website at www.cancercare.mb.ca. To sign up and receive a copy by mail, call 204-787-2970.

Production of The Navigator is supported by:



All funds raised stay in Manitoba.

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.

St. Boniface Unit—near the CancerCare Manitoba entrance.

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 1-800-263-6750 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 1-888-939-3333.



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.

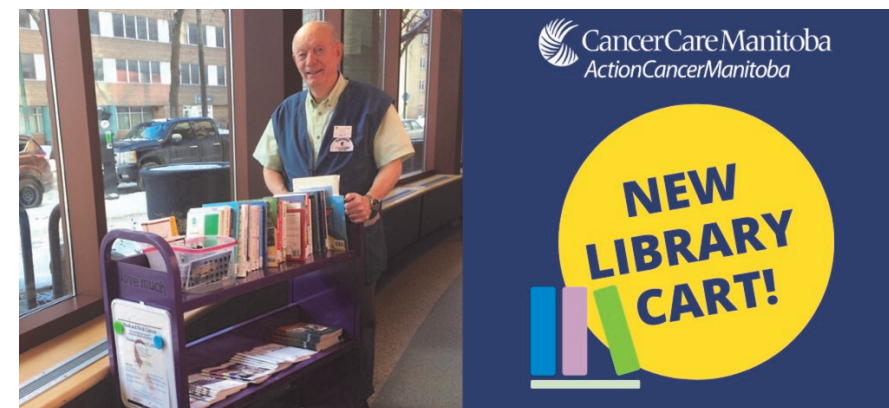
Our Patient and Family Resource Centre at CancerCare Manitoba has a lending library with a variety of up-to-date information on:

- 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.

Patient and Family Resource Centre Hours

Open Monday to Friday from 9:00am to 4:00pm

Location: CancerCare Manitoba, on the Main Floor

Room ON 1016 – 675 McDermot Ave. (follow the glass wall corridor)

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.	204-787-2197
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

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: ManitobaMPNnetwork@gmail.com

Or visit: Canadianmpnnetwork.ca

Production of The Navigator is supported by...



All funds raised stay in Manitoba.

March 2020



Learn more at:
www.twitter.com/CancerCareMB



[www.youtube.com](https://www.youtube.com/search?q=CancerCare+Manitoba)
(search for CancerCare Manitoba)

Sunday, March 1st
Multiple Myeloma Awareness Day in Manitoba



MARCH IS

Multiple Myeloma Awareness Month.

Monday

CCMB - EXPRESSIVE ARTS GROUP:
(Mon. Jan 6—Mar 16), 1:30—3:30 PM.
675 McDermot Ave. Call Miriam 204-787-2062.

CCMB - EXPRESSIVE ARTS GROUP:
(Mon. Jan 6—Mar 16), 1:30—3:30 PM.
675 McDermot Ave. Call Miriam 204-787-2062.

MY Support Group: Support for **myeloma** patients, caregivers and family members. (3rd Mon of month). 1:00—3:00 PM, Accès-Access St. Boniface, 170 Goulet—Room 392. Call Jackey: 204-253-8124.

CCMB - EXPRESSIVE ARTS GROUP:
(Mon. Jan 6—Mar 16), 1:30—3:30 PM.
675 McDermot Ave. Call Miriam 204-787-2062.

Are You A Caregiver For Someone Who Has Been Diagnosed With Cancer? You are invited to participate in a study about self-care for caregivers! For more information contact:
Emily Wolfe-Phillips, Study Coordinator
University of Ottawa,
Emily.wolfephillips@uottawa.ca
Ph: 1-613-562-5800 (ext. 7300)

Quit Smoking Program
If you are ready to quit, CancerCare Manitoba wants to help you! The CCMB Quit Smoking program is personalized to help you quit. It may include individual counselling, on-going support and access to medications and aids (as required) at no charge.
All CancerCare Manitoba patients and their family members may join the program.
Call 204-787-1202 or 1-888-775-9899
or speak to your CancerCare Manitoba health care provider to be referred to the program.

Tuesday

Every **Tues & Thurs**—Rady Jewish Community Centre Cancer Management Exercise Program, 12:30 - 2:00 PM. Fee Subsidies available. Call 204-477-7510

CCMB METASTATIC BREAST CANCER SUPPORT GROUP:
Tues. 1:00—2:30 PM. 675 McDermot Ave.
Call Linda 204-787-4645.

BREAST RECONSTRUCTION INFORMATION SESSION:
Tues. 1:15 - 3:15 PM. 675 McDermot Ave. Call 204-787-2970.

CCMB METASTATIC BREAST CANCER SUPPORT GROUP:
Tues. 1:00 - 2:30 PM. 675 McDermot Ave.
Call Linda 204-787-4645.

BREAST RECONSTRUCTION INFORMATION SESSION:
Tues. 1:15 - 3:15 PM. 675 McDermot Ave. Call 204-787-2970.

CCMB LOOK GOOD FEEL BETTER: (2nd Tues. of month).
1:30 - 3:30 PM. **675 McDermot Ave.** Register online at www.lgfb.ca or call 1-800-914-5665.

CCMB METASTATIC BREAST CANCER SUPPORT GROUP:
Tues. 1:00 - 2:30 PM. 675 McDermot Ave.
Call Linda 204-787-4645.

BREAST RECONSTRUCTION INFORMATION SESSION:
Tues. 1:15 - 3:15 PM. 675 McDermot Ave. Call 204-787-2970.

BREAST CANCER LYMPHEDEMA SUPPORT GROUP (3rd Tues. of month, 6:30 pm), Bardal Funeral Home, 843 Sherbrook St. Parking behind Bardal. See [FB Lymphedema Support Manitoba- Lymphedema/Lipedema Support Group](#)

BLADDER CANCER SUPPORT GROUP: (3rd Tues. of month).
7:00—8:30 PM. 1125 Molson St. Call/text Terrol 204-782-7926 or Jan 204-771-8942.
winnipegssupport@bladdercancercanada.org

CCMB METASTATIC BREAST CANCER SUPPORT GROUP:
Tues. 1:00 - 2:30 PM. 675 McDermot Ave.
Call Linda 204-787-4645.

BREAST RECONSTRUCTION INFORMATION SESSION:
Tues. 1:15 - 3:15 PM. 675 McDermot Ave. Call 204-787-2970.

CCMB EXPRESSIVE ARTS **GRAD** GROUP: (Tues. Monthly)
1:30-4:00 PM. and 5:30—8:00 PM. 675 McDermot Ave.
Call Miriam 204-787-2062.

CCMB LUNG CANCER SUPPORT GROUP: (4th Tues. of month.)
10:30 AM—12:00 PM. For patients & families. Gimli Room ON1188, 675 McDermot Ave. **Registration not required.** For more information call 204-787-2109.

CCMB METASTATIC BREAST CANCER SUPPORT GROUP:
Tues. 1:00 - 2:30 PM. 675 McDermot Ave.
Call Linda 204-787-4645.

BREAST RECONSTRUCTION INFORMATION SESSION:
Tues. 1:15 - 3:15 PM. 675 McDermot Ave. Call 204-787-2970.

Wednesday

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

CCMB MOVING FORWARD AFTER BREAST & GYNE CANCER (2nd Wed. every other month).
1:00—4:00 PM. 675 McDermot Ave.
Call 204-787-2970.

BRAIN TUMOUR FOUNDATION OF CANADA:
Winnipeg Brain Tumour self help support group. (3rd Wed of month), 6:00 - 7:00 PM, Sturgeon Creek United Church, 207 Thompson Dr. 1-800-265-5106. www.braintumour.ca/293/winnipeg-manitoba.

CCMB LOOK GOOD FEEL BETTER: (3rd Wed. of month).
6:30 - 8:30 PM. **Grace Hospital.** Register online at www.lgfb.ca or call 1-800-914-5665.

MANITOBA PROSTATE CANCER SUPPORT GROUP: (3rd Wed of month), 7:00 - 9:00 PM. 1 hr. discussion followed by 1 hr. guest speaker. First Unitarian Universalist Church, 603 Wellington Cres. Call 204-989-3433. Pre-registration not required.

CCMB CAREGIVER SUPPORT GROUP: Are you helping a loved one through cancer and looking for support? For more information and to register for the next program, please call Cara at 204-237-2915.

CCMB NARRATIVE THERAPY GROUP— WHO AM I NOW? After experiencing cancer and its treatment, who are we now? How can the stories we tell about ourselves help us move forward? For more information call Mike at 204-787-1325.

Thursday

Every **Tues & Thurs**—Rady Jewish Community Centre Cancer Management Exercise Program. 12:30-2:00 PM. Fee Subsidies available. Call 204-477-7510

CCMB YOUNG ADULT CANCER SUPPORT (YACS): 18—35 years. 6:00—8:00 PM. 675 McDermot Ave.
Call Ian 204-787-2191.

Let's get *physical*! Aqua Lymphfit class for breast cancer patients who have developed lymphedema as a result of their treatments starts March 12, 1-2pm at the Wellness Institute. It's 8 weeks, with no class on Thurs April 2nd. Please call Abby at 204.235.3691 to register.

OVARIAN CANCER SURVIVORS OF MANITOBA - COFFEE & CHAT (2nd Thurs. of month) ovariansurvivorsmb@gmail.com or call 204-897-4092.

Let's get *physical*! Aqua Lymphfit class for breast cancer patients who have developed lymphedema as a result of their treatments starts March 12, 1-2pm at the Wellness Institute. It's 8 weeks, with no class on Thurs April 2nd. Please call Abby at 204.235.3691 to register.

Cancer Rehab Pilates Class: - Free!
Call Donna Sarna Physiotherapy & Rehabilitation 204-475-6940
or email: pilatesoncorydon@shaw.ca

Let's get *physical*! Aqua Lymphfit class for breast cancer patients who have developed lymphedema as a result of their treatments starts March 12, 1-2pm at the Wellness Institute. It's 8 weeks, with no class on Thurs April 2nd. Please call Abby at 204.235.3691 to register.

Bereavement Services:
CCMB Patient and Family Support Services offers individual and family counselling.
Call 204-787-2109.
Palliative Manitoba offers monthly grief seminars, one-on-one telephone support, as well as bereavement support groups for kids (9-12) and teens (13-17).
Call 204-889-8525 for more information.

EAT well. GET fit. LIVE WELL.
GET empowered & educated about changes you can introduce to improve your health.
8 weekly session starting **April 9, 2020.**
Breast Health Centre
100—400 Taché Ave
6:30—9:00 PM
To register, call Beth 204-235-3646

Friday

CCMB PRIMARY BREAST CANCER SUPPORT GROUP: 8 wks.
(Fri. Feb 14— April 3). 10:30 AM—12:00 PM, 431 Taché Ave. For women who have completed treatment for **primary** breast cancer in the last 2 years. Call Cheryl 204-235-3186.

BEFORE BREAST CANCER SURGERY SESSION:
(1st & 3rd Fri of month), 1:30 - 3:15 PM. Breast Health Centre, 400 Taché Ave. Call 204-235-3906.

CCMB PRIMARY BREAST CANCER SUPPORT GROUP: 8 wks.
(Fri. Feb 14— April 3). 10:30 AM—12:00 PM, 431 Taché Ave. For women who have completed treatment for **primary** breast cancer in the last 2 years. Call Cheryl 204-235-3186.

AFTER BREAST CANCER SURGERY SESSION:
(2nd & 4th Fri of month), 1:30 - 3:15 PM. Breast Health Centre, 400 Taché Ave. Call 204-235-3906.

CCMB PRIMARY BREAST CANCER SUPPORT GROUP: 8 wks.
(Fri. Feb 14— April 3). 10:30 AM—12:00 PM, 431 Taché Ave. For women who have completed treatment for **primary** breast cancer in the last 2 years. Call Cheryl 204-235-3186.

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CCMB PRIMARY BREAST CANCER SUPPORT GROUP: 8 wks.
(Fri. Feb 14— April 3). 10:30 AM—12:00 PM, 431 Taché Ave. For women who have completed treatment for **primary** breast cancer in the last 2 years. Call Cheryl. 204-235-3186.

AFTER BREAST CANCER SURGERY SESSION:
(2nd & 4th Fri of month), 1:30 - 3:15 PM. Breast Health Centre, 400 Taché Ave. Call 204-235-3906.

Sundays: - Margaret's Choir 2:30—5:00 PM
First Unitarian Universalist Church of Winnipeg,
603 Wellington Crescent, Contact Pat Reid 204-452-6590 reidpat@shaw.ca or Geoff Taylor 204-288-0912 getaylor@shaw.ca

Program & Support Groups Descriptions
(Registration required)

Bladder Cancer Support Group: For patients, caregivers & friends. Call/text Terrol 204-782-7926 or Jan 204-771-8942.
[Winnipegssupport@bladdercancercanada.org](mailto:winnipegssupport@bladdercancercanada.org).

Breast Cancer Lymphedema Support Group: Please email: lymphedemagroup7@gmail.com.

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

Support Group for Women Living with Metastatic Breast Cancer: Call Linda 204-787-4645.

Breast Cancer Support Group: For women who have completed treatment for **primary** breast cancer in the past 2 years. Call Cheryl 204-235-3186.

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 info@cancerchatcanada.ca.

Caregiver Support Group: Are you helping a loved on through cancer and looking for support? Call Cara at 204-237-2915.

CNETS Support Group: Contact Pat at 204-509-8768 or winnipeggroup.cnets@gmail.com

Gyne Cancer Coffee Group: Monthly sessions for those diagnosed with a gynecological cancer. Call 204-787-2970.

Lung Cancer Support Group: For patients and families. 4th Tues. of month. Call 204-787-2109.

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. Call Jackey: 204-253-8124.

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

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

Young Adult Cancer Support (YACS) For young adult patients between 18 and 35. Call Ian 204-787-2191.

Other Programs:

Before Breast Cancer Surgery Information Session: 204-235-3906.

Brain Fog: (8 weeks) Introduces participants to cognitive enhancement strategies. For those who have been treated for cancer within the last 3 years. Call 204-787-2109.

After Breast Cancer Surgery Information Session: 204-235-3906.

Bone Health After Breast Cancer: Educational session for breast cancer patients to reduce their risk of developing osteoporosis. Call Beth 204-235-3646.

Expressive Art Group: (10 weeks) Program combines counselling & creative expression through art. For individuals treated for any type of cancer in the past 2 years. Call Miriam 204-787-2062.

Breast Reconstruction Information Session: Call 204-787-2970.

Cancer Rehab Pilates Class: Open to anyone that has undergone treatment for cancer of any kind. Call Donna Sarna Physiotherapy & Rehabilitation 204-475-6940.

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. Wellness Institute, 1075 Leila Ave. Call 204-235-3691.

Look Good Feel Better: Learn ways of managing appearance-related side effects. Register online at www.lgfb.ca or call 1-800-914-5665.

Moving Forward After Breast or Gyne Cancer: A group session for those who have finished treatment. Family members welcome. Call 204-787-2970.

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. Call 204-787-2109.

Preparing for Gyne Surgery Information Session: 204-787-2970.

Yoga & Cancer: (8 weeks) For those in treatment or completed treatment within the past year. Call 204-787-2109.

Quit Smoking program: A personalized program to help quit smoking. Call 204-787-1202 or 1-888-775-9899.