



## 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 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 and laryngectomy stoma covers at no cost.

**Patient and Family Resource Centre** 204-787-4357 A quiet place to relax and find cancer information. Visit us at CancerCare Manitoba in Room ON 1016-675 McDermot Ave.

**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:** An 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.) 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

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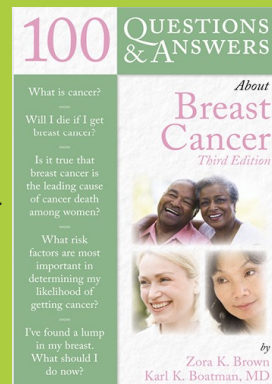


### Library Corner

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

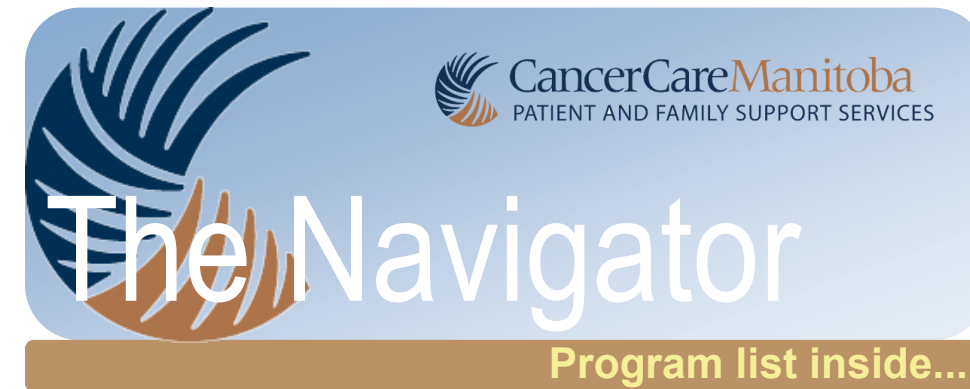
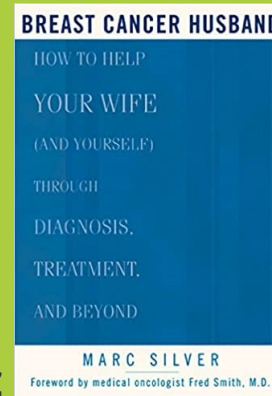
#### 100 Questions & Answers About Breast Cancer

by Kora K. Brown and Karl K. Boatman, MD. Whether you're a newly diagnosed breast cancer patient, a survivor, or a friend or relative of either, this book offers help with up-to-date, practical answers to your questions about breast cancer.



#### Breast Cancer Husband

When Marc Silver became a breast cancer husband, he learned how frightened and helpless the breast cancer husband feels. This book offers practical tips, psychological insight and coping strategies to help men help the women they love through this trying time.



## Breast Cancer Support Group for Patients

This support group is offered to women diagnosed with breast cancer who have completed treatment within the last two years. The next group will be held in late fall or early in the new year using the virtual platform Microsoft Teams.

Joining this group meeting virtually is as easy as clicking on a link! You will be able to connect with others from the comfort of your own home and not have to worry about travelling to the group or parking each week. The facilitators can help you to get set up online.

Participants who have attended these group sessions have shared that "It is a safe space where everyone gets it," and "It was comforting to realize that I am not alone."

The support group is co-facilitated by Cheryl Dizon-Reynante and Kym Cuthill, Counsellors at CancerCare Manitoba. They both find that "The support group provides a meaningful opportunity to reflect and talk about the emotional, mental, and social impact of cancer without having to edit what you say."



Cheryl and Kym, Group Facilitators

Research has shown that this form of support can help improve mood in women who have completed breast cancer treatment. Cheryl explains, "Our experience tells us that when women gather together to discuss shared experiences and topics, they are able to move forward in a more helpful way, knowing they are not alone."

Upcoming group sessions will be offered either in late 2020 or January 2021.

**When:** Once a week for 8 weeks

**Where:** On-line using Microsoft Teams

Seats are limited! Each group has room for up to 10 participants.

**To register or for more information please contact:**  
Cheryl Dizon-Reynante, Counsellor and Group Facilitator  
Phone: 204-787-4645

November 2020

### 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

**For other support groups offered  
through Patient and Family  
Support Services at CancerCare  
Manitoba call 204-787-2109 or  
1-866-561-1026**

**YOU ARE INVITED!**  
**Virtual Lung Cancer Patient  
Education Event**  
**Monday, November 9, 2020  
11:00 am—1:40 pm**  
**To register visit:**  
**<http://bit.ly/LCCBriefing2020> or  
email:**  
**[info@lungcancercanada.ca](mailto:info@lungcancercanada.ca) or  
call 1-888-445-4403**





During COVID-19, many education and support programs and groups are being offered by video conference online.

If a group or program is 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:** **Still offered by video conference on Tuesdays 1:00-2:30 p.m.** 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 204-787-2970.

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

**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. **Still offered by video conference.** 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 [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)** **Group still offered by video conference.** 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:** 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 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.



**Need someone to talk to?**

CancerCare Manitoba counsellors are here to help.

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

