

THE NAVIGATOR

NOVEMBER 2021

PROGRAM LIST INSIDE...



Guardian Angel Caring Room Lifts Spirits

CancerCare Manitoba's Guardian Angel Caring Room offers services to help manage the appearance-related side effects of cancer treatments such as hair loss. Synthetic wigs and headwear in different styles and colours are available through a lending program.

The Caring Room Coordinator can help patients to find what will meet their needs. All items are provided at no cost.

- Patients may borrow a wig and headwear for as long as needed.
- Items are cleaned and sanitized when returned.
- Laryngectomy stoma covers are provided.

Online fittings for wigs and headwear are being offered during COVID-19. Items can be sent by mail, or pick up can be coordinated with another cancer care appointment.

Patients who have shared that these services have provided a positive impact on their cancer experience.

"I am so glad this service was available for me, the fact that it is all free is an additional bonus, it helps me feel like I can face this experience with confidence."

"This is an important service to help keep a positive and healthy outlook. Great variety of wigs and head coverings to choose from!"

To arrange an online appointment for a wig or headwear fitting call, 204-787-4180 or toll-free 1-866-561-1026.

Funding support for the Guardian Angel Caring Room is generously provided by the CancerCare Manitoba Foundation through the fundraising efforts of the Guardian Angel Benefit for Women's Cancer.

WHERE TO FIND US:

CancerCare Manitoba (CCMB) Sites

Toll-Free call 1-866-561-1026

CCMB MacCharles

675 McDermot Ave.
(beside Health Sciences Centre)
204-787-2197

CCMB Oncology, St. Boniface Hospital

O Block - 409 Taché Ave.
204-237-2559

CCMB Oncology, Grace Hospital

400 Booth Drive
204-837-0246

CCMB Oncology, Victoria General Hospital

(Buhler Cancer Centre)
2340 Pembina Highway
204-477-3328

CCMB Patient Representative

204-787-2065

Patient and Family Support Services

204-787-2109

Tired? Overwhelmed? Seeking Guidance?

Moving Forward After Cancer Patient Information Webinar

Thursday, December 2, 2021
3:00 p.m. - 4:30 p.m.

Join this online session on exercise and wellness and how this can help after cancer treatment.

Guest Speakers:

Melanie Baruch, Counsellor, CancerCare Manitoba

Evan Van Dale, Clinical Exercise Physiologist, Reh-Fit Centre

To register, call CancerCare Manitoba:

204-787-2970 or 1-866-561-1026

NOVEMBER 2021

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 on a waitlist.

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.

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 Group: For anyone diagnosed with 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 12:00 pm. Call Mike at 204-787-1325. Zoom Meeting ID: 819 0992 0588 Passcode: 647705

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 39. 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 the last 2 years. Call Hannah at 204-773-7560.

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 at 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 (Neuroendocrine) Support Group: Call Pat at 204-509-8768 or Stan at 204-299-7167 or email or email winnipeggroup.cnets@gmail.com.

Myeloproliferative Neoplasm (MPN) Support Group: Email Manitoba@canadianMPNnetwork.ca or visit Canadianmpnnetwork.ca.

MY Support Group: Support group for myeloma patients, caregivers and family members.
There are no meetings held at this time but you are 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.

Moving Forward After Breast or Gynae Cancer: A group session for those who have finished treatment. Family members welcome. For information and registration call 204-787-2970.

Preparing for Gynae 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.

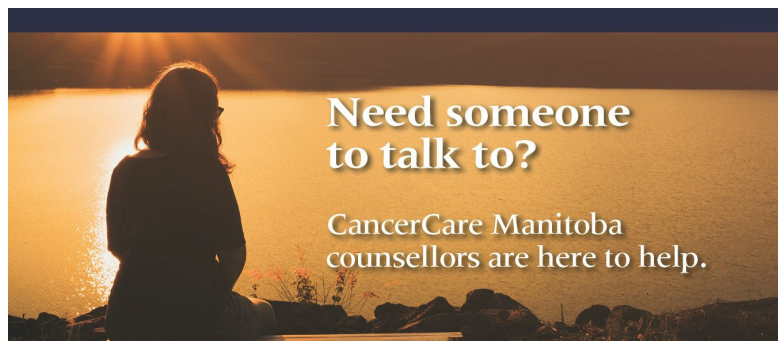
PROFESSIONAL AND COMMUNITY EDUCATION AND SUPPORT PROGRAMS

Breast Health Centre: Phone 204-235-3906. Toll-free 1-888-501-5219. **Note:** During COVID-19, education sessions and most groups are being offered online/virtually.

Please visit <https://sharedhealthmb.ca/services/breast-health-centre/education-sessions/> for the most up-to-date information about The **Before and After Breast Cancer Surgery Education Sessions, the Breast Reconstruction Education Session, Bone Health After Breast Cancer, Eat Well, Get Fit & Live Well program and the Let's Get Physical! program.** For more information or to register, please call the number listed for each program or call the Breast Health Centre.

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 skincare 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**



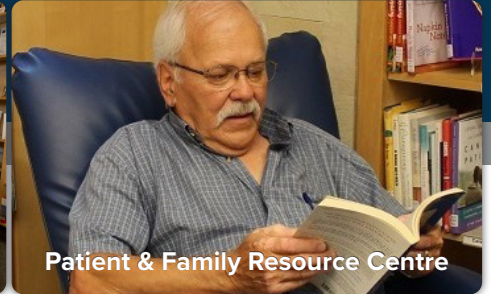
For more information visit www.cancercare.mb.ca



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 & Gynae Cancer Centre of Hope - Call 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 - Call 204-787-4180. **Due to COVID-19 restrictions, online fitting appointments are offered 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 - Call 204-787-4357. **Due to COVID-19 restrictions, cancer information and library books are sent out by mail.**

Nutrition Services - Call 204-787-2109. Dietitians can help with nutrition problems and diet before, during and after cancer treatment.

Sexuality Counselling - Call 204-787-4495 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

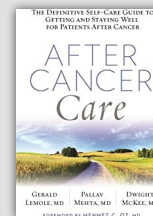
LIBRARY CORNER

CancerCare Manitoba Patient and Family Resource Centre

Room ON1016-675 McDermot Ave

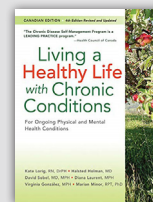
Phone: 204-787-4357

After Cancer Care
by Gerald Lemole, MD
Pallav Mehta, MD
Dwight McKee, MD



'After Cancer Care' is a treatment guide for individuals that have completed treatment on living well and reducing the risk of cancer recurrence through diet, exercise and emotional health.

Living a Healthy Life with Chronic Conditions
by Kate Lorig, RN, DrPH • Halsted Homan, MD
David Sobel, MD, MPH • Diana Laurent, MPH
Virginia Gonzales, MPH • Marian Minor, RPT, PhD



This book offers practical life skills and tools to help you manage chronic physical and mental health conditions.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.