

THE NAVIGATOR

NOVEMBER 2023



Helping people facing cancer
feel like themselves again.

Register at lgfb.ca
or call 1-800-914-5665



SKINCARE & COSMETICS | WIGS & SCARVES | BRAS & PROSTHESES | TEENS | SKINCARE & SHAVING

Look Good Feel Better

CancerCare Manitoba is pleased to work in partnership with the Look Good Feel Better® (LGFB) program to offer workshops for people facing cancer.

Led by expert volunteers, individuals learn to manage the appearance-related side effects of treatment for cancer.

Patients receive a free kit of skin care and cosmetics products to help practice the tips and techniques.

Workshops are offered in-person and online at no cost.

Workshops for Women held in Winnipeg:

Tuesday, November 28, 2023, 1:00 p.m. - 3:00 p.m.

Information and teaching on:

- Makeup hygiene, loss of eyebrows and eyelashes.
- Demonstration and tips on wigs, headwear and scalp care.
- Sun safety and nail care.

Online - Men's Skin Care Workshops:

- Information on how to manage hair loss, dry skin and shave safely.
- Free kit of men's skin care and shaving products is sent by mail.

Online - Teen Workshops:

- For Teens aged 13 to 17 years of age who are in active cancer treatment or who have completed treatment in the past year.
- Free product kit is sent by mail.

For more information and to register for a workshop, call 1-800-914-5665 or visit www.LGFB.ca.



Looking for copies of the Navigator newsletter?

To receive a copy by email or mail call
204-787-2970 or 1-866-561-1026 or email
ccmb_hope@cancercare.mb.ca

Visit www.cancercare.mb.ca to view the
Navigator newsletter online.

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.
204-237-2033

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

Preventing Broken Hearts in Patients with Cancer

Wednesday, December 6
12:00 p.m. - 1:00 p.m.



Guest Speaker:
Dr. Davinder S. Jassal
Section Head of Cardiology, Department
of Internal Medicine, St. Boniface Hospital



Learn about:

- The relationship between cancer and the heart: A tale of two cities.
- How 'heart failure' is diagnosed and treated in patients with cancer.
- How flaxseed and exercise can help prevent heart failure and cancer.

To register, call: 204-787-2970 or 1-866-561-1026.

NOVEMBER 2023

Many education and support groups are still 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 two years. Call Cheryl at 204-787-4645.

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

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 Kim at 204-258-1073.

Lung Cancer Support Group: For patients and families. Fourth Tuesday of the month, 10:30 a.m. - 12:00 p.m.
Call Christine at 204-477-3215.

Re-Membering Bereavement Support Group: Narrative-based support group for people who have lost someone they love to cancer within the last five years. To register, call 204-787-4119.

Young Adult Cancer Support (YACS): For young adult patients between 18 and 39. Call Ian at 204-787-2191.

NEW Online Support Program for Patients/Caregivers of Children with Cancer: An 8-week online group for parents or caregivers of children diagnosed with cancer within the past two years and in active treatment. For information and registration, call Miriam at 204-787-2062.



COMMUNITY AND NATIONAL SUPPORT GROUPS

These groups are led by a cancer survivor from the community.

Bladder Cancer Support Group: For patients, caregivers and friends. Call or text Terrol at 204-782-7926 or Jan at 204-771-8942.

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.

Craig's Cause Pancreatic Cancer Society: provides direct and personal support to patients, caregivers and families impacted by pancreatic cancer diagnosis. Contact info@craigscase.ca or 1-877-212-9582.

All Neuroendocrine Patients Welcome - CNETS (Neuroendocrine) Support Group:
Call Pat at 204-509-8768 or Stan at 204-299-7167 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 Multiple Myeloma patients, caregivers and families. Monthly meetings on the last Monday of each month at 1:00 p.m. at Access St. Boniface, 170 Goulet Street. For more information, email mysupportgroup@shaw.ca or call Jackey at 204-253-8124.

Prostate Cancer Support Group: Meetings are held on the third Wednesday of the month at 603 Wellington Cres, from 7:00 p.m. - 9:00 p.m. For details, please visit manpros.org. Contact Joseph Borsa at Josephborsa@gmail.com or call 204-232-8354.

CANCERCARE MANITOBA PROGRAMS

Cancer Education and Support

Anti-Hormone Therapy Group Information Session - for breast cancer patients. Every Thursday from 10:00 a.m. - 12:00 p.m. For more information and to register, call 204-787-2970 or toll-free 1-866-561-1026.

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 two years. For more information and registration, call Miriam at 204-787-2062.

Expressive Art Grad Group: Call Miriam at 204-787-2062.

Hope and Resilience CBTm Program: A 6-week education program for cancer patients and support people to learn new skills to manage anxiety and depression. Online classes offer time to practice skills with the help and guidance of professional counsellors. Call 204-787-4119.

Mindfulness Practice: Modelled on Mindfulness-Based Stress Reduction. Mindfulness Meditation can help you to live in the present and manage stress more healthily. This is an 8-week program for individuals diagnosed with any cancer. Family members or others supporting someone with cancer are welcome. Call 204-787-2109.

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 two years. Designed to help transition from active treatment to life after treatment. For more information and to register, call 204-787-2109.

Yoga and Cancer Program: (8 weeks) For cancer patients undergoing treatment, or who have completed treatment within the past year. The instructor guides participants through restorative yoga using supports such as a chair, blocks, bolster or yoga belts to assist with poses. Learn how to calm your mind, release tension from the body, breathe and do gentle stretching and relaxation. 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: Education sessions and most groups are offered online/virtually. Please call to inquire.

Before Surgery, After Surgery, Breast Reconstruction, Let's Get Physical, Eat Well, Get Fit & Live Well, Bone Health After Breast Cancer Programs. For more info, visit: <https://sharedhealthmb.ca/services/breast-health-centre/education-sessions/>

Look Good Feel Better: The program offers in-person and online workshops on skincare and makeup for cancer patients. For information and to register online, go to www.lgfb.ca or phone 1-800-914-5665.



Hope & Resilience...Cognitive Behavioural Therapy with Mindfulness Classes

Learn new skills to manage anxiety and depression.

For more information, call: 204-787-4119 or 1-866-561-1026.

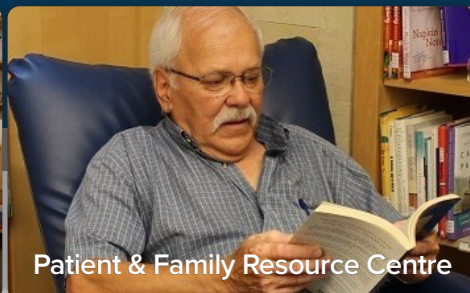
For more information visit www.cancercare.mb.ca



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.

Call CancerCare Manitoba toll-free at 1-866-561-1026 for any of the services below.

Breast & Gynae Cancer Centre of Hope - Call 204-787-2970. 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. Wigs and head wear are offered on loan and stoma covers for laryngectomies at no cost. Both online and in-person appointments can be booked.

Patient and Family Resource Centre - Call 204-787-4357. Visit our library for information on cancer and other topics such as nutrition, anxiety, exercise and much more. A quiet place to relax, make a phone call and enjoy tea or coffee. Drop by room ON1016-675 McDermot Ave.

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, and 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**

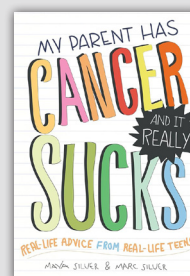
Room ON1016-675 McDermot Ave.

Phone: 204-787-4357

POPULAR PICKS

My Parent has Cancer and it Really Sucks

by Marc Silver and Maya Silver



This book provides advice from teenagers for other teens who have a parent living with cancer.

It's OK That You're Not OK

by Megan Devine



The author reflects on grief both as a therapist and as a woman who witnessed the accidental drowning of her beloved partner.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.