

THE NAVIGATOR

OCTOBER 2022



Breast Areola and Nipple Tattooing Service

Did you know that tattooing can be an important final step after reconstruction from breast cancer surgery?



Both the breast nipple and areola can be tattooed to be similar in colour, size and shape to the original nipple and areola. This type of tattooing is called "3D micro-pigmentation", and different colours are used to create a very real-looking appearance.

For many individuals, this can be an important part of the completion of breast reconstruction.

It can help to improve how someone may see and feel about their body, with emotional healing and well-being.

Services are provided through a trained tattooing specialist that has many years of experience and knowledge with breast nipple and areola tattooing. Individuals using these services have been extremely satisfied.

"This is such an incredible service that lends itself to the healing process."

"The tattoo artist was very friendly, helpful and patient with me. She made me feel comfortable and took the time to show me shading choices to suit my skin tone."

"It made me feel almost normal again. Talented and realistic work."

CancerCare Manitoba is pleased to offer this important service at no cost to anyone that has had reconstruction for breast cancer surgery.

For more information and to book an appointment, call:
Breast & Gynae Cancer Centre of Hope:
204-787-2970 or toll-free 1-866-561-1026.

The breast nipple and areola tattooing services are generously funded through CancerCare Manitoba Foundation.

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

Expressive Arts and Art Therapy - How Creativity can Support Healing

Online Webinar



Learn about expressive arts and art therapy as part of healthy coping and a way to manage stress.

Thursday, October 27, 2022
3:00-4:30 p.m.

This session will be offered online by Zoom.

To register, call Patient & Family Services
204-787-2970 or 1-866-561-1026.

OCTOBER 2022

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 Women Living with Metastatic Breast Cancer: Call Cheryl 204-787-4645.

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 Support Group: For anyone diagnosed with gynecological cancer. For information and registration call Renée 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.

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 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. Monthly meetings via Zoom. Call Jackey for more information at 204-253-8124.



Looking for a way to pass the time during your chemotherapy treatment?

Ask about a free art kit.

Available at CCMB McDermot, St. Boniface, Grace and Victoria Oncology program sites.

Offered through a partnership of Artists in Healthcare and CancerCare Manitoba. Funding support provided by CancerCare Manitoba Foundation and Manitoba Arts Council.

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.

Exploring Your Cancer Experience through Video: Learn ways to explore and share your experience with cancer by using photos, videos, music and sound. For information contact Bevan Klassen at bevan@deepfocusarttherapy.com

Expressive Art Group: (8 weeks) This program combines counselling and creative expression through art. For anyone treated for cancer in the last 2 years. For more information and registration, call Miriam 204-787-2062.

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

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) **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.

Yoga and Cancer Program: (8 weeks) For cancer patients who are 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, breathing and 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:** 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.

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.

EXPLORING YOUR CANCER EXPERIENCE THROUGH VIDEO



A support program for patients to help explore their experience using video software.

Training is provided at no cost.

For more information email Bevan Klassen at bevan@deepfocusarttherapy.com

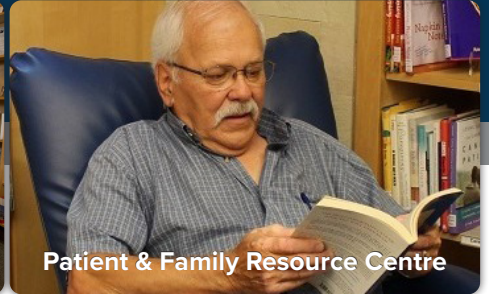
For more information visit www.cancercare.mb.ca



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 & Gyne 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

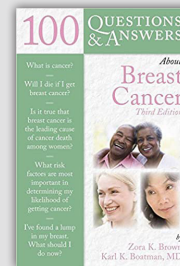
- Interlake-Eastern Regional Health Authority 1-855-557-2273
- Northern Health Region 1-855-740-9322
- Prairie Mountain Health 1-855-346-3710
- Southern Health-Santé Sud 1-855-623-1533

LIBRARY CORNER

CancerCare Manitoba Patient and Family Resource Centre

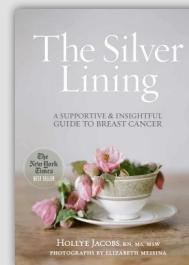
Room ON1016-675 McDermot Ave
Phone: 204-787-4357

100 Questions & Answers About Breast Cancer by Zora Brown and Karl Boatman



This book offers practical answers and information on common questions about breast cancer.

The Silver Lining by Hollye Jacobs



The Silver Lining is a personal memoir of Hollye Jacobs' cancer experience. It combines practical, supportive resources with beautiful photos for anyone whose life has been touched by breast cancer.

Funding support for the Navigator Newsletter is provided by:



CancerCare Manitoba
FOUNDATION

All funds raised stay in Manitoba.