

THE NAVIGATOR

SEPTEMBER 2021

PROGRAM LIST INSIDE...

Cancer Information Sessions Offered Online

CancerCare Manitoba offers information sessions throughout the year on topics to help with understanding cancer and to support our patients and their families.

During the COVID-19 pandemic, these sessions are being offered online through Zoom.

What do you need to do to join?

- You will need to have access to the internet as well as a computer or mobile phone.
- Download Zoom (at no cost) on your computer or phone before the session.

If you need help setting up Zoom: Call the Coordinator of our Patient and Family Resource Centre, Phone: 204-787-4357 or toll-free at 1-866-561-1026

Mark Your Calendars



Cancer and Sleep

Wednesday, September 22, 2021
2:00 - 3:00 p.m.

Guest Speakers:

- Dr. Sheila Garland, Senior Scientist, Beatrice Hunter Cancer Research Institute
- Dr. Eleni Giannouli, Assistant Professor, Department of Medicine, U of M Medical Director of Sleep Disorder Centre

Other Upcoming Sessions in the Fall:

Thursday, October 14, 3:00 - 4:30 pm, **Brain Fog**

Speaker: Elizabeth Payne, Supportive Care Coordinator, CCMB Psychosocial Oncology

Thursday, November 4, 3:00 - 4:30 pm, **Spirituality**

Speaker: Daniel Barclay, Spiritual Health Practitioner, Health Sciences Centre

Thursday, December 2, 3:00 - 4:30 pm, **Fitness/Wellness**

Speakers: Melanie Baruch, Counsellor, CCMB Psychosocial Oncology, Evan Van Dale, Kinesiologist, Reh-Fit Centre

To register for any of these sessions call:

CancerCare Manitoba at 204-787-2970 or 1-866-561-1026

Funding support for these Cancer Information webinars is generously provided by the 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.
204-237-2007

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

Online Digital Storytelling Sandbox Group for People with Cancer



Learn how to express yourself and your cancer experience using images, video and sound. Sessions run Sept 22 - Oct 20, 6:00 - 8:30 pm. For more information contact Bevan Klassen at bevan@deepfocusarttherapy.com

SEPTEMBER 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.

New! 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.

New! Finding Balance to Live Courageously with Cancer: For people diagnosed with any cancer within the past year. Participants will be introduced to wellness concepts and practices to empower and live well while dealing with cancer diagnosis and treatment. For more information and to register please call 204-787-2109 or email: ccmbpfssinquiry@cancercare.mb.ca

Gyne Cancer Coffee 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 Support Group: Call Pat at 204-509-8768 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.

Digital Story Telling: (5 weeks) Learn how to express yourself and your cancer experience using images, videos and sound. For more 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. 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 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.

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, 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, 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 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**

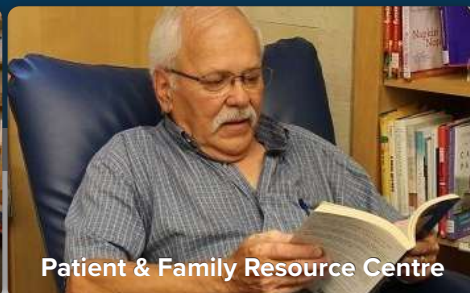
For more information visit www.cancercare.mb.ca



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 & 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

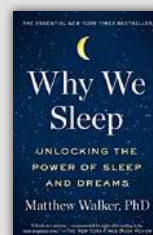
LIBRARY CORNER

CancerCare Manitoba Patient and Family Resource Centre

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

Why We Sleep

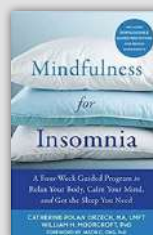
by Matthew Walker, PhD



This book explores the science of sleep and how it affects every aspect of our physical and mental well-being.

Mindfulness for Insomnia: A Four-Week Guided Program to Relax Your Body, Calm Your Mind, and Get the Sleep You Need

by Catherine Polan Orzech, MA, LMFT and William H. Moorcroft, PhD



With this guide, you will learn to quiet your mind, relax your body, feel less tense, and finally get the sleep you need.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.