

THE NAVIGATOR

SEPTEMBER 2022



Yoga and Cancer A Program for Patients

CancerCare Manitoba is pleased to offer a Yoga and Cancer program in partnership with the Wellness Institute. Participants can learn ways to reduce stress and manage fatigue and other symptoms that often come with cancer and its treatment.

This program is available at no cost to patients on cancer treatment or individuals who have completed treatment within the past year. Generous funding support to offer this program is provided by our CancerCare Manitoba Foundation.

Your participation in this 8-week program is an opportunity for you to learn how to practice restorative yoga to assist with calming your mind, the release of tension from the body, breathing, and gentle stretching and relaxation.

This Yoga and Cancer program is specifically designed to meet the needs of people with cancer. The instructor guides participants through restorative yoga which uses "supports" such as a chair, blocks, bolster or yoga belts to assist with poses.

There are no flexibility or strength requirements other than the ability to get up and down off the floor and this can be done using the support of a chair.

Who can attend?

- Patients that are in treatment that are well enough to attend and patients that have completed cancer treatment within the last year.
- All participants will require a Doctors letter (family doctor, oncologist or nurse practitioner) to confirm that they are well enough to attend.
- A Participant Health Assessment form will be provided to identify any symptoms you are experiencing or areas of the body that have pain or past injuries.

Two session options:

Wednesdays, October 12 – November 30, 2022
1:30pm – 2:45pm (75 minute class)

Thursdays, October 13 – December 1, 2022
1:00pm – 2:15pm (75 minute class)

Location: Wellness Institute located beside Seven Oaks Hospital,
1075 Leila Avenue, Winnipeg, MB

- A parking pass will be provided

For more information and to register contact

Patient and Family Support Services at 204-787-2109 or 1-866-561-1026.

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



Learn about the relationship between cancer and the heart, how 'heart failure' is diagnosed and treated in patients with cancer, and how flaxseed and exercise can help prevent heart failure and cancer.

Thursday, September 29, 2022, 12-1:00 p.m.
Guest Speaker: Dr. Davinder S. Jassal

This webinar will be offered through Zoom.

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

SEPTEMBER 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.

Cancer Education and Support

Breast Reconstruction Information Session: For information and registration call 204-787-2970.

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

Preparing for Gyne Surgery Information Session: To register call 204-787-2970.

Exercise and Wellness

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.

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 email Bevan Klassen at bevan@deepfocusarttherapy.com

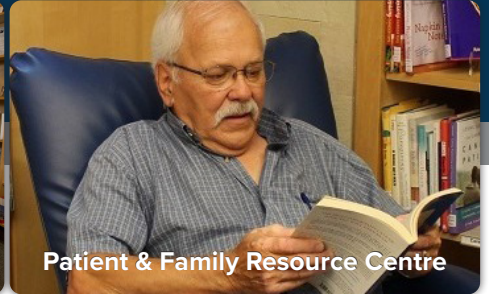
For more information visit www.cancercare.mb.ca



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 & 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

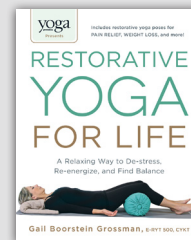
- Interlake-Eastern Regional Health Authority 1-855-557-2273
- Northern Health Region 1-855-740-9322
- Prairie Mountain Health 1-855-346-3710
- Southern Health-Santé Sud 1-855-623-1533

CancerCare Manitoba Patient and Family Resource Centre

Room ON1016-675 McDermot Ave

Phone: 204-787-4357

Restorative Yoga for Life by Gail Boorstein Grossman



This is a gentle way of practicing yoga that uses props and focuses on relaxation.

Yoga for Pain Relief by Kelly McGonigal



Offers information on simple practices to calm your mind and heal your chronic pain.

Funding support for the Navigator Newsletter is provided by:



CancerCare Manitoba
FOUNDATION

All funds raised stay in Manitoba.