

# THE NAVIGATOR

## SEPTEMBER 2023



## Mindfulness Practice

You may have heard the expression “monkey mind.” This is when your thoughts keep running in different directions, causing you to feel worried and stressed. When someone is diagnosed with cancer, they can become overwhelmed with thoughts about cancer, what is happening, and what may happen.

Mindfulness meditation offers a way to be more present in your life, listen to your body and learn ways of connecting differently to your thoughts. The goal of mindfulness is to become aware of your experience moment by moment without judging or analyzing it. Mindfulness can help you to live in the present and manage stress more healthily.

The Mindfulness Practice program offered through Patient and Family Support Services at CancerCare Manitoba is based on Mindfulness-Based Stress Reduction. This program was first developed in 1979 by Jon Kabat-Zinn and is used in many healthcare facilities throughout North America and Europe.

We will offer a virtual Mindfulness Practice program via Zoom in the fall of 2023.

- Individuals diagnosed with any cancer can attend. Family members or others supporting someone with cancer are also welcome.
- Participants will meet as a group once a week for eight weeks. Also included will be a 4-hour online Mindfulness Retreat on a Friday.
- A trained instructor will guide participants through meditation with movement and stretching techniques.
- This program is offered free of charge to participants.

For more information and to place your name on a waitlist for this program, call:

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

Funding support for this program is generously provided by CancerCare Manitoba Foundation.

### 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](mailto:ccmb_hope@cancercare.mb.ca)

Visit [www.cancercare.mb.ca](http://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

### The Power of Knowledge and Connection

A day of connection and learning for women with a gynecological cancer and their family or support person.

Saturday, September 23  
9:30 a.m. to 3:00 p.m.  
CancerCare Manitoba  
2<sup>nd</sup> floor Lecture Theatre  
675 McDermot Ave.

To register, call:  
204-787-2109 or  
1-866-561-1026



# SEPTEMBER 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

## 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 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.

**Re-Membering Bereavement Support Group:** Narrative-based support group for people who have lost someone they love to cancer within the last 5 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 who have been diagnosed with cancer within the past two years and are 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](http://www.braintumour.ca).

**Breast Cancer Lymphedema Support Group:** For information email [lymphedemagroup7@gmail.com](mailto: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](mailto:info@craigscase.ca) or 1-877-212-9582.

### All Neuroendocrine Patients Welcome

**CNETS - Support Group Fall Session:** Monday, September 18, 2023, 9:00 a.m. - 12:00 p.m.

Smitty's Family Restaurant (Banquet Room), 1017 St. James St. at Ellice Ave., Winnipeg.

RSVP to Pat 204-509-8768 or Stan 204-299-7167 or email [winnipeggroup.cnets@gmail.com](mailto:winnipeggroup.cnets@gmail.com)

**Myeloproliferative Neoplasm (MPN) Support Group:** Email [Manitoba@canadianMPNnetwork.ca](mailto:Manitoba@canadianMPNnetwork.ca) or visit [Canadianmpnnetwork.ca](http://Canadianmpnnetwork.ca).

**MY Support Group:** Support group for Multiple Myeloma patients, caregivers and families. Monthly meetings 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](mailto:mysupportgroup@shaw.ca) or call Jackey at 204-253-8124.

**Prostate Cancer Support Group:** September is prostate cancer awareness month. You are invited to our special event on **Monday, September 18 from 7:00 p.m. - 9:00 p.m.** at the **Caboto Centre, 1055 Wilkes Ave.** For details visit [manpros.org](http://manpros.org), or contact Joseph Borsa at [josephborsa@gmail.com](mailto:josephborsa@gmail.com) or call 204-232-8354. Free admission. Patients, friends and family welcome.

## 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 2 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 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, breathe and do gentle stretching and relaxation. For more information and to register call 204-787-2109.

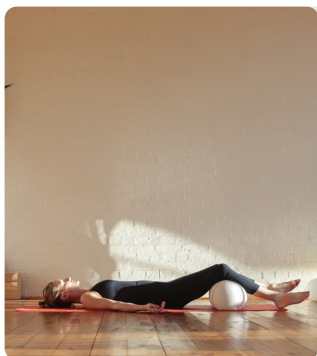
## PROFESSIONAL AND COMMUNITY EDUCATION AND SUPPORT PROGRAMS

**Breast Health Centre:** Phone 204-235-3906. Toll-free 1-888-501-5219.

**Note:** During COVID-19, education sessions and most groups are being offered online/virtually.

**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 is offering online workshops on skincare and make-up for cancer patients. For information and to register online, go to [www.lgfb.ca](http://www.lgfb.ca) or phone 1-800-914-5665.



### Register now for the fall session

#### Yoga and Cancer

A program for patients who are undergoing treatment or who have completed treatment within the past year.

To register call 204-787-2109.



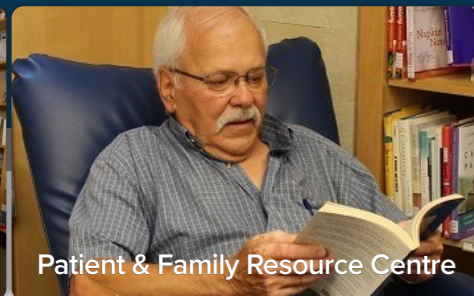
For more information visit [www.cancercare.mb.ca](http://www.cancercare.mb.ca)



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

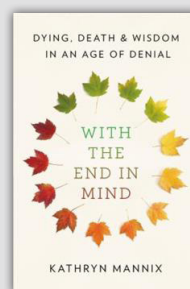
- Interlake-Eastern Regional Health Authority 1-855-557-2273
- Northern Health Region 1-855-740-9322
- Prairie Mountain Health 1-855-346-3710
- Southern Health-Santé Sud 1-855-623-1533

## LIBRARY CORNER

**CancerCare Manitoba  
Patient and Family Resource Centre**  
Room ON1016-675 McDermot Ave.  
Phone: 204-787-4357

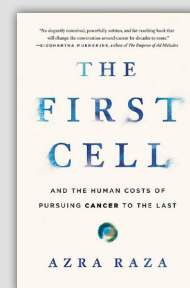
## POPULAR PICKS

**With the End in Mind**  
by Kathryn Mannix



Kathryn Mannix offers insights from her experience of over 30 years studying and working in palliative care.

**The First Cell**  
by Azra Raza



Written by a world-class oncologist, Azra Raza explores cancer from every angle: medical, scientific, cultural, and personal.

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*All funds raised stay in Manitoba.*