

THE NAVIGATOR

MARCH 2024

PATIENT NEWSLETTER



Caitlin (Dietitian), CindyMarie (Occupational therapist), Ian (Counsellor), Madyson (Coordinator) and Mackenzie (Clinical Nurse Specialist), Cynthia, not shown, (Unit Clerk)

Introducing the Adolescent and Young Adult (AYA) Program at CancerCare Manitoba

Finding out you have cancer as an adolescent or young adult (15 – 39 years) can be very difficult.

You may still be going to school, starting a career or family and now faced with trying to understand cancer, treatment, and what will happen.

Our dedicated team is here to help you through this.

Connect with any of our Adolescent & Young Adult (AYA) Program staff, including:

- Clinical Nurse Specialist: can help you to understand your cancer, care and treatment, answer your questions, and connect you to helpful resources.
- Counsellor: can offer emotional support, coping strategies and a safe space to talk about your feelings. You can also join support groups and meet other young adults with cancer.
- Dietitian: our nutrition expert can help you to maintain a healthy diet during and after treatment.
- Occupational Therapist: can help you to build a toolbox of strategies to manage symptoms (fatigue, brain fog, etc.) that can make day-to-day activities difficult.

Ready to find out more about resources that can help you with your needs?

Reach out to CancerCare Manitoba's AYA Program today!

Email us at: ayaprogram@cancercare.mb.ca

The AYA Program at CancerCare Manitoba is generously funded by CancerCare Manitoba Foundation.

Would you like to receive the Navigator Newsletter by mail?

Call 204-787-2970 or 1-866-561-1026 or email ccmb_hope@cancercare.mb.ca.

Where to Find us:

CancerCare Manitoba (CCMB) Sites
1-866-561-1026

CCMB MacCharles
675 McDermot Ave.
(beside Health Sciences Centre)
204-787-2197

St. Boniface Hospital
O Block - 409 Taché Ave.
204-237-2033

Grace Hospital
400 Booth Drive
204-837-0246

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

Urgent Cancer Care meets the needs of cancer patients experiencing cancer or treatment-related symptoms or side effects.

Call the Cancer Helpline if you are experiencing severe symptoms related to cancer or side effects of your treatment.

Phone: 204-787-8900
Monday to Friday, 8 a.m. to 4 p.m.

Go to your nearest emergency department after hours or during weekends.

MARCH 2024

CancerCare Manitoba offers the following education and support programs at no cost for cancer patients and families. Call the number listed for more information, or call CancerCare Manitoba toll-free at 1-866-561-1026.

CANCERCARE MANITOBA PATIENT AND FAMILY SUPPORT SERVICES

Adolescent and Young Adult Cancer (AYA) Program: A team of professionals is available to help address the unique needs of AYA patients. Ask your CancerCare oncologist/nurse for a referral or contact:

AYAProgram@cancercare.mb.ca.

Breast & Gyne Cancer Centre of Hope: The Breast & Gyne Cancer Centre of Hope nurses will provide information, education and support to help you understand breast and gynecological cancer. Information on the breast nipple and areola tattooing and Manitoba Breast Prosthesis programs are available. Call Ally at 204-787-2970.

Counselling Services for Patients and Families (Psychosocial Oncology Program) Professional counsellors at CancerCare Manitoba are available to speak with you and your family. Call 204-787-2109.

Guardian Angel Caring Room: You can borrow wigs, scarves, and headwear at no cost. Call Ally at 204-787-4180.

Nutrition Services: Clinical Dietitians can help with nutrition before, during and after treatment. Call 204-787-2109, or ask a member of your healthcare team to arrange an appointment for you.

Patient & Family Resource Centre: The Centre is a quiet place to relax, find information, and borrow books. Call Kathleen at 204-787-4357. Visit our past education/support videos: <https://www.cancercare.mb.ca/Patient-Family/support-services/resource-centre>.

SUPPORT GROUPS

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.

Caregiver Support Group: Are you helping a loved one with cancer and looking for support? Call Carissa at 204-787-8039.

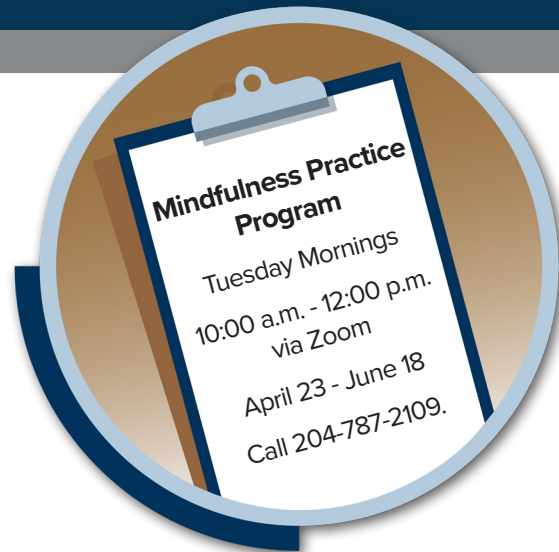
Coping with Cancer Support Group: Have you been recently diagnosed with cancer and are looking for support? Call Kim at 204-258-1073.

Expressive Art Group: Combines counselling and creative expression through art. Call Miriam at 204-787-2062.

Expressive Art Grad Group: For past participants of Expressive Art. Call Miriam at 204-787-2062.

Hope and Resilience CBTm Program: For cancer patients and support people to learn new skills to manage anxiety and depression. Call 204-787-4119.

Lung Cancer Support Group for patients and families: Call Christine at 204-477-3215.



Mindfulness Practice: Mindfulness Meditation to help patients and support people to live in the present and manage stress more healthily. Call 204-787-2109.

Online Support Program for Patients/Caregivers of Children with Cancer: Call Miriam at 204-787-2062.

Re-Membering Bereavement Support Group: Support group for people who have lost someone they love to cancer: Call 204-787-4119.

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

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

EDUCATION SESSIONS

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

Cancer Education and Support Anti-Hormone Therapy Group Information Session - for breast cancer patients. Call 204-787-2970.

Moving Forward After Breast or Gyne Cancer: A group session for patients who have finished treatment and their supports. Call 204-787-2970.

Preparing for Gyne Surgery Information Session: Call 204-787-2970.

Quit Smoking Program: A personalized program to help quit smoking. Call 204-787-1202 or 1-888-775-9899.

EXERCISE/WELLNESS

Moving Forward After Cancer Wellness Program: For cancer patients who have completed treatment in the last two years. Call 204-787-2109.

Yoga and Cancer Program: Designed for cancer patients who are currently undergoing treatment or who have completed treatment within the past year. Call 204-787-2109.

OTHER SUPPORTS

Breast Health Centre: A range of education videos on breast cancer, breast health surgery, and wellness programs. Call 204-235-3906. Toll-free 1-888-501-5219 or visit <https://sharedhealthmb.ca/services/breast-health-centre/education-sessions/>

Look Good Feel Better: Two-hour workshops teach skincare and make-up tips and how to wear wigs and head coverings. To register for a workshop, visit: lgfb.ca



Headspace

Helpful Free Apps:

Headspace: Meditation & Sleep

Get happy. Stress less. Sleep soundly. Headspace is a guide to mindfulness for your everyday life. Learn meditation and mindfulness skills and choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, focus, and mind-body health.

Contact the Patient & Family Resource Centre for other helpful websites and apps.

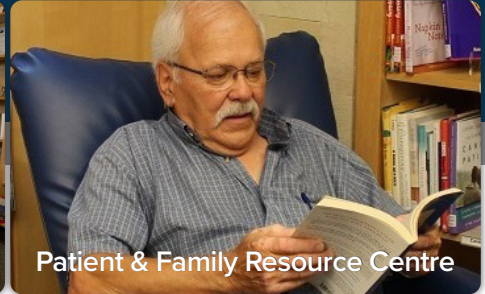
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

DEAR READER...

How Can a Counsellor Help Me?

Counsellors at CancerCare Manitoba are part of a team offering individual and group support. They help people with the challenges that can happen as part of a diagnosis of cancer.

A counsellor may help you:

- Cope with difficult emotions (anger, depression, anxiety, grief)
- Communicate effectively with family, friends, co-workers
- Figure out how to support and talk to kids about cancer
- Offer support to loved ones and support persons
- Address changes in body image, identity, and self-esteem
- Identify practical concerns and complete forms
- Discover other helpful community resources and supports
- Find information specific to your needs

This service is offered at no cost to you and your family (a Manitoba Health card is needed).

For more information or to book an appointment, contact: 204-787-2109 or toll-free at 1-866-561-1026.

FIND CARE AND RESOURCES CLOSER TO HOME

Community Cancer Programs Network helps patients in communities outside of Winnipeg to receive chemotherapy and follow-up care closer to home. Talk to your nurse or doctor, or call 204-784-0224 or 1-866-561-1026 or visit <https://www.cancercare.mb.ca/Patient-Family/information-for-rural-patients>

Indigenous Community Profiles provides community information and resources that support people with cancer. Visit <https://ccmbindigenouscommunityprofiles.ca/>

LIBRARY CORNER

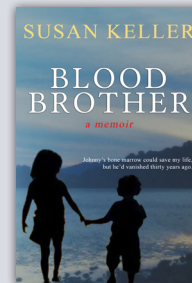
**CancerCare Manitoba
Patient and Family Resource Centre**

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

POPULAR PICKS

Blood Brother a memoir

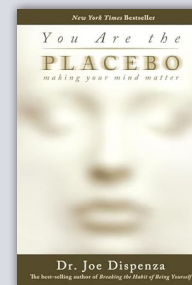
by Susan Keller



After months of chemotherapy, the author faces another hurdle. To survive, she needs a bone marrow transplant. Blood Brother is a family saga of curing an incurable cancer and finding the brother who didn't want to be found.

You Are the Placebo

by Dr. Joe Dispenza



The power of the mind over the body is explored in this book. Dr. Joe Dispenza suggests that people can change their internal states to create positive changes in their health.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.