

# THE NAVIGATOR

## FEBRUARY 2025

PATIENT NEWSLETTER



### CancerCare Manitoba's Quit Smoking Program



CancerCare Manitoba is committed to helping individuals quit smoking and reduce the use of tobacco. The "Quit Smoking Program" is free to cancer patients, their families, and staff members at CancerCare Manitoba.

The program provides a personal plan to help quit, and trained staff can offer counselling and ongoing support. Nicotine replacement, Zyban and Champix are available at no cost.

Quitting smoking has many health benefits, including important benefits for cancer patients who are having surgery, chemotherapy, radiation therapy, or taking other cancer medications. Some cancer treatments may not work as well if you smoke.

The "Quit Smoking Program" has been successful for many participants. One participant said, "The program was very successful for both of us. The extra time and medication given to us were extremely helpful as we were nervous about quitting. No questions, no judgments. We appreciate the fact that we had access to the program. My husband and I have been smoke-free since August 2012."

The "Quit Smoking Program" is offered at CancerCare Manitoba at 675 McDermot Avenue. Virtual appointments are available for those who live outside of Winnipeg. For more information, please ask a healthcare team member or call 204-787-1202 or toll-free at 1-888-775-9899.

**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](mailto: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

**Hope and Healing Program**  
204-787-2109

#### Helpful App



##### **How We Feel**

An emotional wellbeing journal

How We Feel is a free app designed to help you understand and manage your emotions in real-time. The latest update features mindfulness strategies to reduce the impact of negative emotions.

# FEBRUARY 2025

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 HOPE AND HEALING PROGRAM and CENTRES FOR HOPE

**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](mailto:AYAProgram@cancercare.mb.ca).

**Patient and Family Educators** 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.

**Centres for Hope** at the MacCharles site and Victoria General Hospital site. The Centres are 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 Claire at 204-787-4122.

**Caregiver Support Group:** Are you helping a loved one with cancer and looking for support? Call 204-787-2109.

**Coping with Cancer Support Group:** Have you been recently diagnosed with cancer and are looking for support? Call 204-787-2109.

**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.

**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 431-761-1145.

**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.

**Anti-Hormone Therapy Group Information Session** - for breast cancer patients. 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

**Community and National Support Groups:** for more information call 204-787-4357 or 1-866-561-1026.

**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](http://lgfb.ca)

Explore **additional support groups** by visiting our virtual library at [ccmb.library.site](http://ccmb.library.site). Simply navigate to the “Resource Lists/Helpful Websites” section.

## Spotlight on Community Support Groups

### CNETS (Canadian Neuroendocrine Tumour Society)

#### All Neuroendocrine Patients are Welcome!

Our Manitoba group offers community, support, education, awareness, and advocacy for patients, spouses, partners, and caregivers dealing with Neuroendocrine tumours. For more information, visit [cnets.ca](http://cnets.ca).

**Upcoming Event: CNETS Support Group Session** | Monday, February 24, 2025 | 9 - 11 a.m.  
Smitty's Family Restaurant (Banquet Room), 1017 St. James Street and Ellice Avenue, Winnipeg.

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

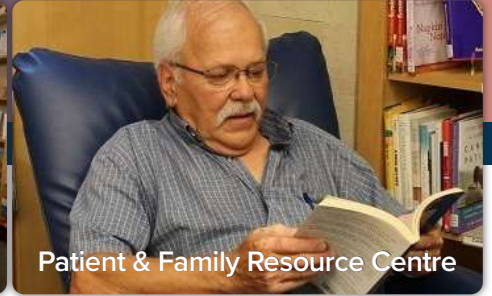
For more information visit [www.cancercare.mb.ca](http://www.cancercare.mb.ca)



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

## Winter Exercise: Benefits and Tips

Do you exercise outdoors? Dr. Adam Tenforde, an assistant professor of sports medicine and rehabilitation, explains the benefits of winter workouts. Cold weather may improve endurance because your heart doesn't have to work as hard, you sweat less, and expend less energy. It also helps you get exposure to sunlight, which can ward off 'seasonal affective disorder', a kind of depression experienced during winter months. Additionally, exercising in the cold can transform white fat, specifically belly and thigh fat, into calorie-burning brown fat.

### Safety Tips:

- Check with your healthcare team for any special precautions based on your condition.
- Cold muscles are more prone to injury, so make sure to stretch and warm up.
- Protect your head, hands, and feet, and wear layers to stay warm.
- Stay hydrated by drinking water, just as you would in summer.
- Choose routes that are safe and clear of ice, wear shoes with good traction, and consider using walking poles for extra support.

For more details, you can read the full article here: <https://www.health.harvard.edu/staying-healthy/the-wonders-of-winter-workouts>

## 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**

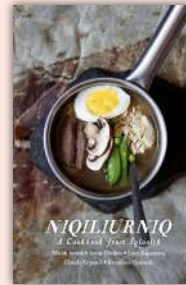
Room ON1016-675 McDermot Ave.

Phone: 204-787-4357

## POPULAR PICKS

### Niqiliurniq

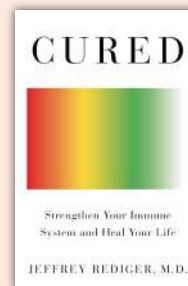
by Micah Arreck



This cookbook, compiled by five women in Nunavut, blends traditional foods like seal, Arctic char, and caribou with store-bought produce. It includes tips on food safety, storage, and healthy eating, perfect for beginners.

### Cured

By Jeffrey Rediger, M.D.



Dr. Rediger explains how to create a healing environment by improving diet, immune systems, stress management, and self-perception, which can transform our physical bodies and aid recovery.

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All funds raised stay in Manitoba.