

For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

THE NAVIGATOR

JANUARY 2025

PATIENT NEWSLETTER

 **CancerCare Manitoba**
ActionCancerManitoba

Yoga and Cancer Program for Patients



CancerCare Manitoba and the Wellness Institute offer a free 8-week Yoga and Cancer program to help patients reduce stress, manage fatigue, and other symptoms. This program is funded by the CancerCare Manitoba Foundation.

Who can attend?

- Patients in treatment up to 1 year after treatment.
- Doctor's letter is required.
- Participant Health Assessment form is needed.

Winter 2025 Session:

- Start Date: Thursday, February 13, 2025
- Time: 1:10 p.m. - 2:25 p.m. (75-minute class)
- Location: Wellness Institute, beside Seven Oaks Hospital, 1075 Leila Avenue, Winnipeg, MB

For more information and to register, call:
Centre for Hope, CancerCare Manitoba: 204-787-2109.

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>

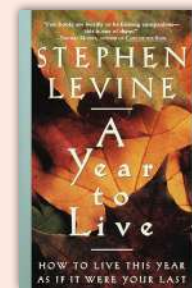
Indigenous Community Profiles provides community information and resources that support people with cancer. Visit <https://ccmbindigenouscommunityprofiles.ca/>

LIBRARY CORNER

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

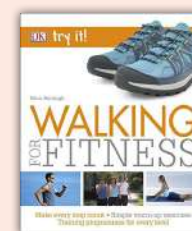
POPULAR PICKS

A Year to Live: How to live this year as though it were your last
by Stephen Levine



The author guides us to live each moment mindfully, as if it were our last. Levine practiced this for a year and now shares how it transformed his perspective and made him re-evaluate his priorities.

Walking for Fitness
By Nina Barough



This book features step-by-step photographs to maximize your walking program. It also includes stretching and strengthening exercises to enhance your overall well-being.

Funding support for the Navigator Newsletter is provided by:

 **CancerCare Manitoba**
FOUNDATION

All funds raised stay in Manitoba.

Precision Oncology: The Future of Cancer Treatment



Dr. Banerji,
Medical
Oncologist,
CancerCare
Manitoba



Dr. Katyal, Senior
Scientist, Paul
Albrechtsen
Research Institute
CancerCare
Manitoba

What does precision oncology mean?

Are you confused by terms like targeted treatments and immunotherapy? Wondering if personalized medicine is right for you? Feeling overwhelmed trying to understand it all?

These are complex but important topics. Dr. Banerji and Dr. Katyal will simplify these concepts, answer your questions, and provide clarity.

Precision oncology delivers the right care, at the right time, to the right person with tailored treatments. This approach represents the future of cancer care, with groundbreaking therapies that will transform treatment and improve patient outcomes.

Join us for an information session:

"Precision Oncology: The Future of Cancer Treatment"

Thursday, January 23rd at 3 p.m. online via Zoom

Topics will include:

1. What is precision medicine and how does it work?
2. How genomic testing guides personalized care.
3. Access to cutting-edge treatments.
4. Why patient participation in research matters.

We will be hosting this webinar for patients and families to explore the world of precision oncology and provide valuable insights. Bev Riediger, a cancer survivor, and Patient Partner with CCMB's Health Services Lab, will share a patient's perspective. Dr. Delisle, a surgical oncologist, will help moderate and answer your questions.

Register Online here, visit
<https://tinyurl.com/mshj8vmb>
or scan the QR code.

Funding support for our Cancer Information Webinars is provided by the 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

Hope and Healing Program
204-787-2109

Look Good Feel Better

Look Good Feel Better's Online Workshops for Men!

Learn tips for managing dry skin, shaving irritation, hair loss, and more.

Next session:
Tuesday, January 28, 2025 | 7-8 p.m.

Visit lgb.ca or call 1-800-914-5665 for details.

JANUARY 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.

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.

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

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

Explore **additional support groups** by visiting our virtual library at camb.library.site. Simply navigate to the “Resource Lists/Helpful Websites” section.

Helpful Website

Supporting Your Nutrition During Cancer Treatment

Nutritional choices are crucial for your treatment and recovery. Whether you experience side effects or not, eating well is essential when dealing with cancer.

Nourish is designed for patients, aiming to help you take care of yourself through good nutrition and managing common side effects of cancer and its treatment. Research shows that maintaining a healthy weight during cancer treatment can lead to better therapy responses, faster recovery, and an improved quality of life.

For more information, visit <https://www.nourishonline.ca/>.