

THE NAVIGATOR

MARCH 2025



PATIENT NEWSLETTER

Changes and Stress



Dr. Sarah Dentry, PhD, is the Director of Research Operations and Administration at CancerCare Manitoba. Before joining CCMB, Dr. Dentry studied how people thrive in stressful situations. She has skied to the North Pole and climbed mountains in Antarctica to study human performance in extreme environments. She also

served 10 years with the Canadian Armed Forces as a medic and intelligence analyst.

“Stress is a term we use to describe feeling overwhelmed by a situation. Stress is not a bad thing - we use stress every day to grow, learn, and thrive. However, sometimes stress can become distress,” says Dr. Dentry.

Dr. Dentry explains that our perception of a stressor and our perceived ability to handle that stress trigger different areas in our brain. It depends on whether we view the stress as something harmful or as something we can grow from and possibly enjoy. These two perspectives trigger different hormonal reactions in our bodies, impacting our health.

Many patients often feel a lack of control after a cancer diagnosis, which can be distressing. Dr. Dentry encourages finding small things to control. Examples include making daily to-do lists or simple tasks and checking them off, starting a physical activity routine, choosing activities you enjoy, or learning and mastering a simple skill. Even small actions make a difference in your perceived sense of control.

For more information and resources on coping with stress, call the Centre for Hope at 204-787-4357. If you would like to learn about our Counselling Services call 204-787-2109 or toll-free 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.

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

Upcoming Webinar

How to Support Children When a Loved One Has Cancer

Join us for a panel discussion

Date: Thursday, March 6, 2026
Time: 1:30 - 3 p.m.

Call 204-787-2970 or 1-855-561-1026 or register here: <https://rb.gy/iyzm24>

MARCH 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 CENTRE 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

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

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.

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

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



Hope and Healing

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

Saturday, March 15, 2025 | 10 a.m. - 3:15 p.m.
CCMB, 675 McDermot Avenue, 2nd Floor, Lecture Theatre

To register for this workshop, please call: 204-787-2970 or toll-free: 1-866-561-1026.

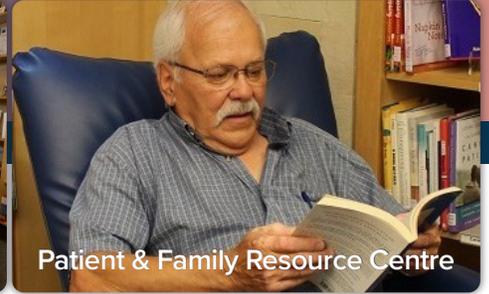
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

Power Snack Balls

Healthy recipe for fatigue and small appetite

Ingredients

- ½ cup Peanut butter
- 1 cup Apple, grated (or ½ cup Apple Sauce)
- 1 cup (6–8) Large dates, pitted
- 2 tbsp Honey
- ½ tsp Ground cinnamon (optional)
- ½ tsp Ground ginger (optional)
- 1 cup Large flake oats
- 1 cup Shelled pumpkin seeds (Pepitas)

Instructions

1. Soak the dates in water for 5 minutes.
2. Grate the apple and cut the dates in small pieces.
3. In a bowl, mix all ingredients together until well combined and sticky enough to hold the shape of a ball.
4. Take 2 tablespoons of the mixture at a time and roll into a ball. Place them on a plate lined with parchment paper.
5. Roll the balls in ground pumpkin seeds before chilling (optional).
6. Refrigerate for 1 hour before serving.

View this and other recipes at NourishOnline:

www.nourishonline.ca/recipe-items/power-snack-balls/

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/>

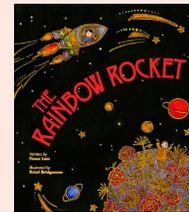
LIBRARY CORNER

**CancerCare Manitoba
Patient and Family Resource Centre**

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

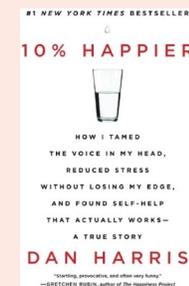
POPULAR PICKS

The Rainbow Rocket
by Fiona Tinwei Lam



The Rainbow Rocket takes James on a magical dream journey to visit his beloved grandmother. Their bond remains strong despite her illness and after her death. During the Chinese holiday of Ching Ming, James honours his grandmother's art.

10% Happier
By Dan Harris



A lifelong skeptic, Harris realized his greatest asset—the voice in his head—was actually the source of his problems. He discovered that meditation was an effective way to rein it in.

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 **CancerCare Manitoba
FOUNDATION**

All funds raised stay in Manitoba.