

THE NAVIGATOR

SEPTEMBER 2024



PATIENT NEWSLETTER



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.

Embracing Culture and Community

At CancerCare Manitoba, we aim to foster inclusivity, respect, and mutual understanding while improving cancer care for Indigenous people. The role of culture in the cancer journey is uniquely personal. Kat, a First Nations writer and Elder of Legends, shares the following:

“During chemo, I did bead work. One day, I forgot some thread, and the nurses brought me dental floss, which worked perfectly. My grandmother, who taught me to bead, smiled down on those nurses that day.”

Cancer can inspire new paths. Sally, reflecting on her journey, said:

“I’ve always believed that we Métis are good at reinventing ourselves. I learned about resources from Patient and Family Support Services and volunteer as a Patient Advisor. Many Indigenous peoples face inequities in accessing cancer treatment. I decided to help ensure equitable health care and create a welcoming, safe environment.”

Recent additions to CCMB services include:

- Indigenous Nurse Navigator: Supporting First Nations, Métis, Inuit and urban Indigenous People, providing culturally safe, trauma-informed care while helping to navigate their cancer journey at their first clinical suspicion of cancer. Contact the Navigation team at 1-855-837-5400.
- Patient Support Webinars: Cover topics like art-based healing and traditional ways of healing. Visit cancercare.mb.ca/Patient-Family/underserved-populations.
- Indigenous Community Profiles: Offers community information and resources. Visit ccmbindigenouscommunityprofiles.ca.

For more information, contact the Patient and Family Resource Centre at 204-787-4357 or toll-free at 1-866-561-1026.

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

Discover Look Good Feel Better's Online Workshops for Men!

Learn how to manage dry and flaky skin, minimize irritation during shaving, tips for managing hair loss and more.

Next Workshop:
Tuesday, September 24, 7 - 8 p.m., EST.

For more details, visit lgfb.ca or call 1-800-914-5665.



SEPTEMBER 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.

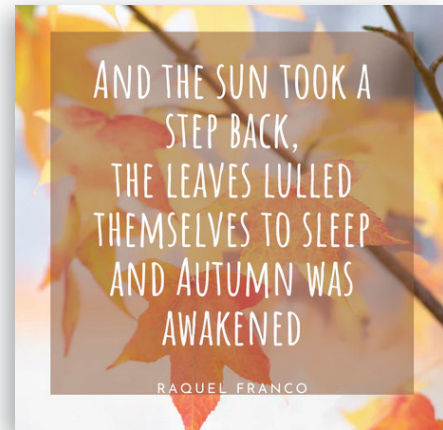
Counselling Services for Patients and Families (Psychosocial Oncology Program)

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 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.

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

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 ccmb.library.site. Simply navigate to the “Resource Lists/Helpful Websites” section.



Get to know...

Alisha MacMillan, Patient and Family Educator (Breast Cancer)

I provide support and education to individuals living with and affected by breast cancer. Since 2014, I have had the pleasure of working in various areas of nursing. For the past seven years, I have specialized in Oncology, primarily serving as a Breast Cancer Clinic Nurse within the Medical and Radiation Oncology teams.

Outside of work, my husband and I cherish our time outdoors, whether it's hiking, backpacking, canoeing, kayaking, or simply relaxing at our cabin. I also enjoy running, cooking, baking, gardening, pottery, and singing with my fellow nursing colleagues in the Winnipeg Nurses Choir.

I look forward to meeting you!

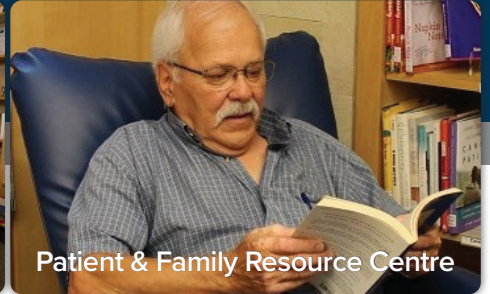
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

DEAR READER...

Facing Forward After Cancer Support Group



The Facing Forward After Cancer Support Group is for anyone who has finished cancer treatments in the last two years. It is a place to connect and support others who have had similar experiences.

Every cancer journey is unique, but many find comfort in knowing they are not alone. There is something special about talking to someone who truly understands.

The support group will run Wednesdays, Oct 9–Nov 27, from 11:30 a.m.–1:00 p.m. In-person in Winnipeg or online via MS Teams. Rural participants can join from home.

This group offers a safe and supportive space to share thoughts and feelings about your cancer journey. You will also learn mindfulness skills, ways to challenge unhelpful thoughts, and communication and problem-solving skills.

If you are interested, contact Hannah at 431-761-1145.

We look forward to seeing you.

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.

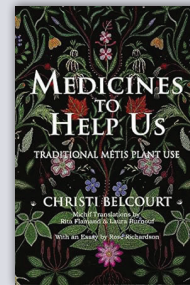
Visit <https://ccmbindigenouscommunityprofiles.ca/>

LIBRARY CORNER

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

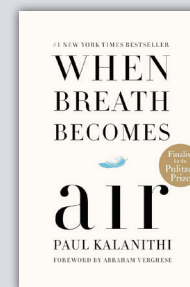
POPULAR PICKS

**Medicines to Help Us
Traditional Métis Plant Use**
by Christi Belcourt



This book honours the healing traditions of Métis women. The author combines her artwork with Indigenous Traditional Knowledge, Western Science, and the Michif language to help identify healing plants.

When Breath Becomes Air
by Paul Kalanithi



Neurosurgeon Paul Kalanithi was diagnosed with stage IV lung cancer, transitioning from doctor to patient overnight. His memoir chronicles his journey from medical student to patient and new father, facing his own mortality.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.