

THE NAVIGATOR

OCTOBER 2024



PATIENT NEWSLETTER



Celebrating the Hope & Healing Launch (Left to Right): Don McGillis (Patient and Family Advisor), Patti Smith (CancerCare Manitoba Foundation President and CEO); Hon. Rocky Pollack (Retired Judge, Provincial Court of Manitoba, and Former CCMB Board Member); and Dr. Sri Navaratnam (CCMB President and CEO)

Launch of the Hope & Healing Program

Strengthening the Mind and Body

On July 31, CancerCare Manitoba (CCMB) proudly introduced the Hope & Healing program, a new program built on the foundation of our Patient and Family Support Services program, and designed to offer enhanced cancer information and support services for patients and their family.

Patient and family advisors who provided guidance for the development of this program attended the launch, as well as CCMB staff and guests. The new initiative is a significant expansion in the range of services and programs available for patients and families in Manitoba. This is a reflection of CCMB's ongoing commitment to holistic, person-centred care.

The provincial Hope & Healing program will offer services virtually and in-person. The program will focus on providing emotional support, information, education, physical strengthening programming, and support with the unexpected challenges that a cancer diagnosis can bring, such as financial hardship and practical and social service needs.

In-person services will be offered at Centres for Hope throughout Manitoba. These Centres will offer a welcoming, calm environment for patients and families to learn, access resources, and connect with others in a safe space.

- Currently, construction is underway for the Paul Albrechtsen Centre for Hope at the Western Manitoba Cancer Centre in Brandon. Completion of this centre is expected by late 2024.
- A Centre for Hope in southern Manitoba (Boundary Trails) is being built and expected to open in 2026.
- In Winnipeg, there are two Centres for Hope located at the MacCharles site (beside HSC), and at the Victoria General Hospital site.

Stay tuned for more information!

For information on current services offered by the Hope & Healing program, contact: 204-787-2970 or 1-866-561-1026 or email ccmb_hope@cancercare.mb.ca.



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

Prostate Cancer
Up Close and Personal

An online information session for patients and families.

November 7, 2024 | 3-4:30 p.m. via Zoom.

[Register here](#), scan the QR code or call 204-787-4357 or 1-866-561-1026 for more information.



OCTOBER 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...

Fenil Vekaria, Digital Patient Navigator (*MyCare* Noona Patient App)

I'm here to help you with the *MyCare* Noona Patient App. I support non-clinical questions, including:

- Account Access: passwords, locked accounts, login issues.
- Navigation: using *MyCare* Noona and its features.
- Account Management: updating passwords, emails, phone numbers, language preferences, and notifications.

Outside work, I enjoy playing chess, Catan and other strategic board games. I love exploring new restaurants and unique dishes—feel free to share any recommendations!

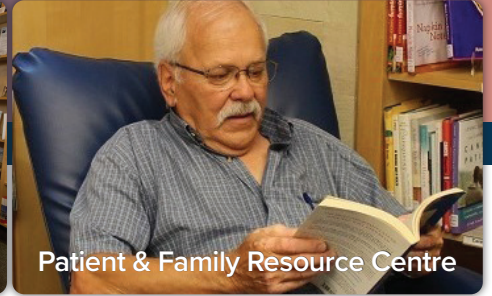
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

Talking with Children about Cancer

A cancer diagnosis affects the whole family. Talking to children about it provides support and accurate information, preventing their imaginations from wondering what's happening.

Young children need to know how the diagnosis and treatment will affect their daily routines and the person with cancer. Reassure them on these points:

- They cannot catch cancer (hugs are okay).
- They did not cause the cancer.
- They cannot cure the cancer.
- There is a plan to care for them if needed.

Encourage children to ask questions and listen to their concerns. It's okay to say, "I don't know, but we can find out together."

Children often learn about Terry Fox in school. It is important to explain that cancer varies greatly, with over 200 different types. The Patient and Family Resource Centre at CancerCare Manitoba offers helpful information and support for all ages. For more assistance, contact a counsellor at 204-787-2109 or 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://cmbindigenouscommunityprofiles.ca/>

LIBRARY CORNER

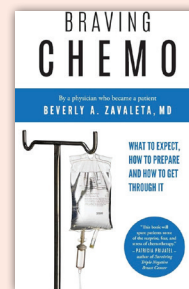
**CancerCare Manitoba
Patient and Family Resource Centre**

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

POPULAR PICKS

Braving Chemo

by Beverly Zavaleta



The author, both a doctor and cancer survivor, explains what to expect and how to prepare for chemotherapy. This is a guidebook which gives clear answers to your most urgent chemotherapy questions.

My Sister has Cancer

by Jennifer Braccii



A cancer diagnosis affects the entire family. Young children may feel scared and confused. Talking about what to expect and challenges to be faced will help lessen some fears children may experience.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.