



After Cancer Treatment Supports Available to You

This list is for your information only. The Durham Regional Cancer Centre/Lakeridge Health does not represent or support any organization or individual on this list.

1. **Canadian Cancer Society** offers support and information. This includes booklets you can print from their website. They also offer the following programs:
 - a. **Peer Support Program:** The Canadian Cancer Society will connect you or your family member/partner-in-care with a trained volunteer who understands what it is like to live with cancer. Support is available over the phone or in person through group support or personal visits.
 - b. **Cancer Information Service:** You can call and get information about cancer and cancer treatment, research and other resources and organizations. You can also ask to have this information mailed to you.

For more information call 1-888-939-3333 or go to www.cancer.ca

2. **Hearth Place Cancer Support Centre** offers a number of after treatment workshops and wellness programs. For more information call 905-579-4833 or go to www.hearthplace.org
3. **Online Chronic Disease Self-Management Program** is an interactive on-line workshop where you learn to manage symptoms, make lifestyle changes and set goals and problem solve. For more information call 1-844-301-6389 or go to www.ontarioselfmanagement.ca
4. **Central East Local Health Integration Network (CE LHIN) Self-Management Program** offers workshops in your community. For more information call 1-866-971-5545 or go to www.healthylifeworkshop.ca

Complementary therapies

1. **The College of Naturopaths of Ontario** offers a list of registered naturopathic doctors. Call 416-583-6010 or go to www.collegeofnaturopaths.on.ca
2. The **Memorial Sloan Kettering Cancer Centre** offers information on natural health products. For more information go to www.mskcc.org

1. **Cancer Support Centres** offer support to you and your family member/partner-in-care and help you find new ways to care for yourself and each other.

Organization	Phone number
Gilda's Club (Greater Toronto)	416-214-9898
Hearth Place Cancer Support Centre (Durham)	905-579-4833
Wellspring Cancer Support Network (Toronto)	416-961-1928

2. **Counselling** helps people to sort out their problems. It is a place you can go to talk about your feelings. You can go by yourself or with a family member/partner-in-care.

Organization	Phone number
Catholic Family Services Durham	905-725-3513
Community Counselling Centre Northumberland	905-372-6318
Community Counselling and Resource Centre (CCRC) Peterborough	705-743-2272
Family Services Durham	905-666-6240
Fenelon Counselling Area Service (for Haliburton and Kawartha Lakes)	705-738-3381
Scarborough Centre for Healthy Communities	416-642-9445

3. **CancerChatCanada** offers online support groups for you and family member/partner-in-care. For more information call 1-844-725-2476 or go to: <https://cancerchat.desouzainstitute.com>
4. **CancerConnection** offers support groups and information about cancer. For more information call 1-888-939-3333 or go to: www.cancerconnection.ca/home

Managing your symptoms

1. **Cancer Care Ontario** offers information on what you can do to manage the symptoms you have. For more information go to www.cancercareontario.ca/en/symptom-management
2. **Canadian Lymphedema Framework** offers information on what you can do to manage lymphedema. For more information call 647-693-1083 or go to www.canadalymph.ca You can also find information on the Lymphedema Association of Ontario's website at: www.lymphontario.ca
3. **Lymphedema Education and Assessment Program** at Hearth Place Cancer Support Centre offers education, assessment and support to help you manage lymphedema. For more information, call 905-579-4833.

Healthy eating

1. These organizations offer information on eating healthy after you finish your cancer treatment

Organization	Website
Unlock Food	www.unlockfood.ca
American Institute of Cancer Research	www.aicr.org
American Cancer Society	www.cancer.org
Half Your Plate	www.halfyourplate.ca
Dana Farber Cancer Institute	www.dana-farber.org/Health-Library
Canada's Food Guide	https://food-guide.canada.ca/en/
Eat Right Oncology Nutrition	www.oncologynutrition.org/on/erfc

2. These organizations have meal planning tools and recipes

Organization	Website
Eating Well	www.eatingwell.com
Jessica Levinson	https://jessicalevinson.com/
Unlock Food Menu Planner	www.unlockfood.ca/en/MenuPlanner
ELLICSR Kitchen	www.ellicsrkitchen.ca
Cook for Your Life	www.cookforyourlife.org/recipes
Cookspiration Menu Planner	www.cookspiration.com/menuplanner.aspx
American Institute of Cancer Research	www.aicr.org/healthyrecipes/

3. **Registered Dietitians in private practice:** Individual counseling is available for a fee and may be covered by your health benefits. Physician referral is not required (but may be needed for your benefits provider). Search the Dietitians of Canada website for a dietitian:

<https://www.dietitians.ca/find>

4. The **World Cancer Research Fund** has up to date, evidence based information on diet and cancer prevention/survival. For more information go to www.wcrf.org

Returning to Work

1. The **Cancer and Work** website has information about returning, remaining, changing work or looking for work after a diagnosis of cancer. For more information go to

www.cancerandwork.ca

2. Wellspring online programs

- Returning to Work. For more information or to register, go to <https://wellspring.ca/online-programs/programs/all-programs/returning-to-work/>
- Back at Work: Moving Beyond Cancer and Letting Go. For more information or to register, go to www.wellspring.ca/online-programs/programs/all-programs/back-at-work-moving-beyond-cancer-and-letting-go/
- Back at Work: Managing Stress at Work. For more information or to register, go to <https://wellspring.ca/online-programs/programs/all-programs/back-at-work/>

If you have any questions or concerns, call to talk to a social worker at the cancer centre at 905-576-8711/1-866-338-1778 extension 33282.

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