

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:

- **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.
- **A 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. Call 1-888-939-3333 or go to the website at cancer.ca
- **CancerConnection** offers support groups and information about cancer. For more information go to the website at cancerconnection.ca/home
- The “**Life After Cancer Treatment**” booklet found on the Canadian Cancer Society website at cancer.ca

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

Organization	Call	Website
Gilda's Club	416-214-9898	gildasclubtoronto.org
Hearth Place Cancer Support Centre	905-579-4833	hearthplace.org
Wellspring Cancer Support Network	416-961-1928	wellspring.ca

3. Counselling offers a safe place for you to talk about your feelings. You can go by yourself or with a family member/partner-in-care.

Organization	Call
Catholic Family Services Durham	905-725-3513
Community Counselling Centre Northumberland	905-372-6318
Community Counselling and Resource Centre 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

4. Complementary therapies

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

5. Managing symptoms

- **Cancer Care Ontario** offers information on what you can do to manage the symptoms you have. For more information go to cancercareontario.ca/en/symptom-management
- **Canadian Lymphedema Framework** offers information on what you can do to manage lymphedema. For more information call 647-693-1083 or go to canadalymph.ca You can also find information on the Lymphedema Association of Ontario's website at lymphontario.ca

6. Returning to Work

- 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 the website at cancerandwork.ca
- **Wellspring online programs**
 - Returning to Work.
 - Wellness at Work: Managing Stress in the Workplace.
 - Back at Work: Managing Stress at Work.
 - Wellness at Work: Moving Beyond Cancer and Letting Go.

Go to wellspring.ca/locations/online-canada-wide for more information or to register for these programs.

- 7. **Self-Management Program Central East** offers self management workshops on living a healthy life. These workshops are offered online. Call 1-866-971-5545 or go to the website at ceselfmanagement.ca
- 8. **The Olive Branch of Hope** offers support groups, seminars and workshops for black women with breast cancer to share their experiences, build a support system, and learn healing and coping strategies during and after a breast cancer diagnosis. For more information, go to the website at theolivebranch.ca
- 9. **Queering Cancer** offers resources and supports to patients and their partners-in-care from LGBTQ2+ communities. For more information, go to: queeringcancer.ca

10. Young Adult Cancer Canada offers an interactive chat-based website to find online support, discussion groups and local meet ups. Website includes articles and profiles young adults. For more information, go to the website at youngadultcancer.ca

Talk to a member of your healthcare team if you have questions about any information offered in this handout.

This handout was created by the Patient Education Program at the Durham Regional Cancer Centre/Lakeridge Health. It was last reviewed in June 2024.