

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. For more information or to register, go to wellspring.ca/online-programs/programs/all-programs/returning-to-work/
 - Wellness at Work: Managing Stress in the Workplace. For more information or to register, go to wellspring.ca/online-programs/programs/all-programs/wellness-at-work/
 - Back at Work: Managing Stress at Work. For more information or to register, go to wellspring.ca/online-programs/programs/all-programs/back-at-work/
 - Wellness at Work: Moving Beyond Cancer and Letting Go. For more information or to register, go to wellspring.ca/online-programs/programs/all-programs/wellness-at-work-moving-beyond-cancer-and-letting-go/

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.

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