



## Breast Cancer: Information and Supports

This list offers information and supports for individuals having care and treatment for breast cancer. Lakeridge Health/Durham Regional Cancer Centre does not represent or endorse any specific organization or individual identified in this list. The organizations are listed in alphabetical order.

### 1. Canadian Breast Cancer Network

The Canadian Breast Cancer Network offers you and your family member/partner-in-care information and support. The Breast Cancer and You: A guide for people living with breast cancer booklet includes information on breast cancer staging, diagnostic tests, recommended treatments for each cancer stage, possible side effects of treatment and their management, breast reconstruction options, and more. Download this booklet from the website or request a paper copy be mailed to you. Use the online surgery guide for breast cancer to help you understand your options for surgery is available on this site. You may also find the financial navigator helpful.

Website: [cbcn.ca](http://cbcn.ca)

### 2. Canadian Cancer Society

Offers you and your family member/partner-in-care:

- Information
- Peer support
- Practical help

[Cancerconnection.ca](http://Cancerconnection.ca)

Offers you a safe online discussion group. It can help to talk with others who understand what you may be feeling.

Website: [cancerconnection.ca](http://cancerconnection.ca)

[Cancer Information Service](http://Cancer Information Service)

Offers information on cancer care and treatment, resources, and supports in your community.

For more information:

Call: 1-888-939-3333

Website: [cancer.ca](http://cancer.ca)

[Community Services Locator](http://Community Services Locator)

Offers a searchable database that can help you find cancer services and programs close to where you live.

Website: [csl.cancer.ca](http://csl.cancer.ca)

### Breast Reconstruction Awareness Day

Plastic surgeons, other healthcare professionals and patients offer you education about breast reconstruction options. Offered in October/November.

Website: [cancer.ca/en/support-and-services/support-services/bra-day](http://cancer.ca/en/support-and-services/support-services/bra-day) or for more information, email [braday@cancer.ca](mailto:braday@cancer.ca).

### **3. Every Breast Counts**

Offers breast cancer information and supports for Black women. This includes women of African ancestry or those who self-identify as Black, African, Caribbean, African Canadian, melanated, members of the African diaspora, and others.

Website: [womenscollegehospital.ca/care-programs/peter-gilgan-centre-for-womens-cancers/every-breast-counts/#](http://womenscollegehospital.ca/care-programs/peter-gilgan-centre-for-womens-cancers/every-breast-counts/#)

### **4. Hearth Place Cancer Support Centre**

Offers you and your family members/partners-in-care:

- Individual and group support programs
- A library of resources
- Wellness programs
- Workshops
- Informational evenings
- Children's programming
- Lymphedema programs
- Prosthesis and bra fitting clinic
- A Newly Diagnosed Breast Cancer Support Group: an 8-week support group for those who have received a diagnosis of breast cancer and are in the first year of treatment

For more information:

86 Colborne St. W., Oshawa

Call: 905-579-4833

Website: [hearthplace.org](http://hearthplace.org)

Email: [hearthplace@hearthplace.org](mailto:hearthplace@hearthplace.org)

### **5. Look Good Feel Better Program**

Offers in-person and online workshops for you to learn how to manage appearance-related side effects of cancer care and treatment, cosmetic hygiene, sun care, skin care and nail care. These workshops are led by expert volunteers and are free for you to attend.

Website: [lgfb.ca](http://lgfb.ca)

## 6. Northumberland Breast Cancer Support Group

Offers you monthly meetings, peer support, telephone support, and a lending library.

### Support group meetings

When: 2nd Wednesday of each month at 6:30 pm

Where: Knights of Columbus Hall, 1 Elias St., Port Hope

Contact: Sandy 289.252.0881 or [sward1606@msn.com](mailto:sward1606@msn.com)

## 7. Queering Cancer offers resources and supports from LGBTQ2+ communities for you and your family members/partners-in-care.

Website: [queeringcancer.ca](http://queeringcancer.ca)

## 8. Rethink Breast Cancer Network

Offers you a community of support from other young women with personal experiences with breast cancer. Website: [rethinkbreastcancer.com](http://rethinkbreastcancer.com)

Your breast cancer treatments may decrease the number and quality of eggs in your ovaries. This means you may find it harder or you may be unable to get pregnant after treatment. Your risk of infertility after treatment depends on a number of factors. The most important factors include:

- your age at diagnosis
- your age when you plan to get pregnant
- the type and dose of cancer treatment

For more information, see the Before Decision Aid at:

[fertilityaid.rethinkbreastcancer.com/decision-aid](http://fertilityaid.rethinkbreastcancer.com/decision-aid)

## 9. Uncovered: A Breast Recognition Project

Offers you an online collection of stories and experience of Black, Indigenous and People of Colour living with breast cancer. For more information, go to the website found at

[rethinkbreastcancer.com/uncovered](http://rethinkbreastcancer.com/uncovered)

## 10. Wellspring

Offers programs and services for you and your family members/partners-in-care.

For more information:

Website: [wellspring.ca](http://wellspring.ca)

Call: 1-877-499-9904

## 11. Young Adults Cancer Canada (YACC)

YACC offers you an online blog and a list of activities and retreats to help you connect with other young adults. For more information, call 1-877-571-7325 or go to the website at

[youngadultcancer.ca](http://youngadultcancer.ca)

## **Mastectomy supplies and prostheses**

### **1. After Breast Cancer**

Offers you:

- Post-surgical bras, camisoles and breast prostheses if you have no insurance and limited financial resources.
- Information and support.

This program is available at Hearth Place Cancer Support Centre in Oshawa.

Call 905-579-4833 for more information. You can also call the After Breast Cancer program at 647-342-9217.

Website: [afterbreastcancer.ca](http://afterbreastcancer.ca)

### **2. Durham Medical**

Offers you breast prostheses, mastectomy bras, mastectomy yoga tops, bathing suits and lymphedema sleeves. Wigs are also available.

242 King St. E., Oshawa

Call: 1-888-479-4687 or 905-728-1112

Website: [durhammedical.ca](http://durhammedical.ca)

### **3. Elizabeth's Mastectomy Boutique**

Offers you:

- Post-surgical breast forms
- Lingerie and swimwear

1050 Simcoe St. N. Suite 108, Oshawa

Call: 905-433-0122 or 1-800-556-2585

Website: [elizabethsmb.com](http://elizabethsmb.com)

### **4. Knitted Knockers of Canada**

Knitted Knockers are special handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast. The soft comfortable lightweight prosthesis are available at no cost to you. Some women find traditional breast prosthetics too expensive, heavy, sweaty and uncomfortable.

Website: [knittedknockerscanada.com](http://knittedknockerscanada.com)

### **5. La Vie en Rose Muse™**

Offers bras suitable for women who have undergone a single or double mastectomy or have a highly sensitive breast area due to breast cancer treatments and procedures. La Vie en Rose offers free shipping at all times on all mastectomy bras.

Website: [lavieenrose.com/en/muse](http://lavieenrose.com/en/muse)

## 6. My Left Breast

Offers you:

- Bra fittings done by breast cancer survivors.
- Mastectomy bathing suits and prosthesis and other mastectomy clothing such as dresses, workout wear, sleep wear and post-surgery camisoles and bras.
- Wigs/hats/scarves.
- Medical compression sleeves and stockings as well as gauntlets and gloves.
- Assistive Devices Program (ADP) approved vendor and fitter.

For more information:

203 Simcoe Street, Unit #3, Peterborough

Call: 705-876-3333

Open Tuesday to Friday from 10 am to 4:30 pm

Website: [myleftbreast.ca](http://myleftbreast.ca)

## 7. The Bra Boutique

Offers you a professional bra fitting.

### Peterborough location

1135 Lansdowne St, Peterborough

Call: 705-742-0822

Sunday from 11 am to 4 pm

Monday to Friday from 9:30 am to 5:30 pm

Saturday from 9:30 am to 5 pm

### Cobourg location

12 King St. W., Cobourg

Call: 289-252-2277

Sunday from 11 am to 3 pm

Monday to Friday from 9:30 am to 5:30 pm

Saturday from 9:30 am to 5 pm

You may find other supports and services close to your home using the Canadian Cancer Society's Community Services Locator at [csl.cancer.ca](http://csl.cancer.ca)