



Breast Cancer: Information and Supports

This list is provided to you for your information. Lakeridge Health/Durham Regional Cancer Centre does not represent or endorse any specific organization or individual identified in this list.

Organizations offering information and support

1. Canadian Breast Cancer Network

The Canadian Breast Cancer Network offers supports and information. A breast cancer surgery guide is available on this site to help you understand your options.

Website: www.cbcn.ca

2. Canadian Cancer Society

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

- Written information (booklets and pamphlets)
- Peer support
- Practical help

cancerconnection.ca

CancerConnection.ca offers you a safe online discussion group. It can help to talk with others who understand your situation and any feelings you have.

Website: www.cancerconnection.ca

Cancer Information Service

This service allows you to talk to someone who offers information on cancer care/treatment, resources and supports in your community.

For more information:

Call: 1-888-939-3333

Website: www.cancer.ca

Community Services Locator

The Community Services Locator is a searchable database that can help you find cancer services and programs available.

Website: www.csl.cancer.ca

Breast Reconstruction Awareness Day

Plastic surgeons, other healthcare professionals and patients offer education about breast reconstruction options. Offered every year in October/November. For more information, go to www.cancer.ca/en/support-and-services/support-services/bra-day or email braday@cancer.ca

3. Hearth Place Cancer Support Centre

Offers you and your family:

- Individual and group support programs
- A library of resources
- Wellness programs
- Workshops
- Informational evenings
- Children's programming
- Lymphedema programs
- Prosthesis and bra fitting clinic
- 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: www.hearthplace.org

Email: hearthplace@hearthplace.org

4. Look Good Feel Better Program

This program offers a free 2-hour workshop where you can learn how to manage appearance-related side effects of cancer treatment. This includes cosmetic hygiene, sun care, skin care and nail care. You will go home with a free kit of cosmetics and skin care products. Website: www.lgfb.ca

Locations of workshops

Oshawa: at Hearth Place Cancer Support Centre

For more information, call 905-579-4833.

Peterborough: at the Peterborough Regional Health Centre

For more information, call the Cancer Care Clinic at 705-740-8326.

Scarborough: at the Scarborough Health Network - Centenary Site.

For more information, call the Cancer Clinic at 416- 281-7483.

4. Rethink Breast Cancer Network

Rethink Young Women's Network (RYWN) is a community of young women that have personal experience with breast cancer at any stage. It is a place to get support, have your questions answered and engage in meaningful conversations with other women.

Website: www.rethinkbreastcancer.com

5. Wellspring

Wellspring offers programs and services for you and your family members. Wellspring programs are offered free of charge.

For more information:

Website: www.wellspring.ca

Call: 1-877-499-9904

6. Young Adults Cancer Canada (YACC)

YACC offers an online blog. You will also find a list of activities and retreats on the website that can help you connect with other young adults. For more information, call 1-877-571-7325 or go to the website at www.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 for breast cancer survivors

Locally, 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: www.afterbreastcancer.ca

2. Durham Medical

Durham Medical carries 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: www.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: www.elizabethsmb.com

Open Monday through Friday from 10 am to 4 pm. Evenings and weekends are available by appointment only. You can call for an appointment but this is not required.

4. Knitted Knockers of Canada

Knitted Knockers are special handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast. These soft comfortable lightweight prosthesis are available for free. They are knit with love by volunteers. Some women find traditional breast prosthetics too expensive, heavy, sweaty and uncomfortable. Also traditional prosthesis often cannot be worn for weeks after surgery. To order, please go to the website.

Website: www.knittedknockerscanada.com

5. 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: www.myleftbreast.ca

Email: info@myleftbreast.ca

6. The Bra Boutique

At The Bra Boutique, our expertly trained fitters offer 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

Last reviewed: April 2020