

## Cancer Information and Supports

It is stressful to find out you have cancer. You may have a lot of questions and concerns. You may be unsure what to expect or what to do next. This handout offers information on the cancer supports available to you and your family members or care partners. Ask to talk to a cancer centre social worker if you have questions or concerns about any of the information in this handout.

This list is for information only. The Central East Regional Cancer Program does not represent or support any organization or individual on this list.

### Canadian Cancer Society

Cancer Information Service: A free telephone line or live chat offering cancer information. Information can also be mailed to you. There is information on topics such as: cancer and cancer treatment, research and other resources and organizations.

Call 1-888-939-3333 to talk to an information specialist.

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

Community Services Locator: The Community Services Locator can help you find services and programs closest to you.

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

**Cancer Support Centres** offer you and your family member or care partner supports, education and resources.

Organization	Phone number
Gilda's Club (Greater Toronto) Website: <a href="http://gildasclubtoronto.org">gildasclubtoronto.org</a>	416-214-9898
Hearth Place Cancer Support Centre (Durham) Website: <a href="http://hearthplace.org">hearthplace.org</a>	905-579-4833
Wellspring Cancer Support Network (Toronto) Website: <a href="http://wellspring.ca">wellspring.ca</a>	416-961-1928

**Community Care** can help you with transportation, meals and caregiver relief.

Organization	Phone number
Community Care Durham Website: <a href="http://communitycaredurham.on.ca">communitycaredurham.on.ca</a>	
• Ajax Pickering	905-837-0017
• Brock	705-432-2900
• Clarington	905-623-2261
• Oshawa/Whitby	905-668-6223
• Scugog	905-985-8461
• Uxbridge	905-852-7445
Community Care Northumberland Website: <a href="http://commcare.ca">commcare.ca</a>	
• Brighton	613-475-4190

Organization	Phone number
• Cobourg	905-372-7356
• Colborne	905-355-2989
• Port Hope	905-885-9860
• Trent Hills: Campbellford	705-653-1411
• Trent Hills: Hastings	705-696-3891
Community Care Kawartha Lakes: includes Bobcaygeon, Fenelon Falls, Kirkfield, and Lindsay Website: <a href="http://ccckl.ca">ccckl.ca</a>	705-324-7323
Community Care Peterborough	705-742-7067
HHHS-Community Support Services (Haliburton)	705-457-2941
Scarborough Centre for Healthy Communities	416-642-9445

## Counselling

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

For private counseling services you can contact the Employee Assistance Program (EAP) at your place of work. Your school may also offer support. You can also look for counsellors on this website: [www.psychologytoday.com](http://www.psychologytoday.com) or talk to your family doctor about being referred to someone.

## Home care

Ontario Health atHome (previously named Home and Community Care Support Services): A Care Coordinator will help you plan for the care and services you need at home. Call 1-800-263-3877 or 310-2222 for more information. Website: [ontariohealthathome.ca](http://ontariohealthathome.ca)

## Hospices

Offer support and care in the community or in a hospice residence.

Organization	Phone number
Community Care Northumberland Hospice (Cobourg) Website: <a href="http://commcare.ca">commcare.ca</a>	905-372-7356
Ed's Hospice Northumberland Hospice Care Centre Website: <a href="http://edshouse.northumberlandhospice.ca">edshouse.northumberlandhospice.ca</a>	
Haliburton Highlands Health Services Website: <a href="http://hhhs.ca/community-programs/hospice-services-and-palliative-care">hhhs.ca/community-programs/hospice-services-and-palliative-care</a>	705-457-2941 extension 2932
Hospice Kawartha Lakes (Lindsay) Website: <a href="http://ccckl.ca/programs-services/hospice">ccckl.ca/programs-services/hospice</a>	705-324-7323 extension 550

Organization	Phone number
Hospice Peterborough Website: <a href="http://hospicepeterborough.org">hospicepeterborough.org</a>	705-742-4042
Oak Ridges Hospice (Port Perry) Website: <a href="http://oakridgeshospice.com">oakridgeshospice.com</a> Email: <a href="mailto:info@oakridgeshospice.com">info@oakridgeshospice.com</a>	289-225-0202
Scarborough Centre for Healthy Communities, Hospice Palliative Care Program Website: <a href="http://schcontario.ca/programs/health-services/hospice-team">schcontario.ca/programs/health-services/hospice-team</a>	416-642-9445 extension 4419
VON Durham Hospice Website: <a href="http://vondurham.org">vondurham.org</a> Email: <a href="mailto:vondurhamsite@von.ca">vondurhamsite@von.ca</a>	905-240-4522

**Peer Support Programs** can connect you with someone who has had a similar experience with cancer. Many organizations offer online and in-person peer support.

Type of cancer	Organization	For more information
Bladder	Bladder Cancer Canada and Wellspring	Call 1-866-674-8889 Website: <a href="http://bladdercancercanada.org/en/get-support">bladdercancercanada.org/en/get-support</a>
Breast	Canadian Breast Cancer Network	Website: <a href="http://cbcnc.ca">cbcnc.ca</a>
Leukemia and Lymphoma	Leukemia and Lymphoma Society of Canada	Website: <a href="http://bloodcancers.ca/i-have-blood-cancer">bloodcancers.ca/i-have-blood-cancer</a>
Lung	Lung Cancer Canada	Website: <a href="http://lungcancercanada.ca/en-CA/Resources/Support.aspx">lungcancercanada.ca/en-CA/Resources/Support.aspx</a>
Myeloma	Myeloma Canada	Website: <a href="http://myelomacanada.ca/en/find-support/peer-support">myelomacanada.ca/en/find-support/peer-support</a>
Ovarian	Ovarian Cancer Canada	Website: <a href="http://ovariancanada.org/resources/peer-support-programs">ovariancanada.org/resources/peer-support-programs</a>
Pancreas	Pancreatic Cancer Canada	Website: <a href="http://pancreaticcancercanada.ca/peer-support">pancreaticcancercanada.ca/peer-support</a>
Prostate	Truenth	Website: <a href="http://peernavigation.truenth.ca">peernavigation.truenth.ca</a>
	Movember	Website: <a href="http://ca.movember.com">ca.movember.com</a>
Testicular	Movember	Website: <a href="http://ca.movember.com">ca.movember.com</a>

### African Cancer Support Group

Offers mental, emotional, financial and educational supports to African/Caribbean/Black Canadians and their family members or care partners. Website: [africancancer.ca](http://africancancer.ca)

### Queering Cancer

Offers resources and supports to individuals and their care partners from LGBTQ2+ communities. Website: [queeringcancer.ca](http://queeringcancer.ca)

### Look Good Feel Better

Offers virtual and in-person workshops to women and men on how to manage the effects of cancer and treatments on your physical appearance. These workshops offer information on skin care and hair alternatives. Go to the website found at [lgfb.ca](http://lgfb.ca) for more information.

### Young Adults Cancer Canada

Offers online supports and resources to young adults. You will find a list of activities and retreats on the website that can help you connect with other young adults. Call 1-877-571-7325 or go to the website found at [youngadultcancer.ca](http://youngadultcancer.ca) for more information.

**Community Health Centres (CHC)** offer a variety of free programs. Contact the CHC closest to you.

<b>Organization</b>	<b>Phone number</b>
Haliburton Highlands Family Healthcare Team	705-455-9220
Kawartha Lakes Community Health Centre	705-324-7323
Carea Community Health Centre (Oshawa)	905-723-0036
Peterborough County – City Health Unit	705-743-1000
Port Hope Community Health Centre	905-885-2626
Scarborough Centre for Healthy Communities	416-847-4101
Taibu Community Health Centre (Scarborough)	416-644-3536
Trent Hills Family Health Team	705-653-1801

### **211 Ontario**

211 is a helpline offering information on services, programs and supports in your community. Call or text 211 or go to the website found at [211ontario.ca](http://211ontario.ca) for more information.

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