

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. Call 905-576-8711 or 1-866-338-1778 extension 33282 and ask to talk to a social worker if you have questions or concerns about any of the information in this handout.

This list is for information only. Lakeridge Health/Durham Regional Cancer Centre 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

Community Services Locator

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

Website: 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: gildasclubtoronto.org	416-214-9898
Hearth Place Cancer Support Centre (Durham) Website: hearthplace.org	905-579-4833
Wellspring Cancer Support Network (Toronto) Website: wellspring.ca	416-961-1928

Home and Community Care Support Services (Central East Region).

A Care Coordinator will help you plan for the care and services you need at home.

Call 1-800-263-3877 for more information.

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

Organization	Phone number
Community Care Durham Website: communitycaredurham.on.ca	
• Ajax Pickering	905-837-0017
• Brock	705-432-2900
• Clarington	905-623-2261
• Oshawa/Whitby	905-668-6223

Organization	Phone number
<ul style="list-style-type: none"> • Scugog 	905-985-8461
<ul style="list-style-type: none"> • Uxbridge 	905-852-7445
Community Care Northumberland Website: commcare.ca	
<ul style="list-style-type: none"> • Brighton 	613-475-4190
<ul style="list-style-type: none"> • Cobourg 	905-372-7356
<ul style="list-style-type: none"> • Colborne 	905-355-2989
<ul style="list-style-type: none"> • Port Hope 	905-885-9860
<ul style="list-style-type: none"> • Trent Hills: Campbellford 	705-653-1411
<ul style="list-style-type: none"> • Trent Hills: Hastings 	705-696-3891
Community Care Kawartha Lakes: Bobcaygeon, Fenelon Falls, Kirkfield, and Lindsay Website: ccckl.ca	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 or talk to your family doctor about being referred to someone.

Hospices

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

Organization	Phone number
Community Care Northumberland Hospice (Cobourg) Website: commcare.ca	905-372-7356
Ed's Hospice Northumberland Hospice Care Centre Website: edshouse.northumberlandhospice.ca	
Haliburton Highlands Health Services Website: hhhs.ca/community-programs/hospice-services-and-palliative-care	705-457-2941 extension 2932
Hospice Kawartha Lakes (Lindsay) Website: ccckl.ca/programs-services/hospice	705-324-7323 extension 550
Hospice Peterborough	705-742-4042

Organization	Phone number
Website: hospicepeterborough.org	
Oak Ridges Hospice (Port Perry) Website: oakridgeshospice.com Email: info@oakridgeshospice.com	289-225-0202
Scarborough Centre for Healthy Communities, Hospice Palliative Care Program Website: schcontario.ca/programs/health-services/hospice-team	416-642-9445 extension 4419
VON Durham Hospice Website: vondurham.org Email: vondurhamsite@von.ca	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: bladdercancercanada.org/en/get-support
Breast	Canadian Breast Cancer Network	Website: cbcnc.ca
Leukemia and Lymphoma	Leukemia and Lymphoma Society of Canada	Website: bloodcancers.ca/i-have-blood-cancer
Lung	Lung Cancer Canada	Website: lungcancercanada.ca/en-CA/Resources/Support.aspx
Myeloma	Myeloma Canada	Website: myelomacanada.ca/en/find-support/peer-support
Ovarian	Ovarian Cancer Canada	Website: ovariancanada.org/resources/peer-support-programs
Pancreas	Pancreatic Cancer Canada	Website: pancreaticcancercanada.ca/peer-support
Prostate	Truenth	Website: peernavigation.truenth.ca
	Movember	Website: ca.movember.com
Testicular	Movember	Website: ca.movember.com

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

Queering Cancer

Offers resources and supports to individuals and their care partners from LGBTQ2+ communities. Website: 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 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 for more information.

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

Organization	Phone number
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

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