

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 or go to the website at cancer.ca.

Cancerconnection.ca

Offers an online community to connect people with cancer and their caregivers with others who know what they are going through. Email cancerconnection@cancer.ca or go to the website found at cancer.ca/en/living-with-cancer/how-we-can-help/connect-with-our-online-community for more information.

Community Services Locator: The Community Services Locator can help you find services and programs closest to you. Go to the website at 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

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
• Scugog	905-985-8461

Organization	Phone number
<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: includes 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

Cleaning for a Reason

- This is a **free** service.
- The service is available to any person receiving cancer treatment.
- The service offers you 1 general house cleaning once a month for up to 2 months.
- You need to apply for this service online.
- They may not find a match for you in your area right away. Keep applying!
- The cleaning service in your area will call to plan for your first cleaning.

Call 1-877-337-3348 or go to: cleaningforareason.org for more information.

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.

Home care – Ontario Health atHome

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

Call 1-800-263-3877 or 310-2222 or go to the website at ontariohealthathome.ca for more information.

Hospices

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

Organization	Phone number
Community Care Northumberland Hospice (Cobourg) Website: commcare.ca Ed's Hospice Northumberland Hospice Care Centre Website: edshouse.northumberlandhospice.ca	905-372-7356
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 Website: hospicepeterborough.org	705-742-4042
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

Indigenous Navigator for the Central East Regional Cancer Program

Can offer support to you if you:

- Identify as having Indigenous ancestry,
- Identify as having First Nation, Metis or Inuit heritage.
- Have Indigenous cultural needs.

Call 905-576-8711 extension 32554, email kmacleodbeaver@lh.ca or go to the website found at lakeridgehealth.on.ca/en/ourservices/Indigenous-Navigator.asp for more information.

NanKind

Throughout a parent's cancer journey, from diagnosis to bereavement, NanKind offers free childcare, counselling support and meal programs giving parents time to rest, knowing their kids will be supported. Call 416-730-0025, email info@nankind.com or go to the website at nankind.com for more information.

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. Go to the website at africancancer.ca for more information.

Queering Cancer

Offers resources and supports to individuals and their care partners from LGBTQ2+ communities. Go to the website at queeringcancer.ca for more information.

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.

Muslim Women with Cancer Support Group

A free support group for Muslim women to connect, help and learn from each other while navigating all stages of cancer. Offered as an online Zoom meeting on the 1st Monday of each month at 7 pm. Email Sheylna at shelyna@rogers.com to register and receive the Zoom link.

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 youngadulcancer.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

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 for more information.

If you are between the ages of 18 and 39, ask for a copy of the [Information and Supports for Young Adults With Cancer](#) handout if you did not already receive a copy.

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