



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.

Knowing what to expect throughout your cancer journey can help you feel more hopeful and less anxious.

1. Canadian Cancer Society

Offers you and your family:

- Written information (booklets and pamphlets)
- Peer support
- Practical help
- Transportation to your cancer treatment appointments can be arranged for a fee

cancerconnection.ca

CancerConnection.ca offers you a safe online discussion group. It can help to talk with others who understand your situation and how you may be feeling.

Website: www.cancerconnection.ca

Cancer Information Service:

This service allows you to talk to someone who can give you information on: cancer treatment and care and resources and supports in your community.

For more information:

Phone: 1-888-939-3333

Website: www.cancer.ca

2. 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 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, ON, L1G 1L7
Phone: 905-579-4833
Website: www.hearthplace.org
E-Mail: hearthplace@hearthplace.org

3. Look Good Feel Better Program

This program offers a free 2-hour workshop where you can learn how to manage the 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 and Rouge Hospital - Centenary Site.

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

4. 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

Locations

Wellspring Downtown Toronto

4 Charles Street East, Toronto, ON, M4Y 1T1

Phone: 416-961-1928 or 1-877-499-9904

Westerkirk House at Sunnybrook

105 Wellness Way, Toronto, ON, M4N 0B1

Phone: 416-480-4440 or 1-877-499-9904

5. Breast Cancer Support Groups

Peterborough Breast Cancer Support Group

The group meets the 2nd Tuesday of every month from 7:00pm to 9:00pm.

For more information:

Grace United Church

581 Howden Ave., Peterborough, ON

Phone: 705-745-7579

Contacts: Gail Flood, Facilitator and Leah Carroll, Facilitator

6. Mastectomy Supplies and Prostheses

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

Call Hearth Place Cancer Support Centre at 905-579-4833 for more information. You can also book an appointment to talk about what may be available to you.

Elizabeth's Mastectomy Boutique

Offers you:

- Post-surgical breast forms
- Lingerie and swimwear

1050 Simcoe St. N. Suite 108, Oshawa, ON, L1G 4W5

Located on the 2nd floor of the office suites above No Frills at Simcoe and Beatrice.

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

Website: www.elizabethsmb.com

Open Monday through Friday from 10:00am till 4:00pm. Evenings and weekends are available by appointment only. You can call for an appointment but this is not required. A chairlift is available if needed.

My Left Breast

Offers you:

- Bra fittings. Fittings are 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. Over the counter and custom made.
- Assistive Devices Program (ADP) approved vendor and fitter.

For more information:

203 Simcoe Street, Unit #3, Peterborough, ON, K9H 2H6

Phone: 705-876-3333

Website: www.myleftbreast.ca

Open Monday to Friday from 10:00 am to 4:30 pm. Appointments are encouraged but not always needed. Saturday appointments are available on request.

7. Assistive Devices Program, Ministry of Health

The Assistive Devices Program (ADP) helps with the funding of personalized assistive devices for individuals with long-term physical disabilities.

For more information:

7th Floor, 5700 Yonge St., Toronto, ON, M2M 4K5

Phone: 1-416-327-8804 or 1-800-268-6021

Website: www.health.gov.on.ca/en/public/programs/adp/

E-mail: adp@ontario.ca

8. High Risk Ontario Breast Screening Program

Women ages 30 to 69 who meet any of the following criteria should talk to their doctor about a referral to the High Risk Ontario Breast Screening Program:

- Is known to have a gene mutation (e.g., BRCA1, BRCA2)
- Is a first-degree relative (parent, brother, sister or child) of someone who has a gene mutation (e.g., BRCA1, BRCA2)
- Has a personal or family history of breast or ovarian cancer
- Has had radiation therapy to the chest to treat another cancer or condition (e.g., Hodgkin lymphoma) before age 30 and at least 8 years ago

This program recommends women ages 30 to 69 who are confirmed to be at high risk for breast cancer be screened once a year with a mammogram and breast magnetic resonance imaging (MRI).

For more information:

Phone 1-800-668-9304

Website: <https://www.cancercareontario.ca/en/cancer-care-ontario/programs/screening-programs/ontario-breast-obsp>

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