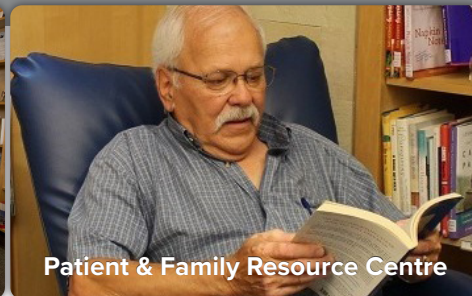


# How can Patient and Family Support Services help me and my family?



## Counselling Services for Patients and Families

(Psychosocial Oncology Program)

**Phone: 204-787-2109 or toll-free 1-866-561-1026**

Cancer affects more than just your physical body. It affects the emotions, social lives and spiritual beliefs of yourself, your family and your loved ones. Professional counsellors at CancerCare Manitoba are available to speak with you and your family. They have the training and skills to help you along your cancer journey.

- A counsellor can help you and your family deal with cancer and its treatments.
- You can meet with a counsellor alone or with your family.
- Your family and loved ones can also see a counsellor.

**Ask a counsellor about support groups and other programs like:**

- Information sessions
- Brain Fog education program
- Mindfulness Practice
- Moving Forward After Cancer Wellness
- Special programs like Yoga & Cancer, Expressive Arts Group and more.

## Nutrition Services

**Phone: 204-787-2109 or toll-free 1-866-561-1026**

Clinical Dietitians can help with nutrition before, during and after treatment.

To book an appointment: Call directly or ask a member of your healthcare team to arrange an appointment for you.

- Do you have questions about what to eat during treatment?
- Are you having problems with eating or have a poor appetite?
- Are you losing or gaining too much weight?
- Do you have questions about nutrition supplements or natural health products?

**All support services are offered at no cost to you and your family.**

### The Navigator Newsletter

The Navigator is a monthly newsletter of cancer support groups, information sessions and other programs.

It can be found online at [www.cancercare.mb.ca](http://www.cancercare.mb.ca)

For more information visit [www.cancercare.mb.ca](http://www.cancercare.mb.ca)

## Breast & Gyne Cancer Centre of Hope

**Phone: 204-787-2970 or toll-free 1-866-561-1026**

### Looking for information on Breast or Gynecological Cancer?

The Breast & Gyne Cancer Centre of Hope has information, education and support to help you understand breast and gynecological cancer, can help you make decisions about treatment choices, and where to find resources.

- Meet with one of our Nurses (Breast or Gyne Patient & Family Educators)
- Attend education sessions
- Use our lending library
- Speak to a volunteer who has had a similar breast or gynecological cancer experience

Please make an appointment to meet with one of our Nurse Educators.

## Patient & Family Resource Centre

**Phone: 204-787-4357 or toll-free 1-866-561-1026**

Room ON1016 on the Main Floor at CancerCare Manitoba at 675 McDermot Avenue.

The Centre is a quiet place to relax and find information. The coordinator and volunteers can help you, and your family learn about cancer, treatment and other topics such as nutrition, coping with anxiety, and much more.

### You are welcome to:

- Relax with a cup of coffee, tea or juice
- Borrow a book from the library
- Take information hand-outs and pamphlets
- Make local phone calls

## Guardian Angel Caring Room

(Wigs and Headwear)

**Phone: 204-787-4180 or toll-free 1-866-561-1026**

- You can borrow wigs, scarves, turbans and hats at no cost
- Make an appointment for a wig fitting

Located at CancerCare Manitoba 675 McDermot Avenue on the main floor in room ON1016.

## Look Good Feel Better

**To register for a workshop, visit: [lgfb.ca](http://lgfb.ca)**

Two-hour workshops are offered at no cost and will teach you:

- Skin care and make-up tips
- How to wear wigs and head coverings

For more information visit [www.cancercare.mb.ca](http://www.cancercare.mb.ca)