



BREAST CANCER

Support: Support Groups, Education-Information, Hospice and Hospice Residential Care, Hospital Palliative Care
Dufferin County

Support Groups

Canadian Breast Cancer Foundation 375 University Ave, Suite 301 Toronto, ON M5G 2J5 support.cbcbf.org	Helpline 1-888-778-3100	Peer support and information provided by trained breast cancer survivors * personalized information packages on all aspects of breast cancer such as diagnosis, treatments, side effects and complementary therapies * ongoing training and support for women to create and sustain peer-led breast cancer support groups * does not provide treatment or medical advice
Canadian Cancer Society Georgetown, Dufferin, Peel Unit The Southcom Building 2227 South Millway Way, Suite 202 Mississauga, ON L5L 3R6 www.cancer.ca	905-608-8411 1-866-711-0111 Support Line (Canada-wide) 1-888-939-3333	A national community-based organization of volunteers, whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer Provides one-to-one, confidential support over the telephone Specialists match people living with cancer or their caregivers with a trained volunteer who has gone through a similar cancer experience * group support also available in many communities CancerConnection.ca / ParlonsCancer.ca - Online community to share and build relationships for support

Canadian Cancer Society (Contd)		<p>Support Groups Meet with adults who have cancer and caregivers for educational and informal group discussions facilitated by trained volunteers who are also living with cancer. Groups are community based - and some are specific to one type of cancer, while others may offer general support for people living with cancer. Call to inquire about support groups in your community</p> <p>It's free and confidential. Support is available in English, French and many other languages</p>
Egan Funeral Home Community Grief Support Program 273 Broadway Orangeville, ON L9W 1K8 www.eganfuneralhome.com	519-941-2630	<p>Grief support is available in the Bolton and Orangeville areas courtesy of Egan Funeral Home for those experiencing the loss of a loved one. You may bring a friend or family member if you wish. Registration is not required for any of these sessions whether you choose to come once or attend all five</p> <p>In Orangeville: The Lord Dufferin Centre, 2nd Fl Activity Room, 32 First St</p> <p>No fee for service</p>
Headwaters Breast Cancer Support Group	519-938-8125 Pat 519-938-9444 Marie or Sharon	Offering support, friendship and guidance for women and their families coping with breast cancer
Hospice Dufferin Edelbrock Centre 30 Centre St Orangeville, ON L9W 2X1 www.hospicedufferin.com	519-942-3313	<p>Companionship, respite care, and emotional support to people and their family/caregivers dealing with a life-threatening illness * bereavement support for anyone who has experienced the death of someone close * services can be provided at home in hospitals or long-term care homes</p> <p>Group supports - social groups-Circles, crafting, art therapy, look good-feel better (woman group), therapeutic yoga, transition group (after cancer treatment ends)</p> <p>Resources - library of books, dvds, wigs and hats</p>

Hospice Dufferin (Contd)		Bereavement programs -one-on-one support from a spiritual care coordinator, monthly mailing to grieving family members, lending library of videotapes for adults and children
Orangeville Coping Centre 375 Hansen Blvd Orangeville, ON L9W 4M2	519-943-1237	<i>COPING - Caring for Other People IN Grief</i> - is a bereavement support group whose mission is to companion others who have lost someone through death. <i>COPING</i> can help. It is not about forgetting loved ones, nor about dwelling on grief. It's about companionship, compassion and healing. Each volunteer involved in <i>COPING</i> genuinely cares for others because they too have suffered loss through death No fee for service
Rethink Breast Cancer 215 Spadina Ave, Studio 570 Toronto, ON M5T 2C7 www.rethinkbreastcancer.com	416-920-0980 ext 228 1-866-738-4465	Canadian breast cancer charity to bring bold, relevant awareness to the under-40 crowd; foster a new generation of young and influential breast cancer supporters; respond to the unique needs of young (or youngish) women going through it * provide education, support, research and advocacy Supports provided: Stretch, heal, grow - a yoga and wellness retreat for young breast cancer survivors who have recently completed treatment Support for young families - national resources - up to date resources to develop coping skills for the whole family Chemo Care - guide to easing the side effects of Live Laugh Learn - opportunity to socialize with other young (or youngish) women who get what you're going through, while enjoying an evening of education, camaraderie and goodies. Monthly meeting in Toronto

Rethink Breast Cancer (Contd)		<p>Home Visits Programs - offering home visits for families facing breast cancer, provided by a Certified Child Life Specialist</p> <p>These support sessions take place in the family home and are 1 - 2 hours long, depending on the attention span of the child/children and the needs of each family. The focus is to give age-appropriate information that promotes an understanding of breast cancer, its treatment and side effects. It also provides opportunities to express feelings and fears related to the changes within the family and help each child develop coping skills. They can be adapted to any stage of diagnoses and treatment</p>
<p>Young Woman with Breast Cancer (PYNK) Program 2075 Bayview Ave Toronto, ON M4N3M5 www.sunnybrook.ca/content/?page=pynk-young-women-breast-cancer-toronto</p> <p>Located in M-wing, on the sixth floor, in the Louise Temerty Breast Cancer Centre (Sunnybrook Health Sciences Centre)</p>	<p>416-480-5000 ext 81378</p>	<p>PYNK is the first program of its kind in Canada to address the special clinical, psychological, research and educational needs of younger women with breast cancer.</p> <p>The goals of PYNK: Support: enable young women to benefit from special services that address the needs of younger women</p> <p>How the PYNK clinic works: The PYNK nurse contacts each patient before her first visit Patients are assessed at their first visit to determine the needs of the individual and their family The nurse acts as a 'system navigator', advocates for patients and coordinates follow up care Patients receive timely referrals to a variety of specialists such as fertility experts, <u>gynecologists</u> and <u>geneticists</u> Psychosocial: Online intervention for young couples Group therapy to improve body image and sexuality after treatment Effects of cancer in daughter on mother-daughter relationship Planning for future studies * Comprehensive database * Risk factor and lifestyle questionnaire * Serial questionnaires looking at anxiety and coping over time * Frozen blood samples</p>

Hospice Services, Residential Hospice

Bethell Hospice 18 King St E, A-8 Upper Level Bolton, Ontario L7E 1E8 www.bethellhospice.org	905-838-3534 1-800-305-7905	Provides community based care and residential care to people and their families touched by life-limiting illness. Community Hospice care is available to any person at any age who needs support through a life challenging diagnosis, life challenging illness or the loss of a loved one. Residential care is provided by a team of palliative care professionals when life expectancy is three months or less Services and Programs: Community Programs - Adult Bereavement Groups, Children's Bereavement Groups, In-Home Visiting Program, Resident Care Program, Volunteer Program
Bethell Hospice - Residence 15835 McLaughlin Rd Inglewood, ON L7C 1H4 www.bethellhospice.org	905-838-3534 1-800-305-7905	10-bed residential hospice provides care and support to people diagnosed with a life-limiting illness * staff and volunteers work together to provide compassionate care and comfort to clients and their families in the last stages of life Offers: peace and dignity in death, comprehensive holistic care, appropriate pain management, less stress and time-off for caregivers, relief for acute care and long-term care facilities, reduced emergency room admissions
Hospice Dufferin Edelbrock Centre 30 Centre St Orangeville, ON L9W 2X1 www.hospicedufferin.com	519-942-3313	Companionship, respite care, and emotional support to people and their family/caregivers dealing with a life-threatening illness * bereavement support for anyone who has experienced the death of someone close * services can be provided at home in hospitals or long-term care homes End-of-life care: social work support (counselling, advocacy, help with finding financial assistance, health system navigation assistance, linkages), volunteer support - home visits and phone calls, respite for family, visit to newly diagnosed breast cancer clients with volunteer survivor, visit in chemotherapy rooms at Headwaters hospital, group supports - social groups-Circles, crafting, art therapy, look good-feel better (woman group), therapeutic yoga, transition group (after cancer treatment ends), resources - library of books, dvds, wigs and hats, bereavement programs

Hospital Based Services

<p>Headwaters Health Care Centre 100 Rolling Hills Dr Orangeville, ON L9W 4X9 www.headwatershealth.ca/palliativecare</p>	<p>519-941-2410</p>	<p>The Palliative Care Program focuses on care and compassion and provide a supportive team approach to include patient and family, manage pain and other distressing symptoms</p> <p>An interdisciplinary team that involves your doctor and the nursing team who have special training in Palliative Care. Other members of the team may include Clinical Pharmacist, Dietitian, Discharge Planner, Physiotherapist, Respiratory Therapist, Palliative Home Care Coordinator, Hospice Volunteers and Chaplain services</p> <p>There are three private palliative care suites at the Orangeville site. These individually decorated rooms provide a comfortable, home-like environment for patients and their families</p>
<p>Mississauga Halton Central West Regional Cancer Program Carlo Fidani Regional Cancer Centre Credit Valley Hospital 2200 Eglinton Ave W, 4th Floor Mississauga, ON L5M 2N1 trilliumhealthpartners.ca/patientservices/cancerse...</p>	<p>905-813-4471</p>	<p>Specialized treatment centre for individuals living with cancer</p> <p>Services include: consultation with an oncologist, treatment for cancer including chemotherapy or radiology, special procedures, supportive care, pain and symptom control, palliative care, follow-up care, exercise, educational and support sessions, inpatient palliative unit</p> <p>62 inpatient beds between Credit Valley and Mississauga Hospital sites. Patients are admitted for management and care related to cancer diagnosis</p>
<p>MH/CW Regional Cancer Program-Trillium Health Partners - Queensway Health Centre - Betty and Buster Lockwood Cancer Detection and Treatment Centre - Cancer Care Clinic 150 Sherway Dr Etobicoke, ON M9C 1A5 www.trilliumhealthpartners.ca</p>	<p>416-521-4110 1-866-530-4464</p>	<p>Clinic offers chemotherapy treatment for oncology patients * chemotherapy may involve one drug, or a combination of two or more drugs, depending on the type of cancer</p>

<p>Princess Margaret Cancer Centre 610 University Ave Toronto, ON M5G 2M9 www.uhn.ca</p>	<p>Switchboard 416-946-2000 Patient Inquiry 416-946-4545</p>	<p>Cancer treatment and research centre * inpatient and outpatient care</p> <p>Areas of focus -- breast * central nervous system and eye * endocrine * gastrointestinal * genitourinary * gynecologic * head and neck * leukemia * lung * lymphoma and myeloma * melanoma and skin * sarcoma</p> <p><u>Clinical Services</u> - Specialized services offered through the emergency department, in-patient units, outpatient clinics and in the community</p> <p><u>Labs and Test Centres</u> - Lab and test services offered through the emergency department, in-patient units, outpatient clinics and in the community</p> <p><u>Palliative Care Unit</u> - 11-15 bed palliative care unit * 10 private rooms * 1 semi-private room * health care and support services for patients and their families requiring pain and symptom management or, end-of-life-care * pain and symptom management * psychosocial and spiritual support * referral to home nursing and palliative care services * advance care planning</p> <p><u>Treatment Areas</u> - Specialized services offered through the emergency department, in-patient units, outpatient clinics and in the community</p>
<p>William Osler Health System BCH – Supportive Palliative Care Inpatient Unit and Inpatient Consultation Service 2100 Bovaird Dr E Brampton, ON, L6R 3J7 www.williamoslerhs.ca/patients-and-families/progra...</p>	<p>905-494-2120 ext 56418</p>	<p>Acute palliative care inpatient unit (14 beds) at Brampton Civic Hospital provides: complex and acute pain and symptom management, psychological support to patients, caregivers and families, care and comfort at the end of life, admission direct from home to the inpatient unit for patients with advanced illness who are already registered with one of our palliative care physicians, support with discharge planning</p> <p>Inpatient Consultation Service is available to patients admitted to hospital and their families * hospital team can provide: recommendations to optimize pain and other symptoms, information around what to expect, discussions regarding options, and establish goals of care, transfer to the acute palliative care unit for management of complex symptoms or end of life care, support with planning for palliative care at home or other facilities, follow up in Osler's outpatient clinic</p>

<p>William Osler Health System BCH – Supportive Palliative Care Inpatient Unit and Inpatient Consultation Service 2100 Bovaird Dr E Brampton, ON, L6R 3J7 www.williamoslerhs.ca/patients-and-families/progra...</p>	<p>905-494-2120 ext 50801</p>	<p>Outpatient Services</p> <p>Services offered in clinic setting and in the home when patients are no longer physically able to come to the clinic: complex pain and symptom management, support with establishing goals of care and advanced care planning, support with addressing one's physical, spiritual, emotional, social and informational needs, support for patients and families facing difficult end of life decisions such as withdrawal of treatment, procedures such as paracentesis and blood transfusions</p>
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Education, Research, Information

<p>Canadian Breast Cancer Foundation 375 University Ave, Suite 301 Toronto, ON M5G 2J5 www.cbcf.org/ontario</p>	<p>416-596-6773 1-800-387-9816</p>	<p>Online information that includes fundraising campaigns, public awareness, volunteer opportunities, preventive health and risk reduction advice, treatment options and research grant applications</p> <p>Personalized information packages on all aspects of breast cancer such as diagnosis, treatments, side effects and complementary therapies * ongoing training and support for women to create and sustain peer-led breast cancer support groups * does not provide treatment or medical advice</p>
<p>Canadian Cancer Society 55 St Clair Ave W, Suite 500 Toronto, ON M4V 2Y7 www.cancer.ca</p>	<p>416-488-5400 Cancer Information Service 1-888-939-3333</p>	<p>National community-based organization provides information on cancer prevention, detection and treatment for all types of cancer * offers programs and services for people living with cancer * funds cancer research</p> <p>Cancer Information Service - National, bilingual, toll-free service offering comprehensive information about cancer and community resources</p> <p>Information specialists respond to inquiries in a supportive manner and provide information in clear, understandable terms to meet individual needs</p>
<p>Cancer Care Ontario 620 University Ave Toronto, ON M5G 2L7 www.cancercare.on.ca/pcs/screening/breastscreening...</p>	<p>Appointments: 1-800-668-9304 General Enquiry: 1-866-662-9233</p>	<p>Provincial agency responsible for overseeing health care planning and spending for cancer services * enacts programs for cancer prevention and screening at the provincial level * develops and enacts improvements and standards by working with medical professionals and organizations * links researchers and transfers knowledge into the cancer care system * resources about wait times and cancer prevention, screening, diagnosis and treatment available on website</p> <p>Regional Cancer Programs - Located in across Ontario * coordinate and work with health care providers to respond to local cancer issues and needs</p> <p>Province-wide program for breast screening for early detection of breast cancer in women</p> <p>Screening includes mammography (x-rays of breast tissue) * screening results are sent to both the woman and her doctor</p>

Cancer Care Ontario (Contd)		Women who receive normal results are automatically recalled for their next screening appointment * women who receive abnormal results are referred to their doctor for further investigation, or are referred directly for additional tests
Canadian Hospice Palliative Care Association Saint-Vincent Hospital, Annex D 60 Cambridge St N Ottawa, ON K1R 7A5 www.chpca.net	613-241-3663 1-800-668-2785 Info Line: 1-877-203-4636	Awareness and research association for improved palliative care * directory of family caregivers, volunteer opportunities, research, resources, on-going projects and advocacy campaigns Speak Up: Website about advance care planning * includes guides and workbooks www.advancecareplanning.ca
Canadian Virtual Hospice 1 Morley Ave, Room PE469 Winnipeg, MB R3L 2P4 www.virtualhospice.ca		Provides trusted information and support on advanced illness, palliative and end of life care, loss and grief for patients and families * articles, videos on a range of topics * For Professionals portal provides tools to support health providers deliver quality care * Ask a Professional connects Canadians to health experts who respond confidentially to questions * discussion forums for patients and families to connect for mutual support
Hospice Palliative Care Ontario 707-2 Carlton St Toronto, ON M5B1J3 www.hpcoc.ca	416-304-1477 1-800-349-3111	Provincial association to support the hospice palliative care field in Ontario * promotes education and research for the public and for professionals * information on hospice palliative care services and resources including: palliative care innovation, long-term care and community support service education in Toronto, advance care planning, health care consent