



BREAST CANCER

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

Support Groups

<p>Dorothy Ley Hospice 220 Sherway Dr Etobicoke, ON M9C 0A7 http://www.dlhospice.org/en/</p>	<p>416-626-0116</p>	<p>Offers programs and services to meet the physical, emotional, spiritual, informational and practical support needs of individuals living with a life-limiting illness, their families and their caregivers * services can be provided at home, in hospitals, long-term care settings or in residential care suites * bereavement support available to the general public who have not been previously connected to the hospice for end-of-life care</p> <p>Day program: provides participants with the opportunity to socialize and support one another while engaging in a variety of activities</p> <p>Bereavement support: provides individuals and group based supports for persons experiencing grief for an anticipated death as well as post-death bereavement</p>
<p>Canadian Breast Cancer Foundation 375 University Ave, Suite 301 Toronto, ON M5G 2J5 support.cbcbf.org</p>	<p>Helpline 1-888-778-3100</p>	<p>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</p>

<p>Canadian Cancer Society 55 St Clair Ave W, Suite 500 Toronto, ON M4V 2Y7 www.cancer.ca/en/?region=on</p>	<p>416-488-5400 1-800-268-8874 Support Line (Canada-wide) 1-888-939-3333</p>	<p>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</p> <p>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</p> <p>CancerConnection.ca / ParlonsCancer.ca - Online community to share and build relationships for support</p> <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>
<p>Rethink Breast Cancer 215 Spadina Ave, Studio 570 Toronto, ON M5T 2C7 www.rethinkbreastcancer.com</p>	<p>416-920-0980 ext 228 1-866-738-4465</p>	<p>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</p> <p>Supports provided:</p> <p>Stretch, heal, grow - a yoga and wellness retreat for young breast cancer survivors who have recently completed treatment</p>

Rethink Breast Cancer (Contd)		<p>Support for young families - national resources - up to date resources to develop coping skills for the whole family</p> <p>Chemo Care - guide to easing the side effects of</p> <p>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</p> <p>Home Visits Programs - offering home visits for families facing breast cancer, provided by a Certified Child Life Specialist 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>Wellspring - Downtown Toronto 4 Charles St E, Suite 300 Toronto, ON M4Y 1T1 www.wellspring.ca</p>	<p>416-961-1928 1-877-499-9904</p>	<p>Support centre * peer support * caregiver support * art therapy, Brain Fog, cancer exercise, Healing Journey * family programming, yoga, meditation, relaxation, visualization * bereavement support, gay/lesbian support * lending library, monthly speaker series</p> <p>Money Matters Resource Centre -- case management and information on government and employer-based income replacement programs</p> <p>Long-Term Disability/Employment Law Clinic -- eligible clients receive pro bono summary advice from lawyers regarding the impact of cancer on employment matters such as disclosure at work, duty to accommodate, or understanding long-term disability benefits</p> <p>Financial Advice Clinic -- eligible members discuss asset use and financial planning with a Certified Financial Planner</p>

<p>Wellspring - Westerkirk House at Sunnybrook 105 Wellness Way Toronto, ON M4N 3M5 www.wellspring.ca/Sunnybrook</p>	<p>416-480-4440</p>	<p>Support centre * peer support * caregiver support * art and music therapy, drumming, exercise, tai chi, qi gong, young adults group * yoga, meditation, relaxation, visualization * return to work education and support, bereavement support, Nourish nutrition program * by appointment -- Therapeutic Touch, Reiki * lending library, monthly discussion series</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 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:</p> <p>Support: enable young women to benefit from special services that address the needs of younger women</p> <p>How the PYNK clinic works:</p> <p>The PYNK nurse contacts each patient before her first visit</p> <p>Patients are assessed at their first visit to determine the needs of the individual and their family</p> <p>The nurse acts as a 'system navigator', advocates for patients and coordinates follow up care</p> <p>Patients receive timely referrals to a variety of specialists such as fertility experts, <u>gynecologists</u> and <u>geneticists</u></p> <p>Psychosocial:</p> <p>Online intervention for young couples</p> <p>Group therapy to improve body image and sexuality after treatment</p> <p>Effects of cancer in daughter on mother-daughter relationship</p> <p>Planning for future studies</p> <p>Comprehensive database</p> <p>Risk factor and lifestyle questionnaire</p> <p>Serial questionnaires looking at anxiety and coping over time</p> <p>Frozen blood samples</p>

Hospice Services, Residential Hospice

<p>Bethell Hospice 18 King St E, A-8 Upper Level Bolton, Ontario L7E 1E8 www.bethellhospice.org</p>	<p>905-838-3534 1-800-305-7905</p>	<p>Provides community based care and residential care to people and their families touched by life-limiting illness.</p> <p>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</p> <p>Residential care is provided by a team of palliative care professionals when life expectancy is three months or less</p> <p>Services and Programs: Community Programs - Adult Bereavement Groups, Children's Bereavement Groups, In-Home Visiting Program, Resident Care Program, Volunteer Program</p>
<p>Bethell Hospice-Residential 15835 McLaughlin Rd Inglewood, ON L7C 1H4 www.bethellhospice.org</p>	<p>905-838-3534 1-800-305-7905</p>	<p>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</p> <p>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</p>
<p>Dorothy Ley Hospice 220 Sherway Dr Etobicoke, ON M9C 0A7 http://www.dlhospice.org/en/</p>	<p>416-626-0116</p>	<p>Offers programs and services to meet the physical, emotional, spiritual, informational and practical support needs of individuals living with a life-limiting illness, their families and their caregivers * services can be provided at home, in hospitals, long-term care settings or in residential care suites * bereavement support available to the general public who have not been previously connected to the hospice for end-of-life care</p> <p>Community Program: care coordination and in-home volunteer support provided in the individual's home or other settings</p> <p>Spiritual care: help individuals explore their spirituality when facing their own end-of-life or when coping with the impending death of someone significant</p>

<p>Dorothy Ley Hospice (Contd)</p>		<p>Integrative wellness: offers a variety of complementary therapies such as therapeutic touch, massage and acupressure foot massage, pet therapy, and acupuncture to individuals living with a limiting illness and/or their family caregivers</p> <p>Community visiting volunteer program: trained hospice volunteers provide support and companionship to individuals, as well as respite to families and caregivers</p> <p>Education: offers a variety of workshops, lectures and information sessions about hospice palliative care for members of the community and for health care professionals</p> <p>Residential Program: 10 bed residential hospice * 24-hour end-of-life care in a home-like environment during an individual's last weeks of life * focuses on quality of life through holistic pain and symptom management</p>
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Hospital Based Services

Sunnybrook Health Sciences Odette Cancer Centre Louise Temerty Breast Cancer Centre Immediate Breast Cancer Reconstruction 2075 Bayview Ave Toronto, ON M4N 3M5 www.sunnybrook.ca	416-480-4205	Provides immediate breast reconstruction surgery to women with breast cancer whom are eligible to have reconstruction at the same time as their breast cancer surgery (mastectomy)
Sunnybrook Louise Temerty Breast Cancer Centre - Young Women with Breast Cancer Program 2075 Bayview Ave Toronto, ON M4N 3M5 www.sunnybrook.ca	416-480-5000 ext 81378	Provides special services to address the needs of younger women with breast cancer * specialized research * educational outreach to healthcare professionals about the unique needs of younger women diagnosed with breast cancer For women 40 years and younger
University Health Network Princess Margaret Cancer Centre Breast and Gynecologic Cancer Survivorship Consult Clinic 610 University Ave Toronto, ON M5G 2M9 www.uhn.ca	416-946-4501 ext 2363	Offer services for individuals living with cancer * helps explore the individuals needs and helps develop strategies to manage the individuals long term health * support to both the client and their family * information and referral
Women's College Hospital Breast Reconstruction Workshop 76 Grenville St Toronto, ON M5S 1B1 www.womenscollegethospita.ca	416-323-7555	Half day group workshops and information sessions where health professionals present on the different areas of breast reconstruction surgical options Workshops focus on the following topics: post-surgical care, stress management, diet and exercise, body image, self-esteem

<p>Women's College Hospital Henrietta Banting Breast Centre</p> <p>76 Grenville St, 5th Fl Toronto, ON M5S 1B1 www.womenscollegehospital.ca</p>	<p>416-323-6225</p>	<p>Interdisciplinary program encompasses breast cancer prevention, early detection, diagnosis, treatment and care, and research in breast disease</p> <p>Provides the following services: high-risk screens, diagnostic assessments, surgical oncology, plastic surgery, individual support, group education and support, nurse navigation, core biopsy</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
Women's College Hospital Breast Reconstruction Workshop 76 Grenville St Toronto, ON M5S 1B1 www.womenscollegehospital.ca	416-323-7555	Half day group workshops and information sessions where health professionals present on the different areas of breast reconstruction surgical options Workshops focus on the following topics: post-surgical care, stress management, diet and exercise, body image, self-esteem