



## BREAST CANCER

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

### Support Groups

<b>Bereaved Families of Ontario - York Region</b> 17070 Yonge St, Suite 203 Newmarket, ON L3Y 8Z4 <a href="http://www.bfo-yorkregion.com">www.bfo-yorkregion.com</a>	<b>905-898-6265</b> <b>1-800-969-6904</b>	Seeks to ensure that every person grieving a death of a family member has access to caring and compassionate support by providing volunteer bereavement support services * services provided include one-on-one * groups (loss-specific) * reference library * facilitator training
<b>Canadian Breast Cancer Foundation</b> 375 University Ave, Suite 301 Toronto, ON M5G 2J5 <a href="http://support.cbcbf.org">support.cbcbf.org</a>	<b>Helpline</b> <b>1-888-778-3100</b>	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
<b>Canadian Cancer Society</b> 30 Prospect St, Suite 101 Newmarket, ON L3Y 3S9 <a href="http://www.cancer.ca">www.cancer.ca</a>	<b>905-830-0447</b> <b>Support Line</b> <b>(Canada-wide)</b> <b>1-888-939-3333</b>	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

<b>Canadian Cancer Society (Contd)</b>		<p><a href="http://CancerConnection.ca">CancerConnection.ca</a> / <a href="http://ParlonsCancer.ca">ParlonsCancer.ca</a> - Online community to share and build relationships for support</p> <p><b>Support Groups</b> 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>
<b>Dragonfly Wellness Retreat</b> 111 Arden Avenue Newmarket, ON L3Y 4H7 <a href="http://www.trustyourwings.ca">www.trustyourwings.ca</a>	<b>905-506-5440</b>	<p>Not-for-profit community based organization supports women affected by breast cancer, and gynecological cancer on their survivorship journey, through wellness retreats * Three day retreats are offered several times per year and take place at Loretto Maryholme * team of professionals share their expertise and provide a safe and supportive setting for the program * provide holistic education through an interactive program and facilitate connections</p> <p>Weekend offerings consist of: Gentle Yoga -focusing on needs of breast cancer survivors, Meditation Sessions, Digestive System and Healthy Eating Workshop, Nourishing organic vegan meals, Reiki and Massage Treatments, Facilitated Group Discussion, Self-care Workshop</p> <p>Full day retreats specific to the needs of women with metastatic cancer are also available</p> <p>Participant Fee: \$175 for the weekend (remaining 65% of the actual cost is funded by Dragonfly Wellness Retreat fundraising events and donations)</p>

<p><b>Hospice Vaughan</b>  <b>Grief and Bereavement Support</b>  31 Woodbridge Ave  Woodbridge, ON L4L 2S6  <a href="http://www.hospicevaughan.com/services-and-programs/#pall...">www.hospicevaughan.com/services-and-programs/#pall...</a></p>	<p><b>905-850-6266</b></p>	<p>Community hospice * offers support to persons of all ages, their families and friends, coping with a life limiting illness or dealing with the loss of a loved one. Each program runs 6-10 weeks dependent on community need</p> <p>Groups: Teen Group (ages 13-17), Sibling Loss Group (ages 18+), Mixed-Relational Loss Group, Spousal Loss Group, Loss-by-suicide Group, Parental Loss Group, Bereaved Parents Group, Psycho/Spiritual Care Group, Food for Life, Caregiver 101</p>
<p><b>Rethink Breast Cancer</b>  215 Spadina Ave, Studio 570  Toronto, ON M5T 2C7  <a href="http://www.rethinkbreastcancer.com">www.rethinkbreastcancer.com</a></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><b>Stretch, heal, grow</b> - a yoga and wellness retreat for young breast cancer survivors who have recently completed treatment</p> <p><b>Support for young families</b> - national resources - up to date resources to develop coping skills for the whole family</p> <p><b>Chemo Care</b> - guide to easing the side effects of</p> <p><b>Live Laugh Learn</b> - 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><b>Home Visits Programs</b> - 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</p>

<b>Rethink Breast Cancer (Contd)</b>		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
<b>Southlake Regional Health Centre Palliative and Supportive Care</b> 596 Davis Dr, Level 6 Newmarket, ON L3Y 2P9 <a href="http://www.southlakeregional.org/cancer">www.southlakeregional.org/cancer</a>	<b>905-895-4521</b> <b>ext 2515</b>	Provides support for in-patients with cancer and their families * services offered include:  <b>Group Support Programs:</b> groups for newly diagnosed patients, caregivers, patients with relapsed or advanced cancer * transitions program for those completing their treatment * Mindfulness-Based Stress Reduction * referral to bereavement groups
<b>Wellspring - Downtown Toronto</b> 4 Charles St E, Suite 300 Toronto, ON M4Y 1T1 <a href="http://www.wellspring.ca">www.wellspring.ca</a>	<b>416-961-1928</b> <b>1-877-499-9904</b>	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  <b>Money Matters Resource Centre</b> -- case management and information on government and employer-based income replacement programs  <b>Long-Term Disability/Employment Law Clinic</b> -- 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 <b>Financial Advice Clinic</b> -- eligible members discuss asset use and financial planning with a Certified Financial Planner
<b>Wellspring - Westerkirk House at Sunnybrook</b> 105 Wellness Way Toronto, ON M4N 3M5 <a href="http://www.wellspring.ca/Sunnybrook">www.wellspring.ca/Sunnybrook</a>	<b>416-480-4440</b>	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><b>Young Woman with Breast Cancer (PYNK) Program</b>  2075 Bayview Ave  Toronto, ON M4N3M5  <a href="http://www.sunnybrook.ca/content/?page=pynk-young-women-breast-cancer-toronto">www.sunnybrook.ca/content/?page=pynk-young-women-breast-cancer-toronto</a>  Located in M-wing, on the sixth floor, in the Louise Temerty Breast Cancer Centre (Sunnybrook Health Sciences Centre)</p>	<p><b>416-480-5000 ext 81378</b></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></p> <p>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>
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## Hospice Services, Residential Hospice

<p><b>Bethell Hospice</b> 18 King St E, A-8 Upper Level Bolton, Ontario L7E 1E8 <a href="http://www.bethellhospice.org">www.bethellhospice.org</a></p>	<p><b>905-838-3534</b> <b>1-800-305-7905</b></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><b>Services and Programs:</b> Community Programs - Adult Bereavement Groups, Children's Bereavement Groups, In-Home Visiting Program, Resident Care Program, Volunteer Program</p>
<p><b>Bethell Hospice</b> 15835 McLaughlin Rd Inglewood, ON L7C 1H4 <a href="http://www.bethellhospice.org">www.bethellhospice.org</a></p>	<p><b>905-838-3534</b> <b>1-800-305-7905</b></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><b>Hospice Vaughan Grief and Bereavement Support</b> 31 Woodbridge Ave Woodbridge, ON L4L 2S6 <a href="http://www.hospicevaughan.com">www.hospicevaughan.com</a></p>	<p><b>905-850-6266</b></p>	<p>Support for individuals in the community experiencing a life-limiting illness or bereavement * services are offered by an interdisciplinary team of professionally trained staff and volunteers</p> <p>Caring Hands Day Program for individuals in the community experiencing a life-limiting illness</p> <p>Counseling individuals adults, seniors and children and their families</p> <p>Offer continuity of care collaboration with other service provider, ensure bereaved family and friends are supported, children's grief programs: hands of hope and in-school grief support program</p>



## Hospital Based Services

<p><b>North York General Hospital Freeman Centre for the Advancement of Palliative Care</b> 4001 Leslie St Toronto, ON M2K 1E1 <a href="http://www.nygh.on.ca/Default.aspx?cid=1045&amp;lang=1">www.nygh.on.ca/Default.aspx?cid=1045&amp;lang=1</a></p>	<p><b>416-756-6000 ext 4138</b></p>	<p>Offers: in home care for adults living with advanced cancer, in hospital care with 6 dedicated short-term oncology palliative care beds, hospital wide consultation, expert care to relieve distressing physical symptoms, spiritual, psychosocial and emotional symptom relief, education and assistance with treatment choices and decisions, coordination of support services, counseling and support for patient and family, follow-up bereavement support</p>
<p><b>Southlake Regional Health Centre Palliative and Supportive Care</b> 596 Davis Dr, Level 1 Newmarket, ON L3Y 2P9 <a href="http://www.southlakeregional.org/cancer">www.southlakeregional.org/cancer</a></p>	<p><b>905-895-4521 ext 6080</b></p>	<p>Provides end-of-life support for patients and their families * services offered include: pain and symptom management , caregiver support, psychological, cultural, emotional, spiritual support, bereavement support for loved ones</p>
<p><b>Southlake Regional Health Centre Palliative and Supportive Care</b> 596 Davis Dr, Level 6 Newmarket, ON L3Y 2P9 <a href="http://www.southlakeregional.org/cancer">www.southlakeregional.org/cancer</a></p>	<p><b>905-895-4521 ext 2515</b></p>	<p>Provides support for in-patients with cancer and their families * services offered include:</p> <p><b>Pain and Symptom Management Clinic:</b> provide treatment for symptoms such as pain, shortness of breath and anxiety</p> <p><b>Psychosocial Oncology Assessment Clinic:</b> provides rapid assessment of depression anxiety and strategies to cope with illness Individual counseling appointments</p> <p><b>Lymphedema Clinic</b></p> <p><b>Group Support Programs:</b> groups for newly diagnosed patients, caregivers, patients with relapsed or advanced cancer * transitions program for those completing their treatment * Mindfulness-Based Stress Reduction * referral to bereavement groups</p>

<b>William Osler Health System - Etobicoke General Hospital - Supportive Palliative Care - Outpatient Service</b> 101 Humber College Blvd Etobicoke, ON M9V 1R8 <a href="http://www.williamoslerhs.ca/patients-and-families/progra...">www.williamoslerhs.ca/patients-and-families/progra...</a>	<b>416-494-2120 ext 50801</b>	<b>Outpatient Services</b>  Service 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
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## Education, Research, Information

<p><b>Canadian Breast Cancer Foundation</b> 375 University Ave, Suite 301 Toronto, ON M5G 2J5 <a href="http://www.cbcf.org/ontario">www.cbcf.org/ontario</a></p>	<p><b>416-596-6773</b> <b>1-800-387-9816</b></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><b>Canadian Cancer Society</b> 30 Prospect St, Suite 101 Newmarket, ON L3Y 3S9 <a href="http://www.cancer.ca">www.cancer.ca</a></p>	<p><b>905-830-0447</b> <b>Cancer Information Service</b> <b>1-888-939-3333</b></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><b>Cancer Information Service</b> - 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><b>Cancer Care Ontario</b> 620 University Ave Toronto, ON M5G 2L7 <a href="http://www.cancercare.on.ca/pcs/screening/breastscreening...">www.cancercare.on.ca/pcs/screening/breastscreening...</a></p>	<p><b>Appointments:</b> <b>1-800-668-9304</b> <b>General Enquiry:</b> <b>1-866-662-9233</b></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><b>Regional Cancer Programs</b> - 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>

<b>Cancer Care Ontario (Contd)</b>		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
<b>Canadian Hospice Palliative Care Association</b> Saint-Vincent Hospital, Annex D 60 Cambridge St N Ottawa, ON K1R 7A5 <a href="http://www.chpca.net">www.chpca.net</a>	<b>613-241-3663</b> <b>1-800-668-2785</b> <b>Info Line:</b> <b>1-877-203-4636</b>	Awareness and research association for improved palliative care * directory of family caregivers, volunteer opportunities, research, resources, on-going projects and advocacy campaigns  <b>Speak Up:</b> Website about advance care planning * includes guides and workbooks <a href="http://www.advancecareplanning.ca">www.advancecareplanning.ca</a>
<b>Canadian Virtual Hospice</b> 1 Morley Ave, Room PE469 Winnipeg, MB R3L 2P4 <a href="http://www.virtualhospice.ca">www.virtualhospice.ca</a>		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