

Coping with Cancer:

A Guide to Finding Resources and Support

Patient and Family Information Guide

It may be difficult to know where to look for support when living with cancer. This guide has a list of resources that you may find helpful. Talk to your cancer care team if you have any questions or concerns.

General Information and Support	
Resource Name and Contact Information	Description
Canadian Cancer Society 1-888-939-3333 www.cancer.ca	<ul style="list-style-type: none"> • Cancer Information Helpline • Online Resources • CancerConnection.ca • Community Services Locator • Transportation Support • Help to Quit Smoking
Gilda's Club Toronto location: 416-214-9898 https://www.gildasclubtoronto.org/ Simcoe Muskoka (Barrie) location: 705-726-5199 https://gildasclubsimcoemuskoka.org/	<ul style="list-style-type: none"> • Support Groups • Healthy Lifestyle Programs • Social Connections and Networking • Nutrition Resources and videos • Individual Counselling • Movement and Art Classes • Educational Workshops
Hudson Regional Cancer Program Virtual Group Support 705-728-9090 extension 43520 https://www.rvh.on.ca/areas-of-care/cancer-program/	<ul style="list-style-type: none"> • Accepting your Body after Cancer • Fear of Recurrence Therapy • Low Down on Down There

Coping with Cancer:

A Guide to Finding Resources and Support

<p>Living Well South East – Cancer: Thriving and Surviving Self-Management Workshop</p> <p>613-542-2949 extension 1179</p> <p>https://livingwellseontario.ca/</p>	<ul style="list-style-type: none"> • Deal with frustration, fatigue, isolation and poor sleep • Exercise to maintain and improve strength, flexibility and endurance • Make healthy food choices • Communicate with your health care team and family members
<p>Wellspring</p> <p>1-877-499-9904</p> <p>Wellspring.ca</p>	<ul style="list-style-type: none"> • Therapeutic Arts • Be Well Talks • Exercise and Movement • Symptom Management • Individual and Group Support
<p>Information and Support for Adolescents and Young Adults</p>	
<p>Resource Name and Contact Information</p>	<p>Description</p>
<p>Cactus Cancer Society</p> <p>info@cactuscancer.org</p> <p>http://cactuscancer.org</p>	<ul style="list-style-type: none"> • Story Mapping • Creative Coping Series • Begin Again • Prickly Rebels Club
<p>Camp Otter at Camp Maple Leaf</p> <p>905-338-5200</p> <p>www.campmapleleaf.ca</p>	<p>A camp that supports children on their parents' cancer journey.</p> <ul style="list-style-type: none"> • A supportive social network that campers can lean on and relate to throughout the year
<p>Fertile Future</p> <p>info@fertilefuture.ca</p> <p>http://fertilefuture.ca</p>	<ul style="list-style-type: none"> • Power of Hope Cost Reduction Program • Power of Hope Fertility Centre Directory

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care team for advice about a specific medical condition.

A single copy of these materials may be reprinted for non-commercial, personal use only.

© 2023 Kingston Health Sciences Centre. All rights reserved.

For more information, please visit www.cancercaresoutheast.ca

Author: Oncology, Patient Education

Created: 05/2024

Revision due: 05/2027

Coping with Cancer:

A Guide to Finding Resources and Support

Resource Name and Contact Information	Description
Mackenzie's Hope mh@muskokawoods.com https://mackenzieshope.org/	Opportunity for siblings of children with cancer and other children touched by cancer to go to Muskoka Woods for a summer camp
nankind info@nankind.com nankind.com	<ul style="list-style-type: none"> • One-on-one volunteer support for children • In-home childcare • Meal support • Grief and Bereavement Support • Homework Club • Mom Support Group
Pink Pearl pinkpearlcanada.org	<ul style="list-style-type: none"> • Virtual Programs • One-on-one short term counselling
Tip of the Toes 1-877-543-3048 https://tipoftoes.com/	<ul style="list-style-type: none"> • Free expeditions in Canada exploring beautiful landscapes
UHN Adolescent & Young Adult Oncology Program aya@uhn.ca https://www.uhn.ca/PrincessMargaret/Clinics/Adolescent_Young_Adult_Oncology	<ul style="list-style-type: none"> • Identify your individual needs • Provide education and support • Link you to other community and hospital services and resources • Help you connect to other patients
Young Adult Cancer Canada (YACC) 1-877-571-7325 https://youngadultcancer.ca/	<ul style="list-style-type: none"> • YACC Chats • House Party • Writing it Out • We Get It: Web Series • Private Facebook Group • Retreat Yourself

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care team for advice about a specific medical condition.

A single copy of these materials may be reprinted for non-commercial, personal use only.

© 2023 Kingston Health Sciences Centre. All rights reserved.

For more information, please visit www.cancercaresoutheast.ca

Author: Oncology, Patient Education

Created: 05/2024

Revision due: 05/2027

Coping with Cancer:

A Guide to Finding Resources and Support

Supportive Organizations for specific types of cancer These organizations offer a variety of supports including information, exercise and wellness programs, and virtual support groups.	
Bladder Cancer Canada 1-866-674-8889 https://bladdercancer canada.org/en/	Brain Tumour Foundation of Canada 1-800-265-5106 https://www.brain tumour.ca/
Breast Cancer Action Kingston 613-531-7912 bcakingston.ca	Colorectal Cancer Canada 514-875-7745 colorectal cancer canada.com
Dragonfly Wellness Retreats – inspirational weekends created to empower breast cancer survivors 905-506-5440 http://trustyourwings.ca	Kidney Cancer Canada 1-866-598-7166 kidneycancer canada.ca
Leukemia and Lymphoma Society of Canada 1-833-222-4884 blood cancers.ca	Lung Cancer Canada 1-888-445-4403 lung cancer canada.ca
Melanoma Network of Canada 1-877-560-8035 melanoma canada.ca	Myeloma Canada 1-888-798-5771 myeloma.ca
Ostomy Canada Society 1-888-969-9698 ostomy canada.ca	Ovarian Cancer Canada 1-877-413-7970 ovarian canada.org
Ovation Circle – Ovarian Cancer Support Group 613-376-3670 or 613-329-4037	Pancreatic Cancer Canada 1-888-726-2269 pancreatic cancer canada.ca
Rethink Breast Cancer 416-220-0700 rethink breast cancer.com	The bloom club - a space for young women with cancer https://www.bloom club.ca

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care team for advice about a specific medical condition.

A single copy of these materials may be reprinted for non-commercial, personal use only.

© 2023 Kingston Health Sciences Centre. All rights reserved.

For more information, please visit www.cancercaresoutheast.ca

Author: Oncology, Patient Education

Created: 05/2024

Revision due: 05/2027