

# SUPPORT GROUPS AND CANCER INFORMATION SERVICES FOR THE EASTERN ONTARIO REGION

*If you would like your Support or Information Group mentioned in the next edition of Challenge...Life with Cancer, contact JoAnn Nicol, Library Services, The Ottawa Hospital Cancer Centre at 613-737-7700 ext.70107.*

## **AboutFace**

Purpose: To offer support to people with facial differences. Connects adults to adults and parents to parents for emotional support and education.

- No regularly scheduled meetings. For more information go to [www.aboutface.ca](http://www.aboutface.ca)

Contact: Donna Bantis, National Office, 1-800-665-3223, ext. 23.

## **Adult Brain Tumour Support Group**

Support group for people with brain tumours, and their family/friends

- Meets the last Tuesday of each month (except July and August)
- 7 p.m. – 8:30 p.m.
- Alta Vista Manor, 751 Peter Morand Cres., Ottawa

Contact: 1-800-265-5106 ext. 34;

## **Arnprior and District Breast Cancer Support Group**

Purpose: To provide support and encouragement to breast cancer patients in the Arnprior and surrounding area.

- Meets every third Tuesday of the month
- 7 p.m. – 9 p.m.
- Arnprior Public Library, 21 Madawaska St., Arnprior

Contact: Elta Watt, 613-623-7455

[www.ourbcsg.goldengraphics.ca](http://www.ourbcsg.goldengraphics.ca)

## **Barry's Bay Cancer Support Group**

Support group offered for patients, families, caregivers and survivors of the Barry's Bay region.

- Monthly group meetings, individual support and counselling
- Box 1216, 8 Karol Woytola Square

Contact: Ann or Ben, 613-756-7181

## **Bereaved Families of Ontario, Ottawa-Region**

Purpose: To provide mutual aid/self-help following the death of a loved one. Also provides education in anticipatory grief situations.

- Meets the first Tuesday of each month
- 7 p.m. – 9 p.m.
- St. Timothy's Presbyterian Church  
2400 Alta Vista Drive (downstairs hall)

Contact: Hilda, 613-567-4278

## **Bereaved Families of Ontario - Cornwall and Area**

Purpose: To provide support, information and education to families following a death and/or terminal illness of a loved one.

- Bereavement support, groups, telephone help line, library; Children/Youth programs also available
- 144 Pitt Street, Cornwall
- 9 a.m. to 4 p.m. (5 days a week)

Contact: 613-936-1455, or email at

[bfcornwall@on.aibn.com](mailto:bfcornwall@on.aibn.com); [www.bereavedfamilies.net](http://www.bereavedfamilies.net)

## **Breast Cancer Action (BCA)**

Purpose: To inform, educate and support women and men living with breast cancer, their families, and the community.

Provides community based core programs and client services.

- Support and Resource Centre  
739A Ridgewood Ave., Riverside Mall, Ottawa
- 8:30 a.m. to 4 p.m. – 5 days a week

Contact: 613-736-5921, [www.bcaott.ca](http://www.bcaott.ca)

## **The Butterfly Fan Club**

The Perth and District Breast Cancer Support Group

Purpose: To offer support to patients with breast cancer.

- Meets every third Thursday of the month
- 7 p.m. – 9 p.m.
- Perth Family Health Centre, 33 Lewis Street, Perth

Contact: Carleen, 613-812-4474

## **Canadian Cancer Society - Cancer Information Service**

A nationally bilingual toll-free service offering comprehensive information about cancer and the community resources available to cancer patients, their families, the general public and health care professionals.

- Provides information about all types of cancer, from prevention and diagnosis to treatment and supportive care.

- Hours: 9 a.m. – 6 p.m.

Contact: 1-888-939-3333

## **NOTE: SERVICES ONLY AVAILABLE IN CANADA.**

### **Canadian Cancer Society - Peer Support Program**

Purpose: To offer support to people diagnosed with cancer, or their caregivers, friends.

The services offered are:

- Peer Support in person, telephone
- Group Peer Support

Support from someone who knows what it is like to live with cancer. Services are free, responsive, confidential and accessible.

Contact: 1-800-263-6750

### **Canadian Cancer Society – Peer Support Program, Pembroke Branch**

Purpose: To offer support to people diagnosed with cancer, or their caregivers, friends.

Contact: Renfrew County Unit, Canadian Cancer Society, 1-800-255-8873 or 613-735-2571

### **Canadian Cancer Society – Transportation Program**

Purpose: To provide transportation for cancer patients to and from their cancer-related appointments if they cannot get there on their own. Contact the local Society office for more details.

- Ottawa: 613-723-1744
- Lanark, Leeds and Grenville: 1-800-367-2913
- Renfrew County: 1-800-255-8873
- S.D.G. and Prescott-Russell: 1-800-669-4181

### **The Canadian Thyroid Cancer Support Group (Thry'vors)**

A small informal group providing online support, friendship and guidance to thyroid cancer survivors through email contact, with occasional meetings.

- Provides information, including referral to outside sources, in dealing with diagnosis, treatment and management of thyroid cancer.

Contact: [thryvors@sympatico.ca](mailto:thryvors@sympatico.ca); [www.thryvors.org](http://www.thryvors.org). On-line support: [groups.yahoo.com/group/thryvors](http://groups.yahoo.com/group/thryvors)

### **Canadian VHL Family Alliance - Ottawa Area Branch**

Purpose: To improve diagnosis, treatment and quality of life to people with VON Hippel-Lindau Disease (VHL)

Contact: Tania Durand, 613-622-7976 (during office hours) or email [tania@igs.net](mailto:tania@igs.net)

### **Candlelighters Childhood Cancer Support Programs**

Candlelighters is a not-for-profit, volunteer organization.

Purpose: To enhance the lives of children with cancer and their families and to promote awareness, understanding and education of this devastating illness.

- Provides young people, and their families, a variety of services through three separate programs: support; education; and public awareness.

Contact: Jocelyn Lamont, Executive Director, 613-715-9157; [www.candlelighters.net](http://www.candlelighters.net)

### **Carefor Breast Cancer Network**

Purpose: To provide information and hold discussion sessions for cancer patients and their loved ones.

- Meets every third Thursday of the month, 7 p.m.
- Carefor Office, 2<sup>nd</sup> floor, 205 Amelia Street, Cornwall

Contact: Terry Armstrong, 613-932-3451; 1-800-267-1741

### **Carefor Eastern Counties – Changing Journeys**

Support group for people coping with a terminal illness

Purpose: To provide social and emotional support to individuals with a terminal illness and respite to their families.

- Weekly meetings

Contact: Terry Armstrong, RN Palliative Care Coordinator, Carefor Eastern Counties Branch, Cornwall, 1-800-267-1741; 613-932-3451

### **Carefor Prostate Cancer Support Group**

Purpose: To provide information and hold discussion sessions for cancer patients and their loved ones.

- Meets every second Thursday of the month, 7 p.m.
- Carefor Office, 2<sup>nd</sup> floor, 205 Amelia Street, Cornwall

Contact: Terry Armstrong, 613-932-3451; 1-800-267-1741

### **Colorectal Cancer Association of Canada – Ottawa Support Group**

Purpose: To provide support and information to those living with colorectal cancer, their families, friends and caregivers.

- Meets 2<sup>nd</sup> Tuesday of each month, 7 p.m. – 9 p.m.
- The Palisades, 100 Isabella St., Ottawa.

Contact: 613-745-8048, or the Colorectal Cancer Association of Canada at 1-877-50COLON or [information@colorectal-cancer.ca](mailto:information@colorectal-cancer.ca); [www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)

### **Dundas County Hospice**

Purpose: To provide support to anyone with a life-threatening or terminal illness and their family/caregivers

- Bereavement support
- Day hospice
- Loan cupboard,
- Library material for loan
- 4324 Villa Drive, Williamsburg

Contact: Reina DeJong, 613-535-2215 or

[info@dundascounty.ca](mailto:info@dundascounty.ca); [www.dundascountyhospice.ca](http://www.dundascountyhospice.ca)

### **Eganville Group Support**

A self-help group for people living with cancer, their families and friends.

- Meets the second Wednesday of the month (call to confirm) at 7 p.m., Action Centre 68 Queen Street, Eganville (near Pembroke)

Contact: The Renfrew County Unit of the Canadian Cancer Society, 1-800-255-8873 or Diane 613-625-2603

### **Friends of Hospice Ottawa Bereavement Support Group**

A structured bereavement support group guided by an experienced facilitator. The bereavement group will help the caregiver cope with a wide spectrum of emotions and practical concerns.

Contact: 613-838-4008; [www.friendsofhospiceottawa.ca](http://www.friendsofhospiceottawa.ca)

### **(The) Hospice at May Court Family Support Program**

Purpose: One-on-one or family sessions offered by a counselor to provide emotional, psychological, and practical support to individuals caring for a loved one who has been diagnosed with a life threatening illness. The program provides an opportunity for family members and close friends to access services.

Bereavement follow-up is offered to families previously known to the Hospice. Individual counseling and group sessions are offered for bereavement.

Treatments by trained volunteers (Monday & Wednesday) include : Reflexology, Reiki, Therapeutic Touch and back/neck massage .

Access to art room and lending library, Monday - Friday. (114 Cameron Ave., Ottawa)

Contact: Anne, 613-260-2906 (Please call to confirm)

Note: a program geared towards children and youth is also available.

### **Kanata and District Breast Cancer Support Group**

Support group for breast cancer patients, where information and sharing is provided.

- Meets on the last Thursday of the month at 7 p.m. at the Mlacak Centre, Hall D, Kanata

Contact: Pauline Cramphorn, 613-592-0305 or [pauline.cramphorn@sympatico.ca](mailto:pauline.cramphorn@sympatico.ca)

[www.ourbcsg.goldengraphics.ca](http://www.ourbcsg.goldengraphics.ca)

### **Kingston Regional Prostate Cancer Support Group**

Support group for prostate cancer patients, partners and/or caregivers.

- Meets the second Wednesday of the month, 7 p.m. – 9 p.m. at Ongwanada Resource Centre 191 Portsmouth Ave., Kingston

Contact: Rita Peters – Facilitator, 613-546-1141 or 613-549-4195 (home) or [rita.peters@sympatico.ca](mailto:rita.peters@sympatico.ca)

### **Living Well with Cancer Support Group – Winchester**

Support group for all disease sites. Bring a friend if you wish.

Meets the 2<sup>nd</sup> Monday of the month at 7 p.m. – 8:30 p.m.  
Winchester United Church

Contact: Linda Johnson, 613-774-2420 ext. 5155

### **Look Good... Feel Better Program:**

Support group for women taking cancer treatment and wanting to know more about facial skin care, makeovers and options for hair loss. *Free workshop*

Contact: 613-737-7700, ext 10315

PRE-REGISTRATION IS REQUIRED

#### .....**General Campus**.....

- Every second Monday of each month
- 2 p.m. – 4 p.m.
- The Ottawa Hospital Cancer Centre  
503 Smyth Road

#### .....**Civic Campus**.....

- Every fourth Tuesday of each month
- 2 p.m. – 4 p.m.
- Maurice Grimes Lodge, 3<sup>rd</sup> Floor, The Ottawa Hospital  
Cancer Centre, 200 Melrose Ave

#### .....**Winchester Satellite**.....

- To register call 613-774-2420, ext. 5704

### **Lymphoma Support Group of Ottawa (LSGO)**

Support group and educational forum for lymphoma patients, their families and friends.

- Share experiences with others and learn more about lymphoma from experts
- Meets the first Tuesday of each month (Sept-Dec, Feb-June)
- 4 p.m. – 6 p.m.
- Hospice at May Court, 114 Cameron Avenue

Contact: 613-232-7795 or 613-241-7141

[www.lsgo.ca](http://www.lsgo.ca)

### **Marianhill Palliative Care Unit**

Purpose: To offer a continuity of accessible care with a holistic approach which addresses both the spiritual and the medical needs of people with terminal illness.

- Three private bedrooms
- Offers a home-like atmosphere
- 600 Cecilia Street, Pembroke

Contact: Cathy Brennan-Hogaboam, 613-735-6839, ext. 316, or email Cathy, [cathybh@marianhill.ca](mailto:cathybh@marianhill.ca);  
[www.marianhill.ca](http://www.marianhill.ca)

### **Mississippi Mills/Carleton Place area Group Support**

Purpose: To support and encourage participants in this group to work through issues while living with cancer. Sessions will include topics of interest geared to the participants, videos, guest speakers, etc.

- Refreshments provided
- Meets the fourth Tuesday of the month.
- 7:30 p.m. – 9 p.m.
- Almonte United Church Parlour  
106 Elgin Street, Almonte

Contact: Canadian Cancer Society (Lanark, Leeds and Grenville Unit) 1-800-367-2913 or 613-267-1058, or [lanarklg@ontario.cancer.ca](mailto:lanarklg@ontario.cancer.ca)

### **Nu-Voice Club of Ottawa**

Purpose: To meet with fellow laryngectomy patients to discuss issues of concern and share information.

- Meets quarterly, March, June, September, December
- 2 p.m. - 3:30 p.m.
- The Ottawa Hospital – Civic Campus  
Maurice Grimes Lodge  
200 Melrose Avenue, 4<sup>th</sup> Floor, Ottawa

Contact: 613-798-5555, ext. 13416, or by email at [pmaser@ottawahospital.on.ca](mailto:pmaser@ottawahospital.on.ca)

### **The Ottawa Hospital – General Campus Gynaecologic-Oncology Program – “Time for Ourselves”**

Support group that encourages the participant to share her concerns and feelings with others.

- Meets weekly, on Thursdays
- 10:30 a.m. – noon
- The Ottawa Hospital – General Campus
- 8<sup>th</sup> Floor Lounge (Room 8230), West Lounge

Contact: Social Work, 613-737-8899, ext. 72128

PLEASE CALL TO REGISTER

### **The Ottawa Hospital Cancer Centre Ninon Bourque Patient Resource Library**

Purpose: To provide up-to-date cancer information to cancer patients and their families, and members of the general public.

[www.ottawahospital.on.ca/patient/visit/chlib/index-e.asp](http://www.ottawahospital.on.ca/patient/visit/chlib/index-e.asp)

Main Level, 503 Smyth Road, Ottawa

Monday-Friday, 8:30 a.m. – 12:30 p.m., 1 p.m. – 3:30 p.m.

Contact: 613-737-7700, ext. 70107

### **The Ottawa Hospital Cancer Centre (TOHCC) Social Work Support Groups**

Purpose: To provide ongoing support groups offered by TOHCC Social Workers:

#### **Caregiver Support Group**

Bi-monthly support group for family members caring for loved ones with metastatic cancer

- An opportunity to speak to others that understand and to learn about resources and services.

Contact: Support Services Intake, 613-737-7700, ext. 70516.

REQUIRES PRE-REGISTRATION

#### **Connexions 18-35**

Monthly support group for cancer patients age 18 to 35 who cope with special problems regarding relationships, self image, education, career and lifestyle changes

- This support group offers an opportunity to meet others, discuss/share experiences and explore coping strategies for self and family.
- This course is of particular interest to those who are newly diagnosed.

Learn methods of coping with the emotional aspect of cancer as well as stress management techniques.

Contact: Support Services Intake, 613-737-7700, ext. 70516; REQUIRES PRE-REGISTRATION

### **Coping with Cancer Stress**

A support group for patients and family members

- Hear about the normal reactions to cancer
- Learn self-healing techniques like relaxation, thought management, and meditation
- Learn how to reduce stress and cope in healthy ways

Contact: Support Services Intake, 613-737-7700, ext. 70516 REQUIRES PRE-REGISTRATION

### **Healing Circles**

A support group for patients undergoing treatment for cancer

- Learn about the mind-body connection
- Learn relaxation and imagery techniques

Contact: Support Services Intake 613-737-7700, ext. 70516 REQUIRES PRE-REGISTRATION

### **Living for Today**

A support group for men and women living with metastatic or recurrent cancer

- Share thoughts, emotions, information and experience.
- Develop coping strategies for getting the most out of each day.

Contact: Support Services Intake, 613-737-7700, ext. 70516; REQUIRES PRE-REGISTRATION

### **Lung Cancer Group**

A weekly support group for those patients with newly diagnosed primary lung tumours and their loved ones.

Contact: Liane Murphy, Social Work, 613-737-8899, ext. 79672. REQUIRES PRE-REGISTRATION

### **Men and Cancer**

A series of skill building workshops for men. Partners also welcome

- Learn about stress management techniques, sexuality, nutrition.
- Offered weekly.

Contact: Support Services Intake, 613-737-7700, ext. 70516; REQUIRES PRE-REGISTRATION

### **Stepping Stones**

A 6-week support group for women who are newly diagnosed with breast cancer

- Become a partner in your health care
- Develop new coping skills
- Find out about community resources
- Learn methods of relaxation and imagery
- The Ottawa Women's Breast Health Centre

Contact: 613-798-5555, ext. 16563  
REQUIRES PRE-REGISTRATION

### **Perth and area Prostate Cancer Support Group**

Purpose: To provide support to prostate cancer patients and their loved ones.

- Meets the second Monday of the month, 2 p.m. – 4 p.m.
  - Dufferin Square Boardroom, 202-105 Dufferin St., Perth
- Contact: George Clark, (613) 267-1051.

### **Prostate Cancer Association of Ottawa**

Provides support and information for newly-diagnosed and continuing treatment patients, promotes awareness of prostate cancer, interacts with the health community, co-operates with groups having similar interests.

- Meets the third Thursday of each month

- 7 p.m. – 9 p.m.
- Newly diagnosed members start time is 7 p.m. as well.
- St. Stephens Anglican Church Hall  
930 Watson, Ottawa

Contact: 613-828-0762; [www.ncf.ca/pca](http://www.ncf.ca/pca)

### **Renfrew County Prostate Cancer Support Group**

Support group to assist men with prostate cancer and their families and to increase their ability to cope with this disease.

- First Wednesday of the month, 7 p.m.
- Renfrew Victoria Hospital (cafeteria)

Contact: 613-432-6471 or 613-432-6911

### **Renfrew Victoria Hospital Cancer Support Service**

Supportive care assessment for all newly diagnosed cancer patients and their families.

- Offering support and teaching with regards to diagnosis and treatment
- Assistance and referrals for other community services
- Counselling and support re: living with cancer and associated fears related to treatment, recurrence and survivorship

Contact: Renfrew Victoria Hospital, Oncology Clinic, Renfrew Victoria Hospital, 499 Raglan St. N. 613-432-4851, ext. 123 or fax at 613-432-8649

### **Renfrew Victoria Hospital Palliative Care Services**

Multi-disciplined team approach for people with a terminal illness in a hospital, community or long-term care facility

- Pain and symptom management, patient and family consultation and support, scheduled relief for families and caregivers by trained volunteers, grief and bereavement follow-up

- Renfrew Victoria Hospital, 499 Raglan Street North

Contact: Palliative Care Coordinator, 613-432-4851, ext. 217, or fax at 613-432-8649

### **United Ostomy Support Group – Ottawa**

Purpose: To provide support and education to people with ostomies, their families and the public.

- Meets the third Thursday of every month, September – November, January – May. Special events in December and June
- 7:30 p.m. – 10 p.m.

- Canada Care Medical Centre  
1644 Bank Street (at Heron – behind Canadian Tire)  
Ottawa

Contact: 613-447-0361; [www.ostomyottawa.ca](http://www.ostomyottawa.ca)

### **Willow Breast Cancer Support and Resource Services**

Purpose: To provide information, support and networking to those women with breast cancer.

- Support from trained volunteers who have experienced breast cancer themselves.

Contact: 1-888-778-3100; [www.willow.org](http://www.willow.org)

### **Youth/Pelvic Pouch Group**

Purpose: To provide education and emotional support to those who have had pelvic pouch or ileostomy surgery, with particular emphasis on the problems of the young.

Contact: Jennifer Bisson, 613-839-7424 or Rachel Seed, 613-832-3522.

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