



## The Ottawa Hospital Cancer Centre

### Social Work Patient and Family Counselling Services

*How to get help for  
you and your family*



[www.ottawahospital.on.ca](http://www.ottawahospital.on.ca)

### Counselling Services

It is natural to feel distressed and anxious when you and your family are faced with a diagnosis of cancer. Coping with cancer can be challenging but there are services that can offer support and direction.

Social Workers who are professionally trained counsellors are available to speak with you and assist you through the course of your illness. This service is available to all patients and families with a cancer diagnosis. A doctor or nurse may refer you, or you may contact an individual social worker directly. Assistance is also available for practical issues such as referral to services for access to medication coverage, transportation, financial support and work-related problems. We can also help refer you to psychiatrists working with The Ottawa Hospital Cancer Centre (TOHCC).

To help us connect you to the most appropriate service, and find out more about support groups please leave a message on the:

**Social Work Counselling Services  
telephone line at  
613-737-7700, ext. 70516**

### Support Groups

**Registration is required  
for all support groups.**

**Please call  
613-737-7700, ext 70516**

**Please note:** All groups are offered in English and may be offered in French if there is sufficient demand.

### Coping with Cancer Stress

A 4-week classroom-style course for men and women with cancer, and their loved ones. 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. This course is offered several times a year in English & French.

*Duration:* 4 weeks

### Healing Circles

A group offered to men and women who are living with cancer and are undergoing treatment. This is a time to share your thoughts and learn about the mind/body connection, relaxation, and develop your own imagery techniques. This group is offered several times a year in English & French.

*Duration:* 8 weeks

### Men and Cancer

A series of skill building workshops. A series on topics that men have told us they want. These range from stress management techniques, sexuality and improved nutrition. Partners welcome.

*Frequency:* twice a month

### Lung Cancer Group

This group is offered to those with primary lung tumours and their loved ones. This is an opportunity to share with others who understand, and there may be an opportunity to hear from guest speakers.

*Frequency:* once a week on Fridays from 9:30 to 10:30 in French and 10:30 to 11:30 in English

### CHEO to TOHCC Bridge Program

An orientation workshop for young adult survivors of childhood cancer who are in transition from their pediatric team to their new adult program. This program offers you a chance to meet TOHCC staff, understand long-term effects of cancer treatments, and meet other young adult survivors. Family members welcome.

*Frequency:* several times a year

### Connexions 18-35

A support group for people between 18-35 years of age, who are coping with special problems regarding relationships, self-image, education, career and lifestyle changes. This group offers the opportunity to meet others, discuss/share experiences and explore coping strategies.

*Frequency:* 4<sup>th</sup> Wednesday of the month

### Family Matters

Learn to cope with cancer together. This is a group for adult persons with cancer and their primary support partner. Focus is on mutual support for patients as well as caregivers and on strengthening caring relationships while living with cancer.

*Frequency:* 2<sup>nd</sup> Wednesday of the month

### Adult Brain Tumour Support Group

This is an evening support group offered to those with brain tumours and their loved ones. This is an opportunity to share with others, who understand, and learn from guest speakers.

*Frequency:* last Tuesday of the month except July and August

### Living for Today

This group is for men and women living with metastatic cancer. Develop coping strategies and share your thoughts and feelings, your tears and laughter, as well as information and experience.

*Frequency:* 2<sup>nd</sup> and 4<sup>th</sup> Wednesday  
of the month

### Caregiver Support Group

This group is for those caring for loved ones with metastatic cancer. It provides an opportunity to speak to others that understand and to learn about resources and services.

*Frequency:* 1<sup>st</sup> and 3<sup>rd</sup> Wednesday  
of the month

Counselling services are supported by  
your donations to  
**The Ottawa Hospital Foundation  
Psychosocial Oncology Program**  
**The Ottawa Hospital Foundation**  
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