

List of Online Resources to Recommend

The following is a list of online websites with general cancer information that can be recommended to patients. This is not an exhaustive list. There are many disease site specific websites also available.

1. **Ottawa Cancer Foundation (OCF):** <https://www.ottawacancer.ca/calendar/>
Previously known as Maplesoft. They host their own groups and are a community “hub” for support groups as well. The calendar is updated regularly and everything they offer is free.
2. **Canadian Cancer Society:** <https://cancer.ca/en/>
 - Cancer Information Helpline **1-888-939-3333** (Wheels of Hope, Wigs & Breast Prosthesis)
3. **Caredove Volunteer Transportation (non-urgent):** <https://www.caredove.com/>
 - Carefor Health & Community Services for Pembroke-Renfrew County.
4. **Cancer Care Ontario (CCO) – Managing Symptoms, Side Effects & Well-Being:** <https://www.cancercareontario.ca/en/symptom-management>
5. **Cancer Answers - Princess Margaret Cancer Centre (Toronto):** https://www.uhn.ca/PrincessMargaret/search/Pages/cancer_answers.aspx
 - A reliable search tool to help you find trusted cancer information.
6. **British Columbia (BC) Cancer Agency Complimentary & Alternative Therapies:** <http://www.bccancer.bc.ca/health-info/coping-with-cancer/complementary-alternative-therapies>
7. **ASTRO RTAnswers (Radiation Therapy):** <https://www.rtanswers.org/>
 - The American Society for Radiation Oncology (ASTRO) created RT Answers to help patients and their family better understand cancer treatment options.
8. **Champlain Hospice Palliative Care Program:** <https://champlainpalliative.ca/caregivers-and-families/>
 - They coordinate initiatives to improve access to high-quality hospice and palliative care in the Champlain region of Eastern Ontario.
9. **Hospice Palliative Care Ontario:** <https://www.hpco.ca/>
 - Provides resources for grief and bereavement support, caregiver support, advance care planning and more.
10. **Canadian Virtual Hospice:** <https://www.virtualhospice.ca/>
 - Information and support on palliative and end-of-life care, loss and grief.
 - <https://livingoutloud.life/> (Help for young adults and teens living with advanced cancer)



- www.KidsGrief.ca (Talking with kids and teens about serious illness, dying and death)
 - www.MyGrief.ca (Helps to understand and move through grief)
 - www.LivingMyCulture.ca (Stories from various cultures about living with serious illness)
11. **Young Adults Cancer Canada (YACC):** <https://youngadultcancer.ca/>
 - Young Adult Cancer Canada's (YACC) mission is to support young adults living with, through, and beyond cancer. To be the connection to peers, bridge out of isolation, and source of inspiration.
 12. **On The Tip of The Toes:** <https://tipoftoes.com/>
 - A Foundation that strives to change the lives of young people aged 14 to 39 who are living with cancer by offering them an opportunity to participate in a therapeutic adventure expedition.
 13. **Wellspring Cancer Support:** <https://wellspring.ca/>
 - <https://wellspring.ca/online-programs/programs/all-programs/>
 - Wellspring programs are available across Canada online, and through centres in Ontario and Alberta, all at no charge, and without referral.
 14. **Mayo Clinic:** www.mayoclinic.com
 - This website provides up-to-date medical information and news about health topics.
 15. **National Cancer Institute:** www.cancer.gov
 - This website provides recent and accurate information about cancer. It includes information about:
 16. **MedLine Plus:** <https://medlineplus.gov>
 - This website provides free medical information and is produced by the National Library of Medicine. It provides reliable, up-to-date health information about diseases, conditions, and wellness.
 17. **Oncolink:** <https://www.oncolink.org/>
 - This website provides information about specific types of cancer, updates on cancer treatments, news about research advances, and more.
 18. **Ontario Cancer Trials:** www.ontario.canadiancancertrials.ca
 - The Canadian Cancer Society and the Ontario Institute for Cancer Research worked together to set up this website. It allows you to search for cancer trials (research that patients take part in) taking place in Ontario treatment centres. You can also sign up for automatic trial updates.
 19. **Canadian Cancer Clinical Trials Network Navigator:**
<https://3ctn.ca/for-patients/clinical-trials-nav/>
 - Helps cancer patients search and connect to clinical trials they may be eligible for.

