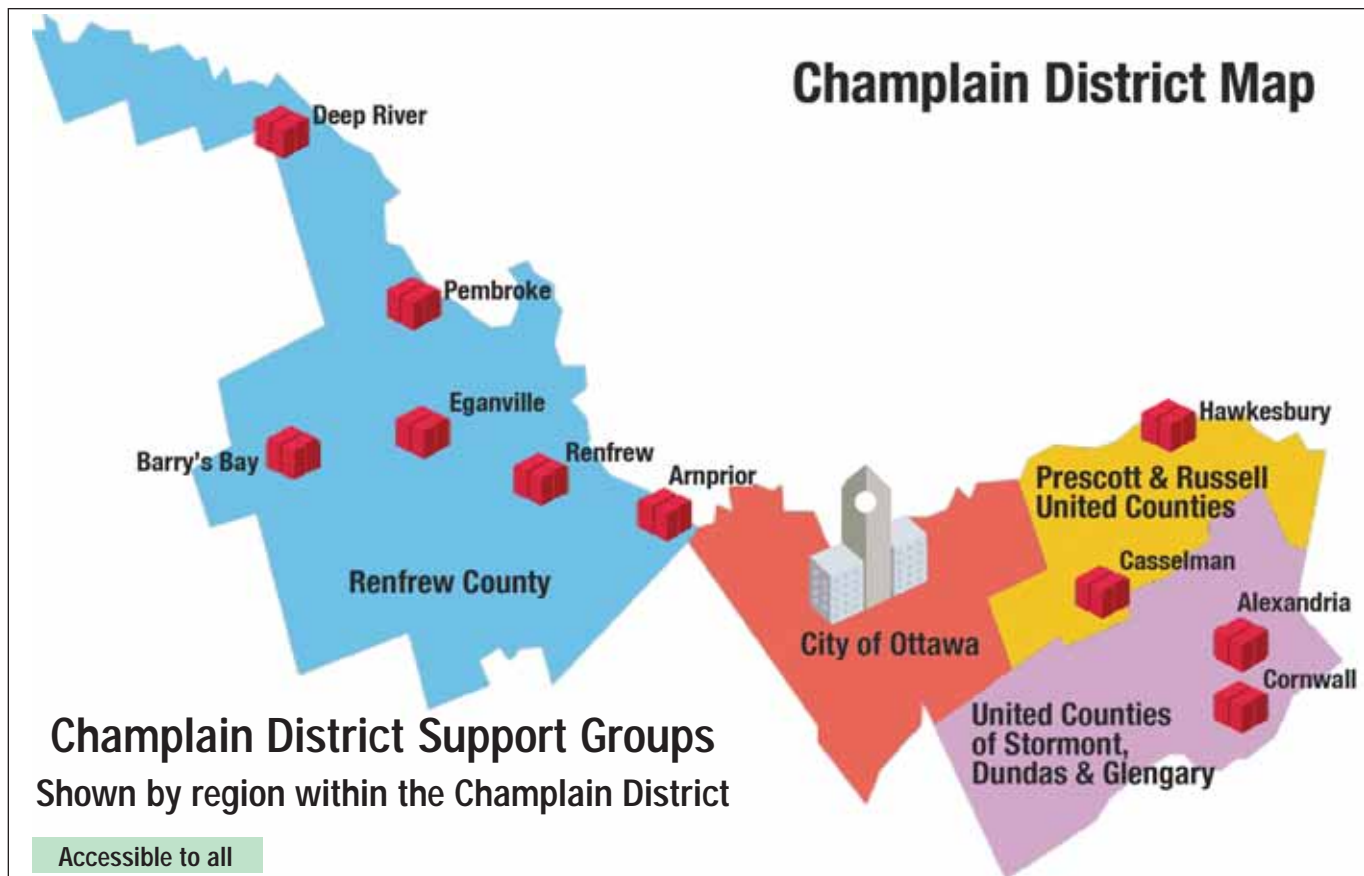


Support Groups and Cancer Information Services serving Eastern Ontario



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

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 – 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; www.thryvors.org. On-line support: groups.yahoo.com/group/thryvors

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

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

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

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 – 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

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

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; 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.
- 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

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

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, commu-

nity 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

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

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

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

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

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

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 2nd 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; www.colorectal-cancer.ca

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.friendsof hospiceottawa.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.
- 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
- www.ourbcsg.goldengraphics.ca

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, 3rd 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

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, 4th Floor, Ottawa
- Contact: 613-798-5555, ext. 13416, or by email at pmaser@ottawahospital.on.ca

Continued on page 30

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
- 8th 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
- 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

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

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

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.

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; www.bereavedfamilies.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, 2nd 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, 2nd floor, 205 Amelia Street, Cornwall
- Contact: Terry Armstrong, 613-932-3451; 1-800-267-1741

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; www.dundascountyhospice.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

Living Well with Cancer Support Group

- Winchester Support group for all disease sites. Bring a friend if you wish.
- Meets the 2nd Monday of the month at 7 p.m. - 8:30 p.m. Winchester United Church
- Contact: Linda Johnson, 613-774-2420 ext. 5155

If you would like your Support or Information Group mentioned in the next edition of Courage contact Davene Palvetzian, Ottawa Regional Cancer Foundation, (613) 247-3527