

Coping with Breast Cancer



PMH/MSH

Hospital and Community Resources

Funded by: The Princess Margaret Hospital
Patient Education Committee

Funded by: Mount Sinai Hospital
Marvelle Koffler Breast Centre

Patient Education

Improving Health Through Education



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 provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

© 2011 University Health Network. All rights reserved.

Author: Breast Cancer Social Work / Social Work Students

Created: 05/2006

Form: D-5157 (07/2011)



University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

How can this guide help me?

Your doctors will be talking with you about the best forms of treatment for you. Your health care team is here to answer any questions you may have. They are here to guide and support you and your family/caregivers.

Princess Margaret Hospital, Mount Sinai Hospital and your community have many services available for you and your family/caregivers. Information in this guide will help you make informed choices about your treatment, care and the services available to help you.

This guide is based on questions that patients, their families and caregivers often ask. The index at the end is a quick reference to each organization and service listed.

Table of Contents

How can this guide help me?2

Section

1. What if English is not my first language?.....	4
2. How can I find information about my type of cancer and treatment?.....	4
3. How will I cope with my emotions?.....	6
4. How will I cope with surgical treatment?.....	8
5. How will I cope with radiation treatment?	9
6. How will I cope with daily life after treatment?	9
7. How will I cope with advanced disease?.....	11
8. How can I manage the stress?.....	11
9. Are there support groups that can help?	13
10. What if my appearance changes?.....	15
11. What if I lose my hair?.....	15
12. How do I eat healthy during my treatment?.....	16
13. What if I have sexual concerns?	17
14. Who can help me at home with daily living?	17
15. What if I need transportation to my medical appointments?	19
16. What if I need medical equipment or supplies?.....	20
17. What if I need child care?	20
18. Where can I stay?.....	22
19. Is there financial help available if I cannot work?	23
20. What programs can help me pay for prescription drugs?	23
21. How can I find resources in my community?	24
22. Which books might be helpful?	24
23. Which Internet sites might be helpful?	26
24. Which tapes might be helpful?	28

1. What if English is not my first language?

University Health Network Interpretation Service

(416) 603-6400

- No fee

Interpretation services are available to non-English speaking patients of Princess Margaret Hospital.

Mount Sinai Cultural Interpreter Program

(416) 586-4800 Ext. 8200

- No fee

Interpretation services are available to non-English speaking patients of Mount Sinai Hospital.

Centre Medico-Social Communautaire

(416) 922-2672 Ext. 226

1-800-268-1697

- No fee

Call us if you are a French-speaking patient.

2. How can I find information about my type of cancer and treatment?

Patient and Family Library

Princess Margaret Hospital, Main Floor Atrium

(416) 946-4501 Ext. 5383

www.uhn.ca/pmh/services/resource_centres.asp?nav=1;1

- No fee
- Monday through Friday, from 9:00 a.m. to 4:00 p.m.
- Visit the website for information about events and programs

We offer health and cancer-related books, videos, and pamphlets for you and your family. Also, the Computer-based Patient Education Program provides you with information about your cancer. Volunteers are here to help.

Marville Koffler Breast Centre Resource Room

Mount Sinai Hospital

12th Floor, Room 1283

(416) 586-8799

www.mtsinai.on.ca/MKBC

- No fee
- Monday through Friday, from 8:00 a.m. to 4:30 p.m.

We offer pamphlets, newsletters, books and videotapes on breast health, breast disease and breast cancer. You will also find information on recent research studies, news releases, support services in the community and upcoming events. You can read here or sign out material at the front desk.

Willow Breast Cancer Support Canada

20 Victoria Street

Toronto, Ontario M5C 2N8

(416) 778-5000

1-888-778-3100 (toll-free information service)

www.willow.org

- No fee

We are breast cancer survivors who offer information and support to you and your family. We can also provide information about breast cancer community resources across Ontario.

Cancer Information Service

328 Mountain Park Avenue, 3rd Floor

Hamilton, Ontario L8V 4X2

1-888-939-3333 (toll-free information service)

www.cancer.ca

- No fee
- English and French
- Call us to have information mailed to your home

We will answer your questions about all types of cancer as well as community resources. We also offer access to the National Cancer Institute's computerized database (PDQ). You can use the database to learn about your cancer, new treatments, and clinical trials.

Ontario Breast Cancer Information Exchange Partnership (OBCIEP)

2075 Bayview Avenue

Toronto, Ontario M4N 3M5

(416) 480-5899

www.obciep.on

- No fee
- Subscribe to our semi-annual newsletter, Breast Cancer Info Exchange

We offer you, your family, and your medical team information about breast cancer. You can also visit our website to share and learn about information related to breast cancer activities and resources.

Canadian Breast Cancer Foundation

20 Victoria Street, 6th Floor

Toronto, Ontario M5C 2N8

(416) 815-1313

1-866-373-6313

www.cbcf.org

- No fee
- Call or mail us to receive information
- English and French Breast Examination “shower card”
- Spanish, Portuguese, Cantonese, Polish, Farsi, Finnish, and Greek “Easy Steps to Breast Self-Examination” pamphlet

We will send you a packet of information, including fact sheets on breast cancer and a handbook listing resources and services in the Toronto area.

3. How will I cope with my emotions?

When you are first diagnosed with cancer, it is normal to feel afraid, sad, angry, and numb (no feelings). These coping strategies might be helpful to you:

- **Emotional Support:** Share your feelings. Identify at least one person who will be your friend and support during this time. This may be your husband, partner, friend, brother or sister, parent, someone from your community, or a health professional.
- **Information:** Learn about your options so you can make informed decisions.
- **Time for Yourself:** While closeness with others is important at this time, you may also need time alone to focus on yourself and your feelings.

It is okay to talk to us about how you are feeling. We are here to help. The following services are available to assist you:

Breast Cancer Survivorship Program

Princess Margaret Hospital

(416)946-4501 Ext.2363

www.survivorship.ca

- No fee
- Call us for more information on support groups and education classes

The Breast Cancer Survivorship Program provides a warm, and welcoming environment for breast cancer survivors and your family members and friends. You will find support, meet other survivors, share valuable life stories and treatment experiences, and gain information that will help you throughout your cancer journey.

Psychosocial Support Program

Mount Sinai Hospital, 12th Floor
(416) 586-4800 Ext. 5201

- No fee
- Call us to arrange an appointment or for more information.

We believe psychosocial care is an integral part of cancer treatment. Our psychosocial support service team (social work, psychiatry and nursing) is available to provide help with your social, emotional, psychological and practical needs.

Psychosocial Oncology and Palliative Care

Princess Margaret Hospital, 16th Floor
(416) 946-4525

- No fee
- Call us to make an appointment or for more information

Psychosocial Oncology & Palliative Care supports oncology patients and their families to preserve their emotional well-being and improve their quality of life. We offer psychological treatment, supportive and palliative care, pastoral counselling, stress reduction, and relationship therapy.

The Healing Journey Program

Princess Margaret Hospital
(416) 946-2062

www.healingjourney.ca

- Fee; subsidy available
- Call us for registration information

Our program helps cancer patients and family members cope with the stress of cancer and its treatment. Dr. Alastair Cunningham, a psychologist, mind-body researcher, and cancer survivor, leads the sessions. There are 3 levels to this program: Coping with Cancer Stress, Skills for Healing, and Steps Towards a Spiritual Healing.

Relaxation Training

Princess Margaret Hospital
Occupational Therapy
(416) 946-4501 Ext. 5580

- No fee
- Call us to make an appointment or for more information
- Interpreters available upon request
- Family and friends are welcome

We help you manage the stress of cancer treatment.

Table of Plenty Program

Marvelle Koffler Breast Centre

Mount Sinai Hospital

(416) 586-8799

- No fee
- Call us to arrange an appointment

Our program was designed for women with breast cancer. We offer a variety of programs aimed at stress reduction and relaxation (e.g. yoga, therapeutic touch).

4. How will I cope with surgical treatment?

Canadian Cancer Society: Reach to Recovery

(416) 440-3330

1-888-939-3333

- No fee
- Confidential

We provide one-to-one visits from a trained visitor who has had breast surgery.

Functional Rehabilitation after Breast Surgery

Princess Margaret Hospital

Occupational Therapy: (416) 946-4501 Ext. 5580

Physiotherapy: (416) 946-4501 Ext. 4951

Mount Sinai Hospital

Department of Rehabilitation Medicine: (416) 586-4800 Ext. 8314

- No fee
- Call us to arrange an appointment

After breast surgery, if your arm isn't working or you have problems with healing, we can help. We offer one-to-one consultations on arm range of motion, strength, sensation, scar healing, and how to control swelling.

Your Body Image after Breast Surgery

Having surgery that removes the breast or changes the appearance of the breast may affect the way you think and feel about your body. And, a change in your body image can affect your feelings about yourself. If you are finding it hard to adapt to changes in your body after breast surgery, we can help. We offer one-to-one consultations on body image after breast surgery.

Princess Margaret Hospital
Occupational Therapy: (416) 946-4501 Ext. 5580
Social Work: (416) 946-4525

Mount Sinai Hospital
Social Work: (416) 586-4800 Ext. 5201

Personally Yours Boutique

Marvelle Koffler Breast Centre
Mount Sinai Hospital
12th Floor, at the main reception area
(416) 586-8709

We specialize in the needs of women who have experienced breast cancer. Professionally trained staff assists patients with breast prostheses and support garments.

Breast Prosthesis (artificial breast) Vendors' List

- Ask your nurse for a list or ask for a list of vendors from your local Cancer Society Unit in the phone book.

5. How will I cope with radiation treatment?

Information Session for Women Receiving Radiation Therapy for Breast Cancer

Princess Margaret Hospital
Radiation Services Level 2B-726 (Staff library near unit 5)
Clinical Educator: (416) 946-4648

- No fee
- Held twice a month on Wednesdays
- ½ hour sessions
- Family and friends are welcome
- Pick up information at the Patient & Family Library, Clinics and Reception Desks on levels 1B and 2B

6. How will I cope with daily life after treatment?

Thousands of women in Canada are living with a history of breast cancer. You've been through a tough period, but now is the time for healing and restoring your health. You are not alone.

The following programs are available to assist you with returning to your everyday life:

Breast Cancer Survivorship Program

Princess Margaret Hospital

(416) 946-4501 Ext.2363

www.survivorship.ca

- No fee
- Call us for more information on support groups and education classes

The Breast Cancer Survivorship Program provides a warm, and welcoming environment for breast cancer survivors and your family members and friends. You will find support, meet other survivors, share valuable life stories and treatment experiences, and gain information that will help you throughout your cancer journey.

Psychosocial Support Program

Mount Sinai Hospital, 12th floor

(416) 586-4800 Ext. 5201

- No fee
- Ask your doctor or nurse to make an appointment for you

We believe psychosocial care is an integral part of cancer treatment. Our psychosocial support service team (social work, psychiatry and nursing) is available to provide help with your social, emotional, psychological and practical needs.

Psychosocial Oncology and Palliative Care

Princess Margaret Hospital

(416) 946-4525

- No fee
- Call us to make an appointment or for more information

Psychosocial Oncology & Palliative Care supports oncology patients and their families to preserve their emotional well-being and improve their quality of life. We offer psychological treatment, supportive and palliative care, pastoral counselling, stress reduction, and relationship therapy.

Taking Charge: Healthy LIFeStyle Choices After Breast Cancer

Marvelle Koffler Breast Centre

Mount Sinai Hospital

(416) 586-4800 Ext. 5190

- No fee
- Call us to register

A 4-session group for women completing active treatment. Focus is education on nutritional and physical activities and strategies to improve overall health.

7. How will I cope with advanced disease?

Palliative Care Community Resources

Princess Margaret Hospital
Social Work: (416) 946-4525

Mount Sinai Hospital
Social Work: (416) 586-4800 Ext.5201

We know who can help if you choose to remain at home (e.g. hospice care) or stay in the hospital (e.g. palliative care units).

Psychosocial Oncology and Palliative Care

Princess Margaret Hospital
(416) 946-2135

- No fee
- Ask your doctor or nurse for a referral
- Call us for more information

We can co-ordinate services in your community and help you manage pain and other symptoms.

Temmy Latner Centre for Palliative Care

Mount Sinai Hospital
(416) 586-4800 Ext. 7884

- No fee
- We are dedicated to improving your quality of life.

8. How can I manage the stress?

It is okay to talk to us about how you are feeling. We are here to help. The following services are available to assist you:

Breast Cancer Survivorship Program

Princess Margaret Hospital
(416) 946-4501 Ext.2363

www.survivorship.ca

- No fee
- Call us for more information on support groups and education classes

The Breast Cancer Survivorship Program provides a warm, and welcoming environment for breast cancer survivors and your family members and friends. You will find support, meet other survivors, share valuable life stories and treatment experiences, and gain information that will help you throughout your cancer journey.

The Healing Journey Program

© 2011 University Health Network. All rights reserved.

Princess Margaret Hospital
(416) 946-2062

www.healingjourney.ca

- Fee; subsidy available
- Call us for registration information

Our program helps cancer patients and family members cope with the stress of cancer and its treatment. Dr. Alastair Cunningham, a psychologist, mind-body researcher, and cancer survivor, leads sessions. There are 3 levels to this program: Coping with Cancer Stress, Skills for Healing, and Steps Towards a Spiritual Healing.

Psychosocial Support Program

Mount Sinai Hospital, 12th Floor
(416) 586-4800 Ext.5201

- No fee
- Call us to make an appointment or for more information

We believe psychosocial care is an integral part of cancer treatment. Our psychosocial support service team (social work, psychiatry and nursing) is available to provide help with your social, emotional, psychological and practical needs.

Psychosocial Oncology and Palliative Care

Princess Margaret Hospital, 16th Floor
(416) 946-4525

- No fee
- Call us to make an appointment or more information

Psychosocial Oncology & Palliative Care supports oncology patients and their families to preserve their emotional well-being and improve their quality of life. We offer psychological treatment, supportive and palliative care, pastoral counselling, stress reduction, and relationship therapy.

Relaxation Training

Princess Margaret Hospital
Occupational Therapy: (416) 946-4501 Ext. 5580

- No fee
- Call us to make an appointment or for more information
- Family and friends are welcome

We help you manage stress from treatment.

Mindfulness-Based Stress Reduction Program

Princess Margaret Hospital

(416) 946-4525

- Fee
- Call us to register or for more information
- 1-hour orientation session required
- 2 hours a week for 8 weeks

We focus on relaxation, stretching and meditation techniques to reduce tension and distress.

Dorothy C. Madgett Physiotherapy and Relaxation Clinic

123 Edward Street, Suite 1124

Toronto, Ontario M5G 1E2

(416) 340-7070

- Registration fee
- Monday through Thursday, from 9:45 a.m. to 7:30 p.m.
- 12-week relaxation training program, 90-minute classes twice a week

9. Are there support groups that can help?

Breast Cancer Survivorship Program

Princess Margaret Hospital

(416) 946-4501 Ext.2363

www.survivorship.ca

- No fee
- Call us for more information on support groups and education classes

The Breast Cancer Survivorship Program provides a warm, and welcoming environment for breast cancer survivors and your family members and friends. You will find support, meet other survivors, share valuable life stories and treatment experiences, and gain information that will help you throughout your cancer journey.

Willow Breast Cancer Support Canada

20 Victoria Street

Toronto, Ontario M5C 2N8

(416) 778-5000

1-888-778-3100

www.willow.org

- No fee
- English and other languages

We know cancer survivors who can help. Please call us and ask for the Guide to the Breast Cancer Galaxy of Support, or visit the Peer Support section on our website.

Wellspring

The Coach House
81 Wellesley Street East
Toronto, Ontario M4Y 1H6
(416) 961-1928
www.wellspring.ca

Sunnybrook: (416) 480-4440
Halton-Peel: (905) 257-1988
Niagara: (905) 684-7619
London: (519) 438-7379

- No fee
- Contact reception for dates and times
- Support groups for children and adults

We offer a variety of classes on coping. Our Information Exchange Board has notices about programs and events across the Greater Toronto Area.

Gilda's Club Greater Toronto

110 Lombard Street
Toronto, Ontario M5C 1M3
(416) 214-9898
www.gildasclubtoronto.org

- No fee
- Families and friends are welcome

We support men, women, and children being treated for cancer.
We also offer books, pamphlets, magazines, tapes and videos.

Canadian Cancer Society

Metropolitan Toronto Region
20 Holly Street, Suite 200
Toronto, Ontario M4S 3B1
(416) 440-3330
1-888-939-3333
www.cancer.ca

- No fee
- Visit our website or your local Canadian Cancer Society Unit for more information

Breast Cancer Support Services (BCSS)

(905) 634-2333 (24 hr. voicemail)

1-800-465-1902 (toll-free)

www.breastcancersupport.org

- No fee
- Call us for a location near you
- Support groups meet once a month

We are the support centre in the Hamilton and Halton area dealing with breast cancer.

10. What if my appearance changes?

Look Good...Feel Better Program

Princess Margaret Hospital

3rd Floor, Room 642

(416) 946-2075

- No fee
- Call us to register
- Wednesday mornings and Thursday afternoons
- 2-hour workshops

Look Good...Feel Better Program

Mount Sinai Hospital

12th Floor, North

(416) 586-4800 Ext.5369

- No fee
- Call us to register
- 3rd Tuesday of the month
- 2-hour workshops

For programs located outside the GTA, please call 1-800-914-5665.

11. What if I lose my hair?

The Wig Salon

Princess Margaret Hospital

3rd Floor, Room 642

(416) 946-6596

- Fee
- Call us for a free, private consultation
- English speaking

We have a large selection of wigs and headwear. Your private consultation with a certified wig specialist will include colour, style and custom shaping.

Wig/Head Wear List

© 2011 University Health Network. All rights reserved.

Princess Margaret Hospital
(416) 946-4525
Mount Sinai Hospital
(416) 586-4800 Ext.5201

The list lets you know where to get wigs and headwear. Also included are suggestions for coping with temporary hair loss.

The Princess Margaret Hospital Lodge Wig Boutique

545 Jarvis Street
Toronto, Ontario M4Y 2H8
(416) 413-7412

www.pmhlodge.org

- No fee
- Call us to make an appointment (evening appointments available)

We are a volunteer-run program that offers attractive used wigs and turbans free of charge.

12. How do I eat healthy during my treatment?

A Nutrition Guide for Women with Breast Cancer Booklet

www.cancer.ca

- No fee
- Available at the Patient and Family Library at Princess Margaret Hospital or the Marvella Koffler Resource Centre at Mount Sinai Hospital
- Also available at your local Canadian Cancer Society unit

Personal Nutritional Counseling

Princess Margaret Hospital, Dietitian
(416) 946-4501 Ext. 5343
Mount Sinai Hospital, Dietitian
(416) 586-4800 Ext. 5024

We can help you eat healthy during your treatment. We can suggest ways to help you to cope with treatment symptoms such as nausea. We can offer ideas on how to supplement your diet with vitamins and minerals.

13. What if I have sexual concerns?

Sexuality is an important part of our everyday lives. Feelings about sexuality affect our zest for living, our self-image and our relationships with others. Paying attention to both your emotional and physical recovery will help you maintain your sexual health.

It is normal for people with cancer to lose interest in sex. After an illness, a couple needs to plan relaxed time together and start their lovemaking slowly. Good communication with your partner is the best way to start having sex again. Also, your thoughts can make a sexual experience good or bad. Be more aware of what you tell yourself about how sexy you are. For each negative thought you have, find a positive one to counteract it. If you are concerned about your sexual health, the following programs can help you:

Psychosocial Support Program

Mount Sinai Hospital, 12th Floor
(416) 586-4800 Ext. 5201

- No fee
- Call to make an appointment or for more information

Psychosocial Oncology and Palliative Care

Princess Margaret Hospital, 16th Floor
(416) 946-4525

- No fee
- Call us to make an appointment or for more information.

14. Who can help me at home with daily living?

Ontario Association of CCAC

(416) 750-1720

www.oaccaclon.ca

This association can tell you where your nearest CCACs (Community Care Access Centre) is.

Community Care Access Centre (CCAC)

- No fee (if eligible)
- Co-ordinators available 24-hours a day
- We make home visits

Home Care Divisions:

- Durham Region CCAC 1-800-668-5835
- Scarborough CCAC (416) 750-2444
- East York CACC (416) 423-3559
- Toronto CACC (416) 506-9888
- Etobicoke CACC (416) 626-2222
- York (City of) CACC (416) 780-1919
- North York CACC (416) 222-2241
- Peel Region CCAC (905) 796-0040
- York Region CCAC (905) 895-1240
1-888-470-2222

The Home Care Division of CCAC gives you the health and personal support services you need to live independently in your home. Anyone can make a referral to the Program. Once a referral is made, a CCAC Co-ordinator will speak with you, your family, and your doctor to find out if the Home Care Program can meet your needs.

Professional staff (for example: nurses, social workers, physiotherapists, occupational therapists, dieticians) and/or personal support workers may visit you in your home. The services provided will be adjusted to meet your changing needs. The Home Care Program only provides a limited number of hours of service.

Community INTERLINK Program

Princess Margaret Hospital, 16th floor
(416) 946-4590

- No fee
- Please note these nurses do not offer direct nursing care
- Will make home visits
- Toronto area only

Our experienced cancer nurses teach you how to be more comfortable and independent. We also link you with hospital and community services.

Personal Medical Alarm and Telephone Systems

First Call: (416) 322-7781

Homelink Response Systems Inc: (905) 764-8187

Life Call: 1-800-661-5433

Lifeline: 1-800-543-3546

- Fee
- Immediate help

We provide medical alarm and telephone systems for emergency situations.

Managing Activities of Daily Living

© 2011 University Health Network. All rights reserved.

Princess Margaret Hospital
Occupational Therapy
(416) 946-4501 Ext. 5580

- No fee
- Call us to make an appointment
- Interpreters available upon request

We can help you with managing your daily needs in self-care, work and free time. This may include suggestions about techniques or equipment.

15. What if I need transportation to my medical appointments?

Transportation Service

Canadian Cancer Society
1-888-939-3333

www.cancer.ca

- No fee
- Ask your local Canadian Cancer Society to arrange for transportation
- 4 days notice required

We transport patients to and from treatment centers in Ontario. Volunteers operate this service.

Canadian Red Cross Society

(905) 890-1000

www.redcross.ca

- Call us for an office near you

We provide vans and volunteer drivers to transport patients to and from medical appointments. This service is for those who have a financial need.

Disabled Parking Permits

Ministry of Transportation

(416) 235-4686

1-800-268-4686

www.mto.gov.on.ca/english.index.html

- Ask for an application

Call the Ministry of Transportation or ask your social worker for an application. Please complete section 1 and have your doctor complete section 2. Mail your application to:

Ministry of Transportation
P.O. Box 9800
Kingston, Ontario K7L 5N8

If you have any problems with transportation to and from medical appointments, please speak to your hospital social worker:

Princess Margaret Hospital
Social Work: (416) 946-4525

Mount Sinai Hospital
Social Work: (416) 586-4800 Ext.5201

16. What if I need medical equipment or supplies?

Canadian Red Cross Society
(905) 890-1000
www.redcross.ca

- Fee
- Call us for an office near you
- Equipment can be rented for up to 3 months

We rent wheelchairs, walkers, commodes, raised toilet seats, bath seats, canes and crutches to patients at a reduced rate.

Other Resources

If you qualify, you can get equipment and supplies through your local Community Care Access Centre (see Index). Or, check in the yellow pages for a medical supply company in your area. Some private insurance plans cover the cost or partial cost of equipment and medical supplies. Check your own plan's coverage before you buy.

17. What if I need child care?

During your illness and treatment, you may need help with caring for your child or children. It is important that you and your child feel comfortable with the caregiving skills of the person you choose.

Child care in the City of Toronto is available in over 800 licensed child care centres and through 23 licensed private home care agencies working with over 2,000 approved home care providers. Children served in licensed child care settings range from infant to school age. Day care centres provide out-of-home group care for children. Home child care is provided in a family-like setting.

City of Toronto Children's Services

(416) 392-5437

www.toronto.ca/children

- Call us for day care providers near you

Subsidies For Daycare Centres and Home Child Care

Municipality of Metropolitan Toronto Kid's Line

416-392-KIDS (416-392-5437)

- Ask for an application to apply for a subsidy

The cost of some child care is partly paid by government to help lower income parents. Parents can use these subsidies at any licensed day care centre or home childcare agency that has an agreement with City of Toronto. Subsidies are based on financial need and are available on a first come, first served basis. Apply for a subsidy as soon as you know you will need child care.

To apply for a subsidy, contact the Kids Line or the municipal office closest to you:

- Toronto Community Children's Services Office
(416) 397-1445
- North York Community Children's Services Office
(416) 392-3300
- Etobicoke Community Children's Services Office
(416) 392-5610 or (416) 392-5615
- Scarborough Community Children's Services Office
(416) 397-7935
- York Community Children's Services Office
(416) 392-3314

Magic Castle

Princess Margaret Hospital, Main Floor

(416) 946-4501 Ext. 5157

- No fee
- Monday through Friday, from 9:00 a.m. to 4:00 p.m.
- Reservations required for children under 2 years of age
- Call us for registration information

We offer childcare when you have appointments and treatments at Princess Margaret Hospital. Unlike a typical daycare service, we provide care and support to children whose lives have been touched by cancer. We support children in a fun, caring and safe environment. Children express themselves through play and creativity, making the Magic Castle their own safe place. Reservations recommended for all children.

VHA Home Healthcare

(416) 489-2500

- Fee; subsidies available
- Days, weekends, evenings and overnight
- Call us for more information

We offer in-home nursing, attendant and palliative care, personal support services, homemaking, family and child care, caregiver and emergency child care.

Other Resources

Your local Community Information Centre can tell you where agencies in your community that may provide childcare are located (see Index). Some of these agencies have subsidized rates for those in financial need. Community hospices programs may also provide some child care assistance.

Information about child care centres in your community is also available through:

- Yellow pages of the telephone directory under “Child Care” or “Day Care”
- Newspaper ads, bulletin boards
- Local offices of the Ministry of Community, Family and Children’s Services
- Community information centres, child care resource centres, libraries, churches
- The human resources department at work
- Friends, neighbours, relatives, co-workers

18. Where can I stay?

The Princess Margaret Hospital Lodge

545 Jarvis Street

Toronto, Ontario M4Y 2H8

(416) 413-7412

www.pmhlodge.org

- Fee
- 24-hours
- Call us for reservations

We offer a place for you to stay if you are undergoing treatment, can take care of yourself and live outside of Toronto, or have difficulties traveling daily to and from appointments. We have nurses on staff 24-hours a day. We provide meals and shuttle bus service to and from Princess Margaret Hospital. Our other programs include education, relaxation, support and supervision. Reflexology and massage are also offered for a fee. If space permits, a support person (e.g. your spouse, partner, relative) can stay in the Lodge for a daily fee.

Princess Margaret Hospital

Social Work: (416) 946-4525

We offer a list of close and affordable places to stay.

Mount Sinai Hospital

Social Work: (416) 586-4800 Ext.5201

We will help you arrange a place for you and your family to stay.

19. Is there financial help available if I cannot work?

If you are not able to work because of your illness or a loved one's illness, one of these programs may be able to help you:

- Work Related Benefits
- Employment Insurance (EI) Sick Benefits
- Employment Insurance (EI) Compassionate Care Benefits
- Canada Pension Plan (CPP) Disability Benefits
- Ontario Works (OW)
- Ontario Disability Support Program (ODSP)

Your hospital social worker has information about these programs and can help you arrange income assistance during your illness.

Mount Sinai Hospital

Social Work: (416) 586-4800 Ext.5201

Princess Margaret Hospital

Social Work: (416) 946-4525

20. What programs can help me pay for prescription drugs?

There are several programs that can help you with the costs of prescription drugs:

- Work Related Benefits
 - Ontario Drug Benefit (ODB) Program
 - Trillium Drug Program
- (www.gov.ca/MOH/english/pub/drugs/trillium/html)

Your hospital social worker has information about these programs and can help you arrange drug coverage assistance during your illness.

Mount Sinai Hospital

Social Work: (416) 586-4800 Ext.5201

Princess Margaret Hospital

Social Work: (416) 946-4525

21. How can I find resources in my community?

Community Information Centres (CIC) have information on a wide range of community and social services in particular areas. To find your local CIC, contact:

InformOntario

c/o Community Connection

PO Box 683, Collingwood L9Y 4E8

(705) 444-0040 ext 226

Email: info@informontario.on.ca

<http://www.informontario.on.ca/list.htm>

22. Which books might be helpful?

The views expressed in these resources reflect the opinions of the authors, and not necessarily those of your physician or health care team.

Libraries

Princess Margaret Hospital

Breast Cancer Resource Room (Breast Centre, 2nd floor, North Clinic)

Mount Sinai Hospital

Breast Centre Resource Room (Marvelle Koffler Centre, 12th Floor)

Visit us for breast cancer-related books, pamphlets, videos and a breast cancer CD-ROM.

Information on Breast Cancer

- Engel, J. *The Complete Breast Book*. Toronto: Key Porter Books, 1996.
- Love, S. and Lindsay, K. *Dr. Susan Love's Breast Book*. 3rd Edition. New York: Perseus, 2000.
- Olivotto, I., Gelmon, K., and McCready, D. *Breast Cancer: All You Need to Know to Take an Active Part in Your Treatment*. 4th Edition. Vancouver: Intelligent Patient Guide Ltd., 2006.
- Oncology Interactive Series, *Understanding Breast Cancer: General Level*. Jack Digital Productions Inc., 2000.

Information on Complementary Therapies

- Canadian Medical Association. *A Patient's Guide to Choosing Unconventional Therapies*. Canadian Medical Association Journal, 1998.
- Labriola, D. *Complementary Cancer Therapies: Combining Traditional and Non-Traditional Therapies*. Prima, 1999.
- Lerner, M. *Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer*. Cambridge: The MIT Press, 1994.
- Ontario Breast Cancer Information Exchange Partnership. *A Guide to Unconventional Cancer Therapies*. Toronto: Ontario Breast Cancer Information Exchange Partnership, 1996. A Guide to Unconventional Cancer Therapies can be ordered by letter, phone or fax through:
R & R Bookbar
14800 Yonge Street, Unit 106
Aurora, Ontario, L4G 1N3
(905) 727-3300
Fax: 905-727-2620

Self-Help Information

- Babcock, Elise. *When Life Becomes Precious: a Guide for Loved Ones and Friends of Cancer Patients*. New York: Bantam, 1997.
- Cunningham, A. *The Healing Journey: Overcoming the Crisis of Cancer*. Toronto: Key Porter Books, 1992.
- Cunningham, A. *The Cancer Patient's Self-Help Workbook*. Toronto: The Ontario Cancer Institute, 1994.

The Cancer Patient's Self-Help Workbook comes with relaxation tapes in the Helping Yourself Kit. Order the Kit for \$8.65 plus shipping and handling, by sending a written request to:

Canadian Cancer Society
ATTN: Mary Turner
10 Alcorn Avenue, Suite 200
Toronto, Ontario M4V 3B1

- Dollinger, M., Rosenbaum, E., and Cable, G. *Everyone's Guide to Cancer Therapy*. Kansas City: Somerville House Books Limited, 1997.
- Harpham, Wendy, M.D. *When a Parent has Cancer: A Guide to Caring for Your Children*. New York: Harper Collins, 1997.

- Hamilton, Joan. *When A Parent is Sick*. Toronto: Pottersfield Press, 2001.
- Hasselback, R. (Ed). *Everyone's Guide to Cancer Therapy*. Toronto: Somerville House Books Limited, 1992.
- Morra, M., and Potts E. *Choices*. New York: Avon Books 1994.

Personal Stories

- Canfield, J., Hansen, M.V., Aubery, P., and Mitchell, N. *Chicken Soup for the Surviving Soul: 101 Stories of Courage and Inspiration from Those Who Have Survived Cancer*. Deerfield Beach, Florida: Health Communications Inc., 1996.
- Harpham, Wendy, M.D. *After Cancer: A Guide to Your New Life*. New York, NY: Harper Perennial, 1995.
- Hoffman, B. *A Cancer Survivor's Almanac: Charting Your Journey*. Minneapolis, NM: Chronimed Publishing, 1998.
- MacPhee, R. *Picasso's Woman*. Vancouver: Douglas and McIntyre, 1994.
- Rogers, G. *My Left Breast: An Unusual Film About Breast Cancer*. Pope Productions, 2000.
- Schimmel, Selma, and Fox, Barry. *Cancer Talk*. New York: Broadway Books, 1999.
- Tocher, M. *How To Ride A Dragon: Women With Breast Cancer Tell Their Stories*. Toronto: Key Porter Books, 2002.
- Williams, P. *That Other Place: A Personal Account of Breast Cancer*. Toronto: Dundurn Press, 1993.

23. Which Internet sites might be helpful?

The views expressed in these websites reflect the opinions of the authors, and not necessarily those of your physician or health care team.

Breast Cancer Action

www.bcaott.ca

We are Canadian cancer survivors who inform, educate and support women and men living with breast cancer, their families and the community.

Breast Cancer Society of Canada

www.bcsc.ca

Our volunteers raise money for Canadian breast cancer research. Our website includes information about breast health, news and events.

Canadian Breast Cancer Network

www.cbcn.ca

A survivor-directed, national network of organizations and individuals, providing a national link between all groups and individuals concerned about breast cancer.

Canadian Breast Cancer Research Initiative (CBCRI)

www.breast.cancer.ca

We encourage and support research on breast cancer.

Canadian Cancer Society

www.cancer.ca

We are a private non-profit organization who funds cancer research and provides community services to help people living with cancer and their families and friends.

Cancer Advocacy Coalition of Canada (CACC)

www.canceradvocacycoalition.com

We are Canada's only grassroots organization dedicated to promoting better Cancer Care.

Living with Metastatic Breast Cancer

www.tsrcc.on.ca/metastatic/

Our online guide offers resources about metastatic breast cancer. Our website was developed by the Ontario Breast Cancer Information Exchange Partnership (OBCIEP).

Ontario Breast Cancer Information Exchange Partnership (OBCIEP)

www.obciep.ca

Visit our website for information about OBCIEP and their activities, as well as what others are doing to improve access to breast cancer information resources. Our community bulletin boards invite visitor to exchange information about breast cancer information activities, programs and materials.

Ontario Breast Screening Program

www.cancercare.on.ca/obsp/

Available to women aged 50 and over. Visit our site for details.

Willow Breast Cancer Support and Resource Services

www.willow.org

As well as other resources for you and your family, our site has a link to Willow's "Coping With Your Cancer When You Have Breast Cancer" resource guide.

University Health Network

www.uhn.ca/patient

Information on breast cancer is available in the Health Information section.

24. Which tapes might be helpful?

The views expressed in these tapes reflect the opinions of the authors, and not necessarily those of your physician or health care team.

Voices in the Night: A series of six audiotapes created to bring comfort, emotional and practical support to people living with cancer, their family and friends. Part 1 (2 audio cassettes, 2 hours, 1993) focuses on dealing with a diagnosis. Part 2 (2 audiocassettes, 2.15 hours, 1994) focuses on issues arising during the time of treatment, including making treatment choices. And, Part 3 (6 audiocassettes, 5 hours, 1995) includes conversations with over 150 health caregivers and breast cancer survivors. Five tapes are addressed to patients and one tape is intended for partners/spouses.

To order *Voices in the Night*, call or write us at:

Voices in the Night, Inc.

1-800-268-0009 (toll-free)

Fax: 1-204-885-5357

P.O. Box 24059

1853 Grant Avenue

Winnipeg, Manitoba

Canada R3N 2B1