



Post-Treatment Resources

Cancer Information

Canadian Cancer Society Publications

- [What is breast cancer?](#)
- [Exercises after breast surgery](#)
- [Understanding Treatment for Breast Cancer](#)
- [Breast cancer: Understanding your diagnosis](#)

Recovery & Wellness Support through UHN

Cancer Rehabilitation & Survivorship (Part of UHN)

Founded in 2005, the Cancer Rehabilitation & Survivorship (formerly called Cancer Survivorship) Program was created to provide comprehensive on-going care to cancer survivors. They provide the opportunity to conduct translational research to inform clinical survivorship care. This platform specifically focuses on examining new approaches to predict prevent and manage long-term adverse effects of cancer and its treatment and evaluating innovative models of follow-up care and support.

- [Learn about Cancer Rehabilitation & Survivorship \[opens in new window\]](#)

ELLICSR Kitchen (Offered Online)

The ELLICSR Kitchen Program can be accessed online or in person. It is designed to support people touched by cancer by hosting a series of dynamic healthy cooking demonstrations.

- [Learn about the ELLICSR Kitchen Program \[opens in new window\]](#)

Exercise for Health - An Exercise Guide for Breast Cancer Survivors

Exercise guidebook designed for women with breast cancer who have completed treatment and are otherwise healthy as verified by their doctor.

- [Read Exercise for Health - An Exercise Guide for Breast Cancer Survivors \[PDF, opens in new window\]](#) »

Healing Beyond the Body (HBB)

Healing Beyond the Body (HBB) is now available virtually. HBB volunteers can connect with any patient or caregiver receiving care at the Princess Margaret Cancer Centre. Volunteers are specially trained to offer emotional support, and casual conversation to distract and keep you company, especially during this isolating time. They can also help navigate the many resources available through UHN and in the community, and offer a regular check-in conversation that is mutually scheduled between the patient/caregiver and volunteer. HBB volunteers can also connect in some languages other than English to provide people an opportunity to connect in their native language. You can self-refer by emailing hbb.volunteers@uhn.ca or calling 416 946 2000 ext. 3311 directly with your name and contact information or MRN.

- [Learn more about Healing Beyond the Body \[opens in new window\]](#)

Community Professional Support (Offered Online/By Phone During COVID-19)

Gilda's Club Greater Toronto

Gilda's Club is a place where anyone touched by cancer can become part of a welcoming community of support. Membership and all programs are offered at no charge. Gilda's Club offers a specific support group for patients that are recovering from their cancer treatments. This group may touch upon such topics as: the impact of cancer on your relationships, emotions, long-term side effects from treatment, and how to decrease stress. Gilda's Club also offers many other complementary programs for caregivers and children, as well as therapeutic writing groups and healthy lifestyle activities like cooking programs, mindfulness, and yoga.

- [Visit the Gilda's Club Toronto site \[opens in new window\]](#)

Wellspring

Wellspring is a network of community-based support centres offering programs and services that meet the emotional, social, practical, and restorative needs of people living with cancer and those who care for them. Wellspring programs are offered free of charge. Wellspring offers many programs that are supportive to your treatment recovery, like back-to-work education and cancer transition coaching. Wellspring offers a range of other programs that are also open to caregivers, such as Meditation, Tai Chi, and Yoga.

- [Visit the Wellspring site \[opens in new window\]](#)

Hearth Place

This program serves the Durham region. They offer robust support group, emotional wellness, and lifestyle wellness programs for your post-treatment recovery. They offer programs that support challenges like brain fog and lymphedema, as well as a support group for those one-year out of cancer treatment. They are also able to offer peer support and individual counselling.

- [Visit the Hearth Place site \[opens in new window\]](#)

Mindfulness-Based Programs (Many Offered Online)

These 4-8 week community programs aim to help people manage stress, including opportunities for chronic health conditions, pain, or specifically for women.

- [Read about mindfulness-based programs in Toronto \[PDF, opens in new window\]](#)

CancerCare

CancerCare is an American organization that offers free online support groups. Online support groups take place using a password-protected message board format (not live chat) and are led by oncology social workers who offer support and guidance. They have a wide range of groups for caregivers.

- [Visit the CancerCare site \[opens in new window\]](#)

Women in Strength - Support Group

Women in Strength is a peer support group for women affected by breast cancer led by a trained facilitator. This program provides a safe place where women can explore the many emotional, social and practical challenges of coping with a breast cancer diagnosis.

Members give and receive support and discover strength, hope and comfort in the company of those who share a similar journey.

- [Visit the Women in Strength website \[opens in a new window\]](#)

Peer Support (Offered Online/By Phone During COVID-19)

Canadian Cancer Society Peer Support

This is a free and confidential online service for adults 18 years and older who have been diagnosed with cancer or who are caring for someone with cancer.

- [Visit the Canadian Cancer Society Peer Support site \[opens in new window\]](#)

Resources for Young Adults with Cancer

Rethink Breast Cancer

Not your average charity, Rethink educates, empowers and advocates for people worldwide who are affected by breast cancer through boldfaced campaigns, content, programs and resources.

- [Visit Rethink Breast Cancer \(opens in new window\)](#) »

Young Adult Cancer Canada (YACC)

YACC's mission is to support young adults as they live with, through, and beyond cancer. YACC strives to be a connection to peers, bridge out of isolation, and source of inspiration. YACC hosts digital, local, and national programs

- [Visit Young Adult Cancer Canada to learn about available programs \(opens in new window\)](#) »

Pink Pearl Canada

Pink Pearl Canada is a community-oriented charitable organization that provides support, facilitates connections and empowers young women who are courageously overcoming the social and emotional challenges of being diagnosed with cancer across Canada.

- [Visit Pink Pearl Foundation \(opens in new window\)](#) »

Gilda's Club - 20s and 30s Support Group

An 8-week group for people from 18 to 39 who are living with or after a cancer diagnosis. This group welcomes individuals who have been newly diagnosed or who are up to 5 years post-treatment. Topics in this group may discuss include: fear of recurrence, relationships, emotional health, transitioning, sex and sexuality, side effect management, navigating healthcare systems, and more.

- [Learn more about the 20s and 30s Support Group \(opens in new window\)](#) »

PYNK

PYNK is the first program of its kind in Canada to address the special clinical, psychological, research and educational needs of younger women with breast cancer. The patients in PYNK and their families receive a continuum of care from the time of referral (which is often right after their diagnosis) through treatment and follow-up. The needs of each woman and her family are assessed by the PYNK nurse coordinator who helps navigate patients through the process of treatment and recovery.

- [Learn more about PYNK \(opens in a new window\)](#) »

Resources for 2SLGBTQIA+ (Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual) Patients

Sherbourne Health Centre

Works with the people from diverse urban communities to promote wellness and provide innovative primary health care services that are welcoming, inclusive, and accessible. Services include: primary care, chronic disease management, health promotion, education, research, community development and outreach, advocacy, and complimentary and alternative therapies.

- [Visit the Sherbourne Health Centre website \[opens in a new window\]](#) »

Resources for Black, Indigenous and People of Colour (BIPOC) Patients

Uncovered: A Breast Recognition Project

Uncovered: A Breast Recognition Project is a new resource that focuses on the breast cancer experience of Black women. Through powerful imagery and real women's stories, it shines a light on the physical and emotional scars of breast cancer. Uncovered was created in collaboration with Michelle Audoin and developed in response to the significant underrepresentation of, and lack of support for, Black women and women of colour in the breast cancer community.

- [Visit Uncovered: A Breast Recognition Project \[opens in new window\]](#) »

The Olive Branch of Hope (TOBOH) - Cancer Support Services

The Olive Branch of Hope is a non-profit charitable organization founded in 2001 by breast cancer survivors to provide support and promote awareness of breast cancer in women with a particular focus on "Women of African Ancestry". Their services are designed to meet the needs of women diagnosed with breast cancer to help them cope with the many emotional, social, physical, and spiritual effects of the disease.

- [Visit The Olive Branch of Hope \(TOBOH\) \[opens in a new window\]](#) »

Every Breast Counts

This webpage was created for Black women, by Black women, with input from clinicians, scientists and researchers in the breast cancer space. The intent is to summarize important information around risk factors for breast cancer and how they present differently for Black women based on the research that we do know.

- [Visit Every Breast Counts website \[opens in a new window\]](#) »

Restorative Adventures

Cottage Dreams

The Cottage Dreams Cancer Recovery Initiative offers cancer survivors the opportunity to spend a week at a donated cottage with their friends and family, allowing them to reflect and celebrate their recovery.

Eligibility: Canadian residents of all ages and cancer types who have completed their treatment at least two years before their Cottage Dreams getaway.

- [Read more about Cottage Dreams \[opens in new window\]](#) »

Melanie's Way

Melanie's way is an organization that grants wishes to young women under 45 diagnosed with a metastatic or relapsed cancer. Wishes have included family trips to Disney or a couple's trip to a romantic resort.

- [Learn about Melanie's Way \[opens in new window\]](#) »

On the Tip of the Toes Foundation / Sur la pointes des pieds

On the Tip of the Toes provides therapeutic adventure expeditions for young people ages 14 to 18 and those ages 19 to 29 (occasionally those in their early 30s may be accepted) to help regain their well-being. Each expedition will accept between 10 to 15 young people who are living with cancer and will be accompanied by a medical team consisting of a physician, nurse and social worker. Those currently in treatment or living with limitations can partake in our Getaway Expeditions while those in remission can participate in our Great Expeditions. These expeditions are free for participants. They provide transportation from home to the expedition (throughout Canada).

Eligibility: 14 to 29 years old, those in treatment or in remission and includes those living with limitations

- [Read more about On the Tip of the Toes Foundation \[opens in new window\]](#) »

Work and Finances

Cancer and Work

The Cancer and Work website provides a number of guides for caregivers who are employed and may need to take time off.

- [Visit Cancer and Work \[opens in new window\]](#)

Cancer and Careers

Cancer and Careers empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events.

- Visit the [Careers and Cancer website](#) »

Canadian Breast Cancer Support Fund (Breast Cancer)

This fund supports those diagnosed with breast cancer and either in active treatment or within two months of completing treatment who are living at or below the poverty line. It provides assistance for expenses not covered by health insurance, social assistance and family income. Applicants may apply for financial assistance of \$1000, or apply up to twice in a year (\$2000 maximum).

- [Read more about the Canadian Breast Cancer Support Fund \[opens in new window\]](#)
»

Cancer Rehabilitation and Survivorship Program

The Cancer Rehabilitation and Survivorship (CRS) Program at Princess Margaret Cancer Centre provides one-on-one support for preparing for and navigating returning to work after cancer. Support typically includes 2-3 meetings with an occupational therapist to learn about common work-related challenges caused by cancer, and how to manage these. Other topics covered include how to prepare to return to work, how to communicate with your manager and co-workers, and relevant legislation that applies to returning to work after an illness.

CRS also offers similar support for navigating and preparing to return to school after cancer.

Your oncologist from the Princess Margaret Cancer Centre can refer you to the program by filling in the [CRS Program referral form \(PDF, opens in new window\)](#) »

Call the CRS Program at 416-946-4501 ext. 2363 with any questions, or visit [Cancer Rehab and Survivorship Program](#).

Kelly Shires Breast Cancer Foundation (Breast Cancer)

This program provides financial assistance to those diagnosed with breast cancer for transportation, parking, food costs, home health, prosthetics, supportive care, rent, etc.

Patients can apply 3 times to the Trust fund per calendar year with a maximum of \$1000 each application.

- [Read more about Kelly Shires Breast Cancer Foundation \[opens in new window\]](#) »

The CURE Foundation Financial Assistance Program for Breast Cancer Patients

The CURE Foundation Financial Assistance Program for Breast Cancer Patients was created to address the financial impact of a breast cancer diagnosis on the patient. The program offers a grant of up to \$2000 to applicants experiencing financial difficulties to provide some relief from economic hardship during a very challenging time in their life resulting directly from a diagnosis of breast cancer.

- [For more information on eligibility and required documents or to download an application form please visit the CURE Foundation Financial Assistance Program website \[opens in a new window\]](#) »

Money Matters

For questions about money related to cancer, you can contact a Wellspring Money Matters Case Manager. It is free and confidential. You may book an appointment in person, by phone, or online.

- [Learn more about Money Matters \[opens in new window\]](#)

Ontario Human Rights Commission: Duty to Accommodate eLearning Module

In the following eLearning module, you will understand what accommodating means, why it's important to remove barriers, and about rights and responsibilities for accommodating.

- Visit the [Ontario Human Rights Commission webpage](#) to access the eLearning module and learn more about the Duty to Accommodate »

Trillium Drug Program

The Trillium Drug Program helps people under the age of 65 who have high prescription drug costs relative to their household income.

- [Read more about the Trillium Drug Program \[opens in new window\]](#) »

Wellspring's Returning to Work Program

A full online 6-week return-to-work support program with an additional workshop on Government Programs and Employment/Long Term Disability Law. Individuals can attend the workshop without registering in the full program. Wellspring also provides an instructional video series to help you understand your long term disability benefits.

- [Read more about Wellspring's 6-Week Returning to Work Program \[opens in new window\]](#) »
- [Learn more about the Long Term Disability Benefits video series \[opens in new window\]](#) »

Supporting Young Families and Children

Gilda's Club Greater Toronto (Now Offered Online)

Gilda's Club is a place where anyone touched by cancer can become part of a welcoming community of support. Membership and all programs are offered at no charge. Gilda's Club offers programs for kids and teens. All programs are professionally facilitated by Child Life Specialists, Social Workers, and dedicated volunteers.

- [Visit Gilda's Club Greater Toronto \[opens in new window\]](#)

The Magic Castle at Princess Margaret

The Magic Castle is a free childcare service at the Princess Margaret Cancer Centre for babies and children up to 12 years old.

- [Learn more about The Magic Castle](#)

Nanny Angel Network (Now Offered Online)

Wellspring is a network of community-based support centres offering programs and services that meet the emotional, social, practical and restorative needs of people living with cancer and those who care for them. Wellspring programs are offered free of charge. At each Wellspring centre, there is a specialized Family Counsellor who is trained to help families with respect to a parent's illness with cancer.

- [Visit Wellspring \[opens in new window\]](#)

Wellspring (Now Offered Online)

Wellspring is a network of community-based support centres offering programs and services that meet the emotional, social, practical and restorative needs of people living with cancer and those who care for them. Wellspring programs are offered free of charge. At each Wellspring centre, there is a specialized Family Counsellor who is trained to help families with respect to a parent's illness with cancer.

- [Visit Wellspring \[opens in new window\]](#)

Nutrition, Physical Activity, and Wellbeing

Eating Well During and After Treatment - Canadian Cancer Society

When you have cancer, how you eat is affected will depend on the type of cancer you have and the treatments you receive. But the goal for everyone is the same – to eat as well as you can to be as healthy as you can during and after treatment.

- [Read more about Eating Well During and After Treatment \[opens in new window\]](#) »

The ELLISCR Kitchen

This is a program designed for individuals, families and caregivers to provide information and skills on managing your diet. The ELLISCR Kitchen is led by a registered dietitian and a wellness chef. They offer cooking demonstrations along with helpful nutrition-related information.

- [Read more about ELLISCR Kitchen \[opens in new window\]](#) »

Gilda's Club Greater Toronto

Gilda's Club is a place where anyone touched by cancer can become part of a welcoming community of support. Membership and all programs are offered at no charge. Gilda's Club offers plant-based nutrition resources for people impacted by a cancer diagnosis.

- [Visit the Gilda's Club Toronto site \[opens in new window\]](#)

Nourish

This website offers nutrition information from registered dietitians on eating well and how to manage common side effects of cancer and its treatment. You can find recipes created in collaboration with a wellness chef and recommendations for managing treatment related side effects and eating difficulties.

- [Read more about Nourish \[opens in new window\]](#) »

Nutrition for People with Cancer Websites - BC Cancer Agency

A list of nutrition websites that have been compiled and evaluated by BC Cancer Agency.

- [Read more about Nutrition for People with Cancer Websites \[opens in new window\]](#) »

Unlock Food

Unlock Food is a free service that connects Ontario residents to a registered dietitian (RD). RDs can help people make healthy choices and answer any questions around nutrition. This can be done over the phone or through email.

- [Visit Unlock Food \[opens in new window\]](#) »

Wellspring Cancer Support Network

Network of community- based cancer support centres, offering over 50 programs. Provides support, education, counselling free of charge without any medical referral. Nutrition classes are available and facilitated by registered dietitian.

- [Read more about Wellspring Cancer Support Network \[opens in new window\]](#) »

Taking Charge - Healthy LIFeStyle Choices After Breast Cancer – Mt. Sinai Hospital

Taking Charge: Healthy LIFeStyle Choices after Breast Cancer involves small groups and personalized guidance. The goal is to educate women about a healthier diet and physical activity choices that will have a positive influence on their overall health and may decrease the risk of a recurrence.

- [Read more about Taking Charge – Healthy LIFeStyle Choices After Breast Cancer \[opens in new window\]](#) »

UHN Patient Education Pamphlets and Brochures

The following resources are available in the [Princess Margaret Patient and Family Library](#):

- [Food safety: Patients with Weakened Immune Systems \[PDF, opens in new window\]](#) »
- [Increasing Calories and Protein in Your Diet \[PDF, opens in new window\]](#) »
- [Eating Tips for Sore Mouth and Throat \[PDF, opens in new window\]](#) »
- [Eating Tips for Dealing with Nausea During Cancer Treatment \[PDF, opens in new window\]](#) »
- [Eating Hints for People with Diarrhea \[PDF, opens in new window\]](#) »
- [What You Need to Know about Antioxidants and Radiation Therapy \[PDF, opens in new window\]](#) »

The Canadian Cancer Society Wig and Breast Prosthesis Bank

The Canadian Cancer Society's Wig and Breast Prosthesis banks provide a wide range of donated wigs, headwear, and breast accessories to cancer patients throughout Canada who have undergone surgery, cannot afford the cost of a wig or breast accessory or have lost their hair as a result of cancer treatment.

- [Read more about the Wig and Breast Prosthesis Bank \[opens in a new window\]](#) »

Sexual Health

Canadian Cancer Society

The Canadian Cancer Society offers support and information for people with cancer and their family, friends and caregivers.

- [Read more about supports and services offered by the Canadian Cancer Society \[opens in new window\]](#) »

ELLICSR: Sex and Intimacy

Cancer and its treatment can affect sexuality and intimacy. Intimacy is part of the affection that people show each other and can be expressed in many ways.

- [Read more about Sex and Intimacy classes held at Princess Margaret Cancer Centre](#) »

How to find a Pelvic Health Physiotherapist

- [College of Physiotherapists of Ontario \[opens in new window\]](#) »
- [Ontario Physiotherapy Association \(OPA\) \[opens in new window\]](#) »
- [Pelvic Health Solutions \[opens in new window\]](#) »

More Information

- [Sexual Health Information for Women with Cancer \[PDF, opens in new window\]](#)
- [Sexual Health Information for Men with Cancer \[PDF, opens in new window\]](#)
- [Vaginal Dryness and Discomfort: Information for Patients \[PDF, opens in new window\]](#)