

Resources to Guide You Through Your Breast Cancer Journey



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Emotional Support Resources

Wellspring Cancer Support Alberta

Offers a variety of free workshops on self-development & education, symptom management, therapeutic arts, finance & workplace strategies, individual & group support. In person and virtual programs available. Visit website for more information and to register.

Website: WellspringAlberta.ca



Cancer Connection

An online cancer community to connect, learn and share your experiences with cancer. Hosted by the Canadian Cancer Society.

Website: CancerConnection.ca



Rethink Breast Cancer

Private Facebook group to connect women diagnosed with breast cancer.

Website: rb.gy/kbmt97





Healing Connections

A virtual program provides a group setting where you can learn from health care professionals about physiotherapy, occupational therapy, and nutrition to support you through your breast cancer journey. The sessions are interactive and give you the opportunity to ask questions. Open to Alberta Residents having breast cancer surgery within the Edmonton Zone.

Website: CovenantHealth.ca



Cross Cancer Psychosocial Oncology

Professional, individual and group counseling for patients and their families. A Referral is not required.

Website: rb.gy/mxh8n

Phone number: 780.643.4303



Alberta Health Services Classes and Workshops

A variety of online emotional support classes offered:

- Early-Stage Breast Cancer Support Group
- Breast Health Class for Patients Receiving Radiation Therapy
- Mindfulness Based Cancer Recovery (MBCR)
- Endocrine Treatment in Breast Cancer
- Coping with a New Diagnosis of Cancer
- Understanding Cancer-Related lymphedema
- Cancer-Related Fatigue and Brain Fog Chat

Website: rb.gy/8j1ys





Indigenous Cancer Patient Navigator

Registered Nurses who work with and support First Nations, Metis and Inuit people affected by cancer.

Phone number: 780.432.8747

Métis Nation of Alberta

Indigenous cancer resources and supports.

Website: rb.gy/kr6ngc



Indigenous Cancer Sharing Circle

A monthly gathering for Indigenous adults living with cancer and caregivers.

Website: rb.gy/ly4ot3





Financial Support Resources

Wellspring Alberta - Money Matters/ Returning to Work

Solution-based programs delivered by social workers, legal, and HR specialists. Designed to assist people with cancer and their family members with information and resources related to various topics including income replacement programs, drug coverage, returning to work, legal rights as an employee, insurance questions, community resources, estate information, etc. Visit website for more information and registration.

Website: rb.gv/fmksmr



Comprehensive Breast Cancer Program Social Worker

Support with reduced income, applying for sick benefits, etc. can be addressed. Contact a Nurse Navigator at CBCP to request a referral to a Social Worker.

Phone number: 780.613.5090

Cross Cancer Institute Social/ Spiritual Resources

Department of professionals from psychology, social work, spiritual care, and psychiatry. Can provide support with emotional, social, spiritual, and practical wellbeing.

Phone number: 780.643.4303



Wheels of Hope

Volunteer Driver Program which requires a referral from a member of your health care team. Assists with transportation to and from the CCI for cancer related treatments. There is a \$100 registration fee with a compassionate program available. Please contact: 1.888.939.3333 or visit website.

Website: rb.gy/kafwn



Non-Group Blue Cross

Supplemental coverage provided to cover the cost of a variety of health-related services not covered by the Alberta Health Care Insurance Plan. Available to all Alberta residents 65 years and younger. A monthly premium is charged. For additional information on monthly premiums and application. Please visit website for more information.

Website: rb.gy/e3b71



Medical Employment Insurance

Medical EI sickness benefits can provide up to 26 weeks of financial assistance if you are unable to work due to medical reasons. Your health care provider is required to complete a medical certificate and an on-line application is available. Please visit the website for more information.

Website: rb.gy/1ffru





Medical Expenses and your Income Tax

Visit the Government of Canada website on information regarding claiming medical expenses.

Website: rb.gy/7cheo



Family Support Resources

Wellspring Alberta

- Children's and Parent's Program

Visit website for more information about specific programs and to register.

When a parent has cancer- educational guide: rb.gy/0s1390

Website: WellspringAlberta.ca



When Your Parent Has Cancer: A Guide for Teens

An informative guide written by an Art Therapist to help patients with a cancer diagnosis talk to their children and understand and learn from one another. Please visit the website.

Website: rb.gy/d9rbrq





Body/ Sexuality Changes

Cross Cancer Institute Occupational Therapist

Can assist with symptoms of fatigue & memory loss.

Phone number: 780.432.8716

Look Good Feel Better

Online workshops for men and women to learn how to manage the appearance related impact of cancer and its treatment. Topics include skincare and cosmetics, wigs etc.

Website: lgfb.ca



OASIS: Oncology and Sexuality, Intimacy and Survivorship

A sexual health program for those living with and beyond cancer. They offer a variety of in-person programs and services as well as telehealth consultations. Topics covered include female and male sexuality and cancer, vaginal health, loss of sexual desire, fertility.

Website: rb.gy/8nx9k6

Phone number: 780.432.8260



Micro-Pigmentation Program at the Misericordia Community Hospital

Breast areola and nipple re-pigmentation (tattooing) post-surgical breast mastectomy or reconstruction. Visit website for referral information.

Website: rb.gy/uquwp





Prosthesis

Approximately 6-8 weeks after surgery, a woman can be fitted for a breast prosthetic.

Mastectomy supplies may also be covered through some 3rd party insurance plans. Please call your insurance company to determine specific coverage.

Alberta Aids to Daily Living (AADL)

Provides funding for full breast prosthesis, partial breast prosthesis and a fitter fee for eligible clients. Seniors aged 65 or older are not required to cost share on breast prosthesis. Please see section A for additional information on mastectomy benefits and an approved Vendor List.

Website: rb.gy/4soua

Phone number: 780.427.0731



The Comprehensive Breast Care Program

Can provide a **temporary breast form** for women who have undergone a mastectomy. It is a cotton-filled insert that can be worn in the immediate post-op period. Please contact the CBCP to request an insert. (Subject to availability).

Phone number: 780.613.5090

Knitted Knockers of Canada

Provide special handmade knitted prosthesis for free.

Website: rb.gy/jea8j





Wigs

Canadian Cancer Society

For those individuals who cannot afford the cost of a wig, they can access a free wig. Requests must be submitted via the online wig form.

Website: rb.gy/r8i8m

Phone number: 1.888.939.3333



The Cross Cancer Institute

Provides wigs for loan and can also provide head shaving. Hours of Operation: Monday-Friday 9:00-12:00, 1:00-4:00. Many insurance plans offer coverage for the cost of a wig. Please call your insurance company to determine specific coverage. Call to book an appointment, walk-ins are also available.

Phone number: 780.432.8334

Adolescence and Young Adult (AYA) Resources

AYA Cancer Patient Navigators are registered nurses who work within a team of different professionals to help people 17-39 years old live well with and beyond cancer. The AYA Program accepts patient self-referrals or healthcare provider referrals.

AYA Program North (Edmonton Area)

Phone number: 780.432.8932

Email: AYA.Program@ahs.ca

AYA Program South (Calgary Area)

Phone number: 403.476.2791

Email: AYA.ProgramSouth@ahs.ca

Additional information on the Alberta Health Services website.

Website: rb.gy/fk1jb

Young Adult Cancer Canada (YACC)

Website: rb.gy/daf76



Fertile Future Power of Hope

Is a Cost Reduction Program and multi-dimensional plan that offers financial assistance to qualifying cancer patients, providing a substantial reduction in the overall cost required to pursue fertility preservation treatment.

Website: rb.gy/35yqu





Nutrition

There are a variety of virtual and in person registered programs offered by registered dietitians to support your nutritional needs while you undergo treatment. Visit online for more information and registration.

Wellspring Cancer Support Alberta

Courses available such as:

- Nourish Series

Website: [WellspringAlberta.ca](https://www.wellspringalberta.ca)



Alberta Health Services Nutrition Services Workshops & Classes

- Nutrition After Breast Cancer Treatment
- Nutrition During Breast Cancer Treatment
- Nutrition Myths & Cancer

Website: rb.gy/5lmj1





Exercise

Alberta Cancer Exercise (ACE) Program

ACE is a free 12-week community-based exercise program designed specifically for individuals undergoing or recovering from cancer treatment. ACE exercise instructors have received cancer-specific education and training. Visit the website for more information on location and registration.

Website: rb.gy/b1jai

Phone number: 780.492.6007 Edmonton-North (Grand Prairie and Red Deer)



Alberta Health Services Workshops & Classes

- Exercise for Your Life: How Physical Activity May Help
- Exercise for Cancer to Enhance Living Well (EXCEL)

Website: rb.gy/5lmj1



Wellspring Cancer Support Alberta

Virtual/ in person registered exercise programs available:

- Pole Walking
- Exercise and Educate
- Guided iRest Meditation/ Yoga
- Qiqong/ Tai Chi
- Young Adult Exercise HIIT 45

Website: WellspringAlberta.ca





Additional Resources

My Health Alberta

An online resource providing a variety of health-related information. It includes breast health information and educational videos.

Website: [MyHealth.Alberta.ca](https://myhealth.alberta.ca)

Tip: search breast cancer



Comprehensive Breast Care Program

Please contact the CBCP for a copy of Your Journey Through Breast Cancer Surgery Booklet

Website: rb.gy/5eifj

Phone number: 780.613.5090



Patient and Family Resource Centre at the Cross Cancer Institute

Information on how to access Library, information and referral services. Numerous topics are available from library resources, books, and websites.

Website: [AlbertaHealthServices.ca](https://albertahealthservices.ca)





Rehabilitation Oncology

Descriptions of health care specialists involved in your care. Outlines the role of each professional in your treatment (Occupational Therapy, Psychiatrists, Physiotherapists, Speech Language Pathologist).

Website: rb.gy/cmgh1



Hereditary Breast and Ovarian Cancer Society (HBOC)

Provides education and support for patients who have inherited gene mutations that cause breast and ovarian cancer.

Website: Hereditary Breast + Ovarian Cancer Foundation



Cross Cancer Information Centre

Provides books, DVDs, pamphlets on various cancers and treatments. Open Mondays to Fridays 9- 4 pm.

Phone number: 780.432.8456

Canadian Cancer Society Booklets

Publications are available to download for free or you can order a physical copy through the Cancer Information Helpline.

Website: Cancer.ca

Phone number: 1.888.939.3333

Email: info@cancer.ca





Canadian Cancer Society

Canadian Cancer Society has several publications you can download for free. These documents are available in English, French, and Chinese Traditional.

Questions to ask when you have cancer

Website: rb.gy/4z0hl



Eating well when you have cancer

Website: rb.gy/kcnk0



Understanding Treatment for Breast Cancer

Website: rb.gy/oxlsh

