

**someday
is today®**

The Leukemia & Lymphoma Society of Canada
Atlantic Canada Region
(902) 422-5999 ext. 7574
Toll-free 1 855 515-5572
www.llscanada.org
www.facebook.com/llscatlantic

Updated: February 2016

**The
mission
of The
Leukemia
& Lymphoma
Society of Canada
is to cure leukemia,
lymphoma, Hodgkin's
disease and myeloma,
and improve the quality
of life of patients and
their families.**



This Nova Scotia Resource Guide has been developed to make it easier for those affected by blood cancers (patients, family or other caregivers) to access a complex healthcare and social service system and find the services to match individual situations and style.

If during your search for services you cannot locate what you need, please give us a call. We are here for you. We also like to invite you to visit our office in Halifax, where we have a selection of books and other resources available to borrow.

An electronic copy of the NS Resource Guide is available at:
www.llscanada.org

Please remember, we are here for you.

Leukemia & Lymphoma Society of Canada
Atlantic Region; Halifax Chapter
1660 Hollis Street, Suite HS2
Halifax, NS B3J 1V7

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National Office
The Leukemia & Lymphoma Society of Canada
2 Lansing Square, Suite 804
Toronto, ON
M2J 4P8

1 877 668-8326

LLSC PATIENT SERVICES PROGRAMS INCLUDE:

Comprehensive Printed Materials with information on the various blood cancers, treatments and related topics (see pages 6-8). Additional informational materials are available regarding children with cancer.

In-person Education Programs for patients/family members and for healthcare professionals.

Telephone Education Sessions. Schedules and archives will be available on our website.

First Connection. A peer mentor support program, connecting people who are newly diagnosed or having a new treatment with someone who has faced a similar situation. Also available for family members or other caregivers.

Family Support Groups. In-person, telephone or online support groups to share information and give support to those affected by blood cancer. Online support groups or chat groups can be found at the following website:
www.lls.org/#/diseaseinformation/getinformationsupport/supportgroups/familysupportgroups

Advocacy and partnership with other groups who are working towards improving cancer care.

Information Resource Centre (1 800 955-4572). A phone line based out of our USA affiliate that answers questions and provides the latest information on blood cancers, treatments and clinical trials. Staff at the Information Resource Centre can access a translator service with over 140 languages.

All patient services are provided free of charge through the generosity of individual and corporate donations. Two of our key campaigns, *Light The Night* www.lightthenight.ca and *Team In Training* www.teamintraining.ca also offer opportunities for people affected by blood cancers to join together as a community or to participate in fitness activities.

Here are two ways to keep up-to-date with local and international information and events:

Local: Please contact the local office (902) 422-5999 ext 7574 or toll free 1 855 515-5572. Visit our calendar of events at www.llscanada.org/atlantic-region

International: Electronic newsletters with disease and treatment updates can be accessed at www.lls.org/#/aboutlls/news/subscribe/enewsletters/

LLSC RESOURCE MATERIALS CATALOGUE

The list below includes resources from the Leukemia and Lymphoma Society of Canada (LLSC). If you wish to access these resources or a more extensive list, you may do so by contacting us or by going to <http://llscanada.org/support-resources> and clicking “Resource Centre” then choosing the appropriate reading topic next to its title.

DISEASE BOOKLETS

- Acute Lymphoblastic Leukemia
- The ALL Guide: Information for Patients and Caregivers
- Acute Myeloid Leukemia
- The AML Guide: Information for Patients and Caregivers
- Chronic Lymphocytic Leukemia
- The CLL Guide: Information for Patients and Caregivers
- Chronic Myeloid Leukemia
- Resistant Chronic Myeloid Leukemia: A Guide for Patients & Caregivers
- The CML Guide: Information for Patients and Caregivers
- CML Tracker Pages
- Understanding Leukemia
- Hodgkin Lymphoma
- The Lymphoma Guide: Information for Patients and Caregivers
- Non-Hodgkin Lymphoma
- Know Your NHL Subtype
- Myeloma
- The Myeloma Guide: Information for Patients and Caregivers
- Myelodysplastic Syndrome
- The MDS Guide: Information for Patients and Caregivers
- Coping with Chemo Brain
- Coping with Cancer Related Fatigue

TREATMENT BOOKLETS

- Blood and Marrow Stem Cell Transplantation
- Blood Transfusion
- Understanding Clinical Trials for Blood Cancer
- Understanding Side Effects of Drug Therapy
- Understanding Lab and Imaging Tests

SUPPORT INFORMATION

- Each New Day: Ideas For Coping With Blood Cancer
- Knowing All Your Treatment Options
- Service and Support Brochure (list of LLSC patient services)
- Patti Robinson Kaufmann First Connection Program

MEDICAL DIAGRAM

- Blood Cells/Lymphatic System Chart

PAEDIATRIC INFORMATION

- Coping With Childhood Leukemia and Lymphoma
- Learning & Living With Cancer: Advocating for your child's educational needs
- Long-Term and Late Effects of Treatment for Childhood Leukemia & Lymphoma Facts
- Pictures of my Journey: Activities for Kids With Cancer
- Stem Cell Transplant Coloring Book

FACT SHEETS

- Acute Promyelocytic Leukemia Facts
- Amyloidosis Facts
- Angiogenesis
- Blastic Plasmacytoid Dendritic Cell Neoplasm
- Cancer-Related Fatigue Facts
- Chimeric Antigen Receptor (CAR) T-Cell Therapy Facts
- Chronic Myelomonocytic Leukemia (CMML) and JMML
- Coping with Cancer Related Fatigue
- Coping with Chemo Brain
- Cord Blood Stem Cell Transplantation
- Cutaneous T-Cell Lymphoma
- Essential Thrombocythemia Facts
- Fertility Facts
- Food and Nutrition Facts
- Hairy Cell Leukemia
- Immunotherapy Facts
- Integrative Medicine & Complementary and Alternative Therapies
- Long-Term and Late Effects of Treatment in Adults Facts
- Mantle Cell Lymphoma
- Monoclonal Gammopathy of Undetermined Significance (MGUS) Facts
- Myelofibrosis Facts
- Pain Management Facts
- Peripheral T-Cell Lymphoma Facts
- Polycythemia Vera
- Sexuality & Intimacy
- Waldenstrom Macroglobulinemia Facts

To access more information go to the [Leukemia and Lymphoma Society Canada's website](http://www.llscanada.org):

English: www.llscanada.org

French: www.sllcanada.org

INFORMATION AND RESOURCE

BLOOD CANCER INFORMATION

The Aplastic Anemia & Myelodysplasia Association of Canada
(Also has information about PNH)

www.aamac.ca

1 888 840-0039

CLL

clltopics.org

CML Society

www.cmlsociety.org

1 866 912-7575

International Waldenstrom's Macroglobulinemia Foundation

www.iwmf.com

Lymphoma Foundation Canada

www.lymphoma.ca

1 866 659-5556

Myeloma Canada

www.myelomacanada.ca/default.aspx

(514) 570-9769

Myeloproliferative Disorders

www.mpdinfo.org/index.html

Waldenstrom Macroglobulinemia Foundation of Canada

www.wmfc.ca

CANCER ORGANIZATIONS—CANADA

Canadian Partnership Against Cancer

www.partnershipagainstcancer.ca

(416) 915-9222

This website is a great source of cancer care information that is specific to Canada. It includes reports, details of projects, conferences and links to partners across Canada.

CAREX Canada

www.carexcanada.ca

(604) 822-0837

This group of researchers at the School of Environmental Health at UBC has posted information regarding known and suspected carcinogens. Their mission is the “surveillance of environmental and occupational exposures for cancer prevention.”

Campaign to Control Cancer (C2CC)

www.controlcancer.ca

(514) 481-7408 Extension 228

If you want to know how you can get involved in Canadian cancer control advocacy efforts at the local or national level, contact the Campaign to Control Cancer to see what you can do.

Canadian Cancer Action Network

www.canceraction.ca

1 866 378-1986

Cancer Advocacy Coalition

www.canceradvocacy.ca/newsarchives.html 1 877 472-3436

Canadian Association of Psychosocial Oncology

www.capo.ca/eng/index.asp

Canadian Association of Provincial Cancer Agencies

www.capca.ca

Canadian Association of Nurses in Oncology

www.cano-acio.org

Canadian Blood and Marrow Transplant Group

www.cbmtg.org/home



HEALTH INFORMATION—CANADIAN GOVERNMENT

MedEffect Canada

www.hc-sc.gc.ca/dhp-mps/medeff/index-eng.php

This Health Canada website is designed to give Canadians access to information regarding safety of drug products and health supplements. Health Canada wants to ensure that they have all data regarding adverse reactions to medications. Please be aware that you can report any adverse reactions to medications to the phone number listed above. Advisories and recalls are also listed on this website.

Cancer Drug Access and Funding in Canada

www.cancerdrugaccess.ca

This website shows how access to cancer drugs varies from province to province. It is published by the Cancer Advocacy Coalition of Canada to inform the public.

Canadian Health Network

www.canadian-health-network.ca

A comprehensive website with information about general health information and specific illnesses.

Public Health Agency of Canada

www.phac-aspc.gc.ca

A federal government website with health information and updates. Search for topics of interest; you can also sign up for monthly electronic newsletters.

Service Canada Disability Benefits

www.servicecanada.gc.ca/eng/services/pensions/cpp/disability/benefit

INFORMATION FOR NEWLY DIAGNOSED PATIENTS AND THEIR FAMILIES

Getting Quality Patient Care: What you can do, what you should know

www.partnershipagainstcancer.ca/sites/default/files/Quality_care_English.pdf

A Survivor's Compass

www.cancerconsultants.com/a-survivor%e2%80%99s-compass

Sample questions to ask at medical appointments

www.cancersurvivors.org/Resources/questions.htm

Ottawa Personal Decision Making Tool

<http://decisionaid.ohri.ca/docs/das/opdg.pdf>

UNDERSTANDING EMOTIONAL ISSUES OF CANCER

The Emotional Facts of Life with Cancer

[www.capo.ca/eng/docs/bookletREVISED.pdf\(416\)968-0207](http://www.capo.ca/eng/docs/bookletREVISED.pdf(416)968-0207)

The Emotional Facts of Life with Cancer booklet was produced by the Canadian Association of Psychosocial Oncology. Read this booklet online or phone for a printed booklet. The goal of the booklet is to inform people of some of the issues related to cancer diagnosis and the type of counselling and support services that can be accessed. A questionnaire in the booklet gives greater understanding of the range of reactions to cancer diagnosis and to know when, how and where to access these types of support services.

CLINICAL TRIALS INFORMATION

TrialCheck®

www.trialcheck.org/cancertrials/help/membership.aspx?memid=4255

Clinical Trials.gov

<https://clinicaltrials.gov>

Leukemia & Lymphoma Society Information Resource Centre (IRC)

1 800 955 4572

The above methods are two ways to get some preliminary information about whether there are clinical trials available for your situation. Please speak with your physician for additional information and the suitability of the trials for your unique situation.

FINANCIAL INFORMATION AND RESOURCES

The financial impact of a cancer diagnosis can be overwhelming. Sometimes people do not know the length, complexity or changes in lifestyle that could happen due to a diagnosis, so it is best to save receipts and keep records of travel and other expenses, as soon as possible. It can be difficult to track down all of the tax breaks, travel discounts and other information that might apply to your situation. These following resources are good places to start and if needed, you may speak with a social worker or counselor at your cancer centre to learn more.

Canadian Cancer Society

www.cancer.ca

1 888 939-3333

(902) 423-6183 Ext. 253

(902) 478-4317 Cell

(902) 429-6563 Fax

5826 South Street, Halifax NS

The Emergency Financial Aid program has an application process for people requiring short-term financial aid for expenses related to transportation to medical appointments, accommodations or symptom management medications.

Drug Coverage

www.drugcoverage.ca

A guide to provincial coverage of various medications. If some medications are not covered, inquire as to whether the pharmaceutical companies have a compassionate access program for which you could be eligible.

Lymphoma Research Foundation

<http://www.cancercare.ns.ca/en/home/patientsfamilies/livingwithcancer/finances.aspx>

1 800 500-9976

Offers financial assistance and support services for individuals receiving therapy. Assistance with wigs, transportation, peer support, email and letter programs.

Canada Revenue Agency: Medical and Disability Related Tax Information

<http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/Ins300-350/330/llwbl-eng.html>

1 800 959-8281

The following link is for a more readable booklet format of tax breaks for people dealing with medical crises or long-term disabilities

<http://www.cra-arc.gc.ca/E/pub/tg/rc4064/rc4064-12e.pdf>

Travel Assistance Program—Boarding, Transportation & Ostomy Program (BTO)

<http://info.cancer.ca/csd/>

[DetailConaspx?lang=E&id=3172&cid=12&sid=3172&si=9448](http://info.cancer.ca/csd/DetailConaspx?lang=E&id=3172&cid=12&sid=3172&si=9448)

Clients needing assistance with the cost of transportation and/or boarding cost while having cancer treatment can apply for financial assistance. There is also funding for clients that require ostomy supplies. This is a Department of Health program.

Mrs. Alysia White

1 888 894-5353

Tel (902) 496-7381

Fax (902) 490-2275

alysia.d.white@medavie.bluecross.ca

BTO Program, c/o MSI Registration and Enquiry, PO Box 500 Halifax, NS

OTHER CANCER RESOURCES—CANADA

Look Good...Feel Better

www.lgfb.ca

This organization demonstrates skin care techniques, cosmetic application and wig/scarf use to enhance the natural beauty of women and adolescents affected by cancer. These group gatherings are upbeat and are offered in various locations.

Cancer View Canada

www.cancerview.ca/portal/server.pt?open=512&objID=448&mode=2

A service for linking Canadians to cancer information and services.

Living Well with Cancer

www.livingwellwithcancer.com

Empower the Patient

www.empowerthepatient.com

Princess Margaret Hospital

caringvoices.ca/en

Fitness and Cancer Information

www.uofaweb.ualberta.ca/physedandrec_2007/pdfs/exforhealthguidebook.pdf

Fitness for people with cancer is becoming a specialty area and there is now some research becoming available, especially related to breast cancer. This guide book was written for breast cancer patients but may be of interest. As with any exercise program, please consult your doctor to ensure that your fitness plans are appropriate for your situation. Find exercise programs and fitness specialists who are familiar with cancer care.

Canadian Blood Services and One Match

www.bloodservices.ca and www.onematch.ca

1 888 236-6283

Please encourage friends, family and associates to donate blood at Canadian Blood Services, and register on One Match, the stem cell registry, if eligible.

The Bruce Denniston Bone Marrow Society

www.dennistonsociety.org

1 877 485-8488

This organization raises awareness and assists in meeting the needs of those affected by blood-related illnesses. Provides assistance for people undergoing a stem cell transplant.

Mental Health Mobile Crisis Team

(902) 429-8167

1 888 429-8167

Crisis support for children, youth and adults experiencing a mental health crisis.

OTHER ONLINE RESOURCES

Lotsa Helping Hands

www.lotsahelpinghands.com

This is a volunteer coordination website suitable for families who are busy, under stress, and in need of a simple method to inform their friends/family how they could help with some of their daily routines of cooking, laundry, appointment driving, childcare, etc. One person who acts a “volunteer coordinator” puts the information into the website so others who want to know “how they can help” can log in and sign up for tasks. Reminders are sent to people who have signed up for an activity. It is a quick, efficient way to receive the help you need without a lot of phone call coordination.

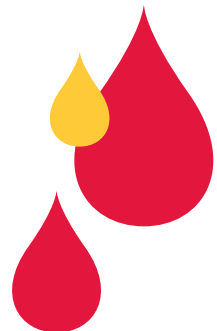
CarePages

www.carepages.com/l/s

This online service provides templates for posting photos and text updates. It is great way to provide updated information and stay connected to people, when and how you want, especially if you are undergoing treatment. This service may help you share your story with those of your choosing by sharing your access code to your own personal site.

Association of Cancer Online Resources

www.acor.org



YOUNG ADULTS

YAconnect: Young Adults Living with Leukemia, Lymphoma and Myeloma (LLS)

The Leukemia & Lymphoma Society now offers programs for young adults aged 18 to 39 who are facing cancer. These programs include weekly online chats and periodic interactive webcasts. Learn more about these programs and how to register below.

YAconnect Chat—Weekly Online Forum for Young Adults

For all the details go to YAconnect and register.

- Every Tuesday evening, from 8:30 PM to 10:30 PM ET (9:30 PT to 11:30 PM ET)
- Open dialogue and support for young adults tackling the serious and sometimes absurd sides of cancer

Young Adult Cancer Canada

www.youngadultcancer.ca

A Canadian organization for young adults affected by any type of cancer. They offer information, retreats, workshops, support during treatment, goal-setting strategies for life after treatment and connection to other young adults through CancerGoaltender.ca. Definitely worth checking out!

Chasing Rainbows

www.chasingrainbowsproduction.com

A BC documentary film about the experience of young people diagnosed with cancer.

Vital Options International

www.vitaloptions.org/youngadultswithcancer.html

This organization is based in the USA, but they have access to all information and other organizations dedicated to young adults with cancer.

I'm Too Young For This!

www.imtooyoungforthis.org

Planet Cancer

www.planetcancer.com

Young Cancer Spouses

www.youngcancerspouses.org

Recognizing the needs of spouses of young adults with cancer. Practical tips and connections with others who are caring for themselves while caring for others.

EXPLAINING CANCER TO CHILDREN

My Anything But Ordinary Cancer Journey

www.cancerinmyfamily.ca/#/landing-page

A new BC Cancer Agency interactive website for children to explore and address questions and feelings related to having a parent or other family member diagnosed with cancer.

Kids Konnected

www.kidskonnected.org

This website offers a list of information and tips for children who have experienced a cancer diagnosis of a parent.

CancerCare

www.cancercare.org

1 800 813-4673

Fatigue

www.evanshealthlab.com/cancer-fatigue

Private practice website of Dr. Mike Evans provides information, engaging video and interactive tool on how to address cancer fatigue.

BOOKS

When a Parent is Sick: Helping Parents Explain Serious Illness to Children
Joan Hamilton

When a Parent has Cancer: A Guide to Caring for your Children
Wendy Schlessel Harpham, MD

How to Help Children through a Parent's Serious Illness
Kathleen McCue

In Mommy's Garden: A Book to Explain Cancer to Young Children
Neyal J. Ammary

CANCER SURVIVORSHIP INFORMATION

Picking Up the Pieces. Sherri Magee and Kathy Scalzo (Raincoast Books)
www.pickingupthepiecescancer.com

A well-respected resource for helping people understand the experiences of people following cancer treatment.

Your Brain After Chemo: A Practical Guide to Lifting the Fog and Getting Back Your Focus. Daniel Silverman and Idelle Davidson
<http://www.amazon.com/Your-Brain-after-Chemo-Practical/dp/0738212598>

Cancervive
<http://www.cancervive.org>

An organization dedicated to the experience of people following cancer treatment. Online resources, books, and DVDs to learn how others have found meaning and purpose in the “new normal” of life after cancer.

Livestrong—Lance Armstrong Foundation
<http://www.livestrong.org>

An organization dedicated to enhance strength, power and attitudes of people affected by cancer. A lot of printed information and resources on the topic of life after cancer.

Cancer Advocacy Coalition Canada
www.canceradvocacy.ca

The goal of this organization is to be an influential national, independent, objective advocacy organization publishing authoritative assessments of the cancer system to help shape constructive change.

Canadian Cancer Survivor Network
www.survivornet.ca

PALLIATIVE CARE AND GRIEF RESOURCES

Canadian Virtual Hospice

www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx

This website has a wealth of information and access to professionals to answer questions related to comfort care in advanced illness and end of life. Practical information, spiritual care, symptom management, decision-making, nutrition, communication and other concerns are addressed by this service.

Capital Health's Palliative Care Program

<http://www.cdha.nshealth.ca/palliative-care> (902) 473-3119

Children's Bereavement Group and Adolescent Bereavement Group

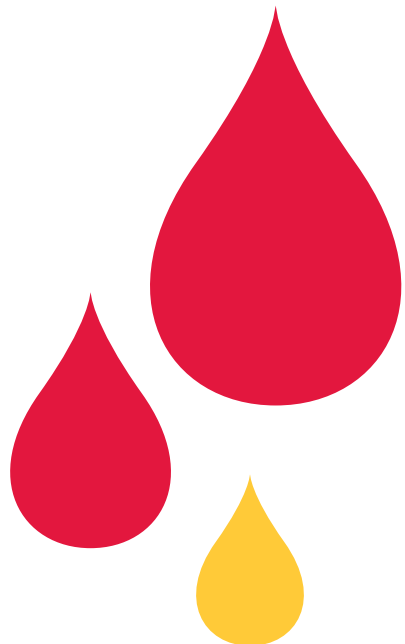
Carol Boyd, MSW (902) 470-8942

Living Lessons

www.living-lesson.org

Nova Scotia Hospice Palliative Care Association

www.nshpca.ca (902) 818-9139



LOCAL RESOURCES

The Cancer Centre at Capital Health

<http://www.cdha.nshealth.ca/cancer-centre> (902) 473-6000

5788 University Ave, Halifax, NS

The Nova Scotia Cancer Centre is located on the second floor of the Dickson Building. The Dickson Building is located at the VG site of the QEII Health Sciences Centre. Open Monday to Friday from 7:30 AM to 4:30 PM (Closed on holidays)

The Cancer Centre guides adult patients through the often overwhelming experience of handling a cancer diagnosis. The Cancer Centre provides support, education and treatment and with both medical and non-medical settings. After diagnosis, the Cancer Centre provides patients with appointments to have their cancer thoroughly explained and a treatment mapped out.

The following guide is given to all newly diagnosed patients in *Nova Scotia: Cancer Care: A Guide for Patients, Families and Caregivers*

<http://www.cancercare.ns.ca/site-cc/media/cancercare/2014%20CDHA%20orientation.pdf>

Victoria General Medicine/Surgery/Cancer Care Program

<http://www.cdha.nshealth.ca/rehabilitation-supportive-care-services/vgmedicinesurgerycancer-care-program>

Kim Bayer (Manager)

(902) 473-1284

1-028 Centennial Bldg, 1276 South Park Street, Halifax, NS

kim.bayer@cdha.nshealth.ca

The Victoria General Medicine/Surgery/Cancer Care Program is an inter-professional group of clinicians who work collaboratively with other members of the health care team to provide holistic, person-centered, evidence based care to patients and their families at the VG site. They provide music therapy, occupational therapy, physiotherapy, psychology, recreational therapy, social work and spiritual care. They are available at all inpatient units at the VG site, and at the Nova Scotia Cancer Centre / Cancer Care Program.

The Sunshine Room

<http://www.cdha.nshealth.ca/sunshine-room/services> (902) 472-3103

11th floor, Victoria Building at Victoria General Hospital
West Wing Room 11-017

The Sunshine Room is a space that offers complementary therapy to cancer patients and compassionate support for affected loved ones. As an initiative of Cancer Care Nova Scotia and located within the chemotherapy wing of the Victoria General Hospital, this non-medical facility provides patients with relief during their battle with cancer. Patients and families visit the room when they need an escape or a safe haven from traumatic and ongoing medical treatment that consumes their daily lives.

IWK Health Centre—Hematology/Oncology

1 888 470-5888

(902) 470-8819 (follow prompts)

IWK Health Centre, 5850/5980 University Avenue, Halifax NS

The Hematology Oncology Clinic provides specialized care for children and youth in the Maritimes who have cancers of the blood. An interdisciplinary team provides treatment and support for patients and families experiencing these diseases. Children and adolescents who are diagnosed with a blood cancer will be assigned a Family Care Coordinator who helps patients and their families navigate their care at the IWK and in their home communities.

The Canadian Cancer Society (CCS)—Nova Scotia Division

<http://www.cancer.ca/en/about-us/contact-us/?region=ns>

ccs.ns@ns.cancer.ca

5826 South Street, Halifax, NS

The Canadian Cancer Society addresses all types of cancer and has offices throughout Canada. Staff and volunteers offer a wide range of services including: CancerConnection - a peer support program; volunteer drivers for medical appointments; emergency financial aid; lodge accommodations; and a wig program.

Prevention, screening, public awareness, advocacy and funding research are other key activities of the CCS. The Canadian Cancer Encyclopedia located on their website is a source of information and statistics regarding cancer incidence and care in Canada. Cancer Information Specialists are available to answer questions and direct you to services in the community.

Cancer Care Nova Scotia

<http://www.cancercare.ns.ca/en/home/default.aspx> 1 866 599-2267

(902) 473-4645

info@ccns.nshealth.ca

1276 South Park Street, 5th floor of the Bethune Building, Halifax NS

Cancer Care Nova Scotia, a program of the department of Health and Wellness, was created to reduce the effects of cancer on individuals and families through research, prevention, and screening, and to lessen the fear of cancer through education and information for patients and health care providers.

TRANSPORTATION

Access-A-Bus (AAB)

www.halifax.ca/metrotransit

(902) 490-6681

(902) 490-6664 (TTY/TTD)

A shared ride, door-to-door public transportation service run by Halifax Metro Transit. The buses are designed to transport people who can't use the regular transit service because of physical or cognitive disabilities.

Dial-A-Ride Nova Scotia

www.hantscountycan.org

(902) 792-1800

Door-to-door accessible transportation for people who may need help getting to medical appointments. Pick-up areas: West Hants, Windsor, Hantsport and surrounding areas with service to anywhere in Nova Scotia.

Irving Oil's Fuel the Care program

http://irvingoil.com/in_the_community/our_community_programs/fuel_the_care

Irving Oil's Fuel the Care program helps families across Atlantic Canada and New England with the cost of travel between home and hospital by providing fuel gift cards to parents who must frequently travel to provide their children with urgent medical care.

Nova Scotia Department of Health and Wellness

The department provides financial help for travel and accommodations for eligible patients with cancer. Call 1 800 563-8880 to find out if you qualify for financial assistance.

FERTILITY

Atlantic Assisted Reproductive Therapies

(902) 404-8600

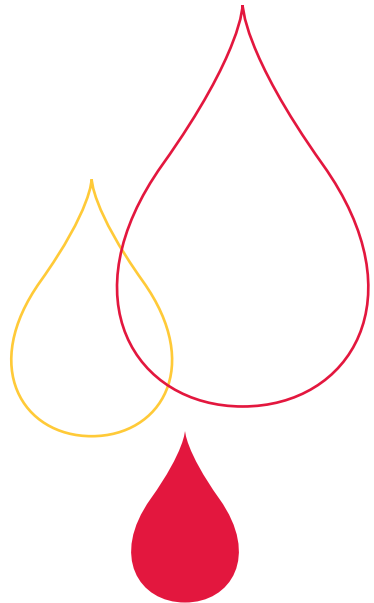
info@aart.ca

1535 Dresden Row, Suite 213, Halifax NS

Fertile Hope

www.fertilefuture.ca

This website is dedicated to informing people of the fertility issues and options related to cancer and cancer treatment. Essential information, depending on your age and life goals.



NUTRITION AND FITNESS INFORMATION

Meals on Wheels—Halifax and Dartmouth

<http://halifaxmealsonwheels.ca>

<http://www.dartmouthseniors.ca/what-we-do/meals-on-wheels>

Meals on Wheels' primary aim is to provide nutritious meals to those who are either unable to or have difficulty preparing a healthy meal.

Nova Scotia Meals Network

This organization publishes a directory of meal programs and is available by calling Continuing Care toll-free at 1 800 225-7225.

Cancer Nutrition Info

www.cancernutrition.com

Food, Nutrition, Physical Activity, and the Prevention of Cancer

www.dietandcancerreport.org

FINANCIAL ASSISTANCE

Nova Scotia Department of Health and Wellness

1 800 563-8880

The department provides financial help for travel and accommodations for eligible patients with cancer. Call to find out if you qualify for financial assistance.

Federal Tax Credits

www.cra-arc.gc.ca

1 800 959-8281

There are several tax credits and benefits to help ease the financial burden associated with an illness. Be sure to keep all your receipts for prescriptions, wigs, accommodations, travel, parking etc.

Irving Oil's Fuel the Care program

http://irvingoil.com/in_the_community/our_community_programs/fuel_the_care

This program helps families across Atlantic Canada and New England with the cost of travel between home and hospital by providing fuel gift cards to parents who must frequently travel to provide their children with urgent medical care.

SUPPORT GROUPS

2014 Directory of Self-Help Groups in Nova Scotia

<http://selfhelpconnection.ca/directory/2014directory.pdf>

REGIONAL SUPPORT GROUPS

Halifax

Nova Scotia Cancer Centre	(902) 473-6067
David Maginley, M., Div.	(902) 473-3449
Janice Spencer, MSW, RSW	(902) 473-4072
Alyson Currie, MSW, RSW	(902) 473-4429

Sydney	(902) 567-8551
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All other areas

Cancer Patient Navigators	1 866 524-1234
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TOPIC SPECIFIC SUPPORT GROUPS

Living with Advanced Metastatic Cancer	
Deborah McLeod PhD, RN	(902) 473-2964

Living Well with Cancer	
Janice Spencer, MSW, RSW	(902) 473-4350

Mindfulness Meditation	
Mary Campbell MScN, RN	(902) 473-2486

Together and Caring For Me	
Alyson Currie, MSW, RSW	(902) 473-4350

Bone Marrow Transplant Support Group	
Kevin	(902) 477-4207
Gail	(902) 463-8907

CANCER CHAT CANADA—NOVA SCOTIA

www.cancerchatcanada.ca
1 877 547-3777 ext. 645234

info@cancerchatcanada.ca

CancerChat Canada partners with counselors at Capital Health in Nova Scotia to provide online support groups.

CAPITAL HEALTH/QEII CANCER CARE PROGRAM ONLINE SUPPORT GROUPS IN NS

(902) 473-6618

Deborah McLeod is the clinical contact for online support groups in Nova Scotia. If you are interested in our online groups, please contact her assistant Natasha Boutilier. Dr. McLeod is an online group facilitator for people living with Advanced/Metastatic Cancer; Sexual Health; Prostate Cancer and for couples dealing with breast cancer.

The QEII Cancer Care program provides other counselling services also, call: (902) 473-6067.

Cancer Connection
Life with Cancer
Survivor Net
Teen Connect

www.cancerconnection.ca
www.lifewithcancer.org
www.survivornet.ca
www.teenconnection.ca

211- NOVA SCOTIA (SOCIAL SERVICES)

<http://ns.211.ca/homepage>

211 OR 1 888 692-1382

TTY 1 855 466-4994

By dialing 211 or visiting the 211 website, users can easily and quickly connect to the community and social services they need, anywhere in the province, regardless of where they're located.

Information available for: financial and social assistance; housing and utility help; seniors' services and home care; government program assistance, and more.

811—NOVA SCOTIA (NON-EMERGENCY HEALTH INFORMATION)

www.811.novascotia.ca

811 or 7-1-1 (TTY)

By dialing 811, you will be able to speak to a registered nurse who can give you advice and information all kinds of general health issues and concerns.

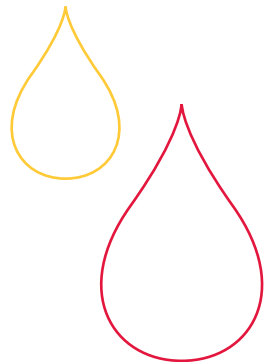
CAREGIVERS NOVA SCOTIA

www.caregiversns.org

1 877 488-7390

(902) 421-7390

Caregivers Nova Scotia provides programs, services, and strong advocacy for caregivers and is dedicated to providing recognition and practical assistance to friends and family giving care. Their Caregiver's Handbook is available at their website.



WIGS

Canadian Cancer Society—Nova Scotia Division

<http://www.cancer.ca/en/about-us/contact-us/?region=ns>
1 866 599-2267

(902) 473-4645

info@ccns.nshealth.ca

1276 South Park Street, 5th floor Bethune Building, Halifax NS

The Sunshine Room

<http://www.cdha.nshealth.ca/sunshine-room/services>

(902) 472-3103

11th floor, Victoria Building of the Victoria General Hospital
West Wing: Room 11-017

UltraHair Solutions

<http://www.ultrahair.ca/en>

(902) 429-8300

devera@ultrahair.ca

1770 Market Street, Halifax NS

Hairdresser's Market Inc.

(902) 425-3225

1226 Hollis Street, Halifax NS

MISCELLANEOUS RESOURCES

Children's Wish Foundation

<http://www.childrenswish.ca/about.htm>

1 800 267-WISH (9474)

(902) 492-1984

ns@childrenswish.ca

105 - 238 Brownlow Ave, Dartmouth NS

The Children's Wish Foundation is a uniquely Canadian charity that helps Canadian children, families and communities by granting the favourite wish of a child diagnosed with a life-threatening illness.

Childhood Cancer Canada's Scholarship Program

<http://childhoodcancer.ca/get-help/survivor-scholarship-program>

Childhood Cancer Canada's Scholarship Program is open to young adult cancer survivors who are residents, and currently residing in Canada. The Program supports post-secondary academic endeavors and recognizes the personal triumphs of exemplary students who have survived a childhood cancer journey (diagnosed age 18 years or younger).

Childhood Cancer Canada Foundation

www.childhoodcancer.ca

1 800 363-1062

(416) 489-6440

info@childhoodcancer.ca

21 St. Clair Avenue East Suite 801, Toronto, Ontario M4T 1L9

Camp Goodtimes

<http://www.cancer.ca/en/support-and-services/support-services/camp-goodtime-ns/?region=ns>

Camp Goodtimes provides a safety-focused, medically supervised, fun and recreational experience for children with cancer and their families at Brigadoon Village.

Brigadoon Village

<http://www.brigadoonvillage.org>

Brigadoon Children's Camp Society Office (Halifax)

1 888 471-5666

(902) 422-3387

info@brigadoonvillage.org

2057 Gottingen Street, Halifax, NS

Brigadoon is a non-profit recreational facility on Aylesford Lake in the Annapolis Valley. With our partners, we deliver camp programming to children, youth and families living with a chronic illness, chronic condition, or special need across Atlantic Canada.

ACCOMMODATIONS IN HALIFAX, NOVA SCOTIA

Nova Scotia Department of Health and Wellness

The department provides financial help for travel and accommodations for eligible patients with cancer. Call 1 800 563-8880 to find out if you qualify for financial assistance.

DISCOUNTED PATIENT ACCOMMODATIONS IN HALIFAX

Verification of a doctor's appointment may be required to receive hospital rates.

Name	Address	Phone Number
Point Pleasant Lodge	1121 South Park Street, Halifax NS	(902) 421-1599
The Lodge That Gives, The Canadian Cancer Society		(902) 420-1849 1 800 639-0222
Ronald McDonald Family Room	At the IWK Health Centre	For bookings contact your social worker.
Ronald McDonald House	1133 Tower Rd, Halifax, NS	(902) 429-4044
Delta Halifax	1990 Barrington Street, Halifax NS	(902) 425-6700 1 888 890-3222
Best Western Plus Chocolate Lake Hotel		(902) 477-5611 1 800 639-0222
Atlantica Hotel	1980 Robie Street, Halifax NS	(902) 423-1161
The Cambridge Suites	1583 Brunswick Street, Halifax NS	(902) 420-0555 1 800 565-1263
Halifax Haven Guest Home	5897 Inglis Street, Halifax NS	(902) 421-1650
Halliburton House Inn	5184 Morris Street, Halifax NS	(902) 420-0658 1 888 512-3344
Lord Nelson Hotel	South Park Street, Halifax NS	(902) 423-6331 1 800 565-2020

Website	Extra Information
https://pointpleasantlodge.com	Not-for-profit specialty hotel; charges a flat rate.
http://daffodilplace.com/the-lodge-that-gives.php	Free lodging and meals for patients; Flat rate for room and meals for 2 family members/support persons.
http://www.rmhc.org/ronald-mcdonald-family-room	Offers a place to rest and regroup at the hospital, located on the 3rd floor of the health centre. Has amenities including: kitchen, showers, sleeping rooms, laundry, internet, reference books, a seating area with a television, and a quiet room.
http://rmhatlantic.com/	
https://www.deltahotels.com/Hotels/Delta-Halifax	
http://www.chocolatelakehotel.com	
http://www.atlanticahotelhalifax.com	
http://www.cambridgesuites halifax.com	
http://www.acon-atlantic.ca/service/ns/halifax-haven-guest-home	Not-for-profit guest home run by the Mennonite Church. There is a suggested donation of \$40 per night for guests who can afford it. Transportation may be available for patients.
http://www.thehalliburton.com	
http://lordnelsonhotel.ca	

DISCOUNTED PATIENT ACCOMMODATIONS IN HALIFAX

Verification of a doctor's appointment may be required to receive hospital rates.

Name	Address	Phone Number
Marriott Residence Inn	1599 Grafton Street, Halifax NS	(902) 422-0493 1 866 422-0493
The Hollis by Hilton	1649 Hollis Street, Halifax NS	(902) 429-7233 1 800 333-3333
Westin Nova Scotian Hotel	1181 Hollis Street, Halifax NS	(902) 421-1000 1 800 937-8461
The Commons Inn	5780 West Street, Halifax NS	(902) 484-3466 1 877 797-7999
Courtyard by Marriott	5120 Salter Street, Halifax NS	1 800 321-2211
Dartmouth Oceanview Hotel	65 King Street, Dartmouth NS	(902) 463-9520
The Travellers and Esquire Motel	771 Bedford Highway, Bedford NS	(902) 835-3367 1 800 565-3367
Garden South Park Inn	1263 South Park Street, Halifax NS	(902) 492-8577 1 877 414-8577
Halifax International Hostel	1253 Barrington Street, Halifax, NS	(902) 422-3863
Holiday Inn Harbourview	101 Wyse Road, Dartmouth NS	(902) 463-1100 1 888 434-0440
Prince George Hotel	1725 Market Street Halifax, NS	1 800 565-1567
Saint Mary's University	5865 Gorsebrook Avenue, Halifax NS	1 888 347-5555
Dalhousie University	6299 South Street, Halifax NS	1 888 271-9222
Waverley Inn	1266 Barrington Street, Halifax NS	(902) 423-9346



Website	Extra Information
http://www.marriott.com/hotels/travel/yhzri-residence-inn-halifax-downtown http://www.thehollis.ca	
http://www.thewestin-novascotian.com http://www.commonsin.ca	
http://www.marriott.com/hotels/travel/yhzcycourtyard-halifax-downtown http://www.extendedstayhotel-dartmouth.com	For extended stays, offers weekly and monthly rates.
http://www.esquiremotel.ca http://www.gardensouthparkinn.com	
http://www.hihostels.ca http://www.hiharbourview.ca	
http://www.princegeorgehotel.com http://www.smu.ca/about/conference-services-Summer-Accommodations.html	Accommodations are offered from May-August
http://www.dal.ca/dept/summer-accommodations/contact-summer-accommodations.html http://waverleyinn.com	Accommodations are offered from May-August



FREQUENTLY CALLED NUMBERS

Emergency 911

Healthlink (non-emergency health info) 811

Family doctor _____

Treatment unit/clinic _____

Cancer doctor/nurse _____

Hematologist _____

Patient navigator/Family care coordinator _____

Local hospital _____

Pharmacy _____

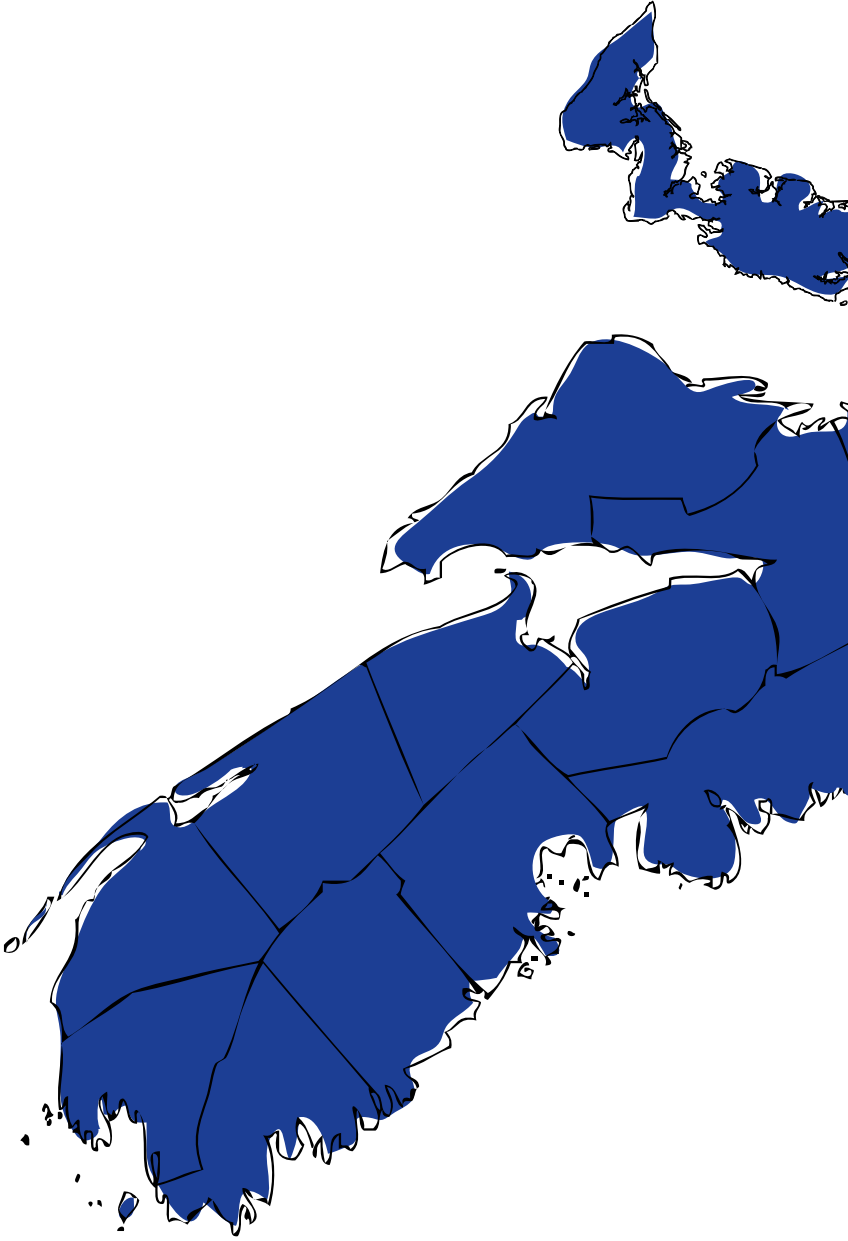
Health Insurance company _____

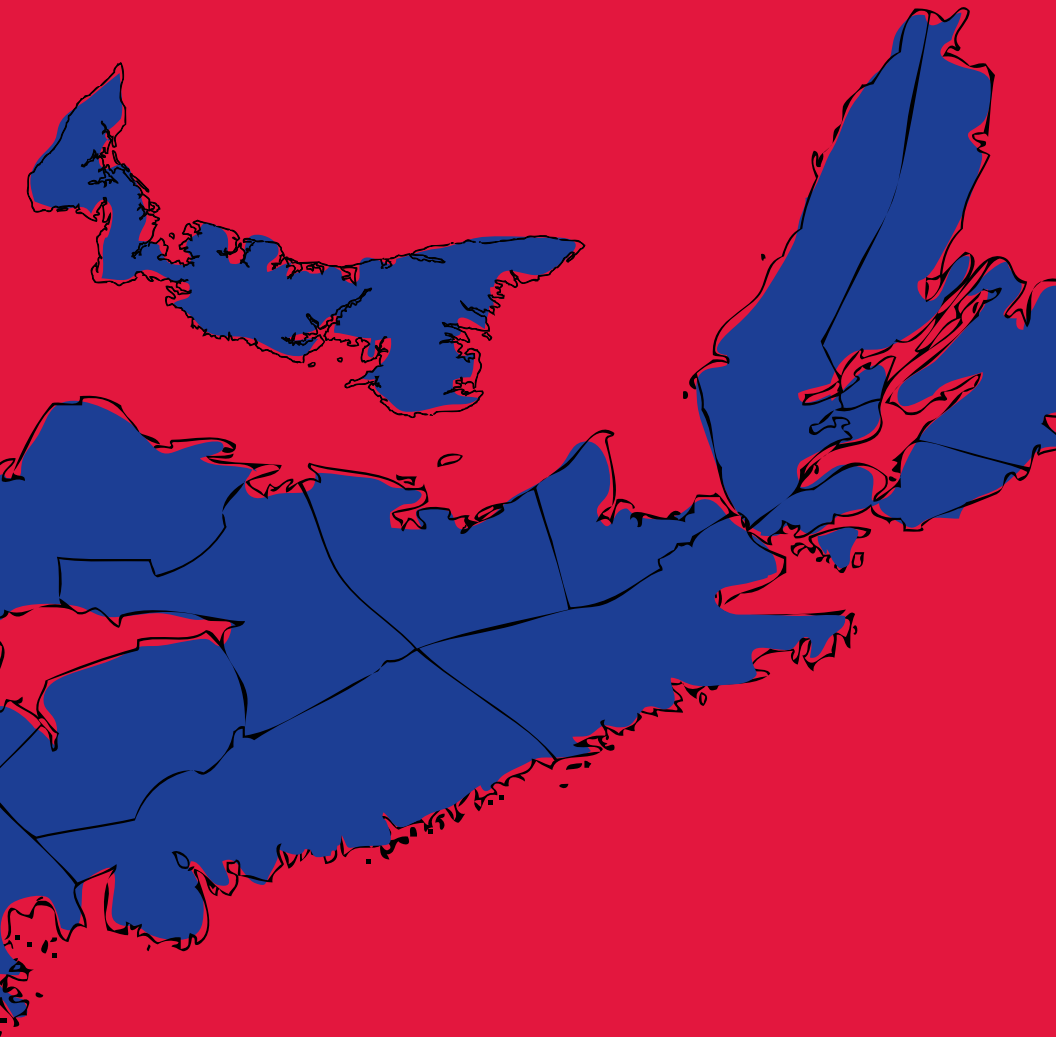
Taxi/transportation service _____

Family members

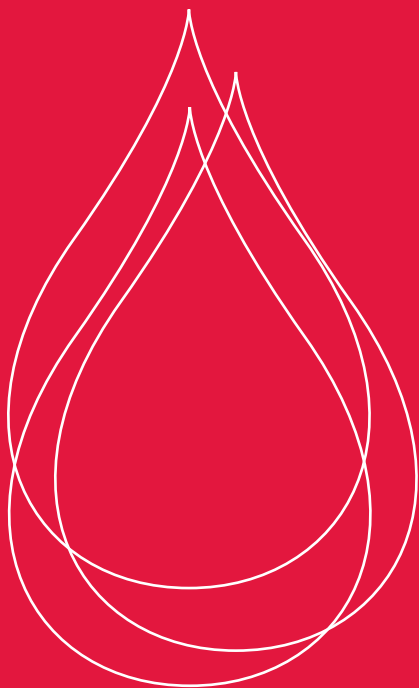
Neighbours

Other





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NOVA SCOTIA

BLOOD CANCER RESOURCE GUIDE



**someday
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902.422.5999 ext. 7574 | 1.855.515.5572
www.llscanada.org | www.facebook.com/llscatlantic