



LEUKEMIA & LYMPHOMA
SOCIETY OF CANADA®
fighting blood cancers

Ontario Blood Cancer Resource Guide

The Leukemia and Lymphoma Society of Canada
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Contact us to receive updated information

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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 resource guide has been developed to make it easier for those affected by blood cancers (patients, survivors, families or caregivers) to access a complex healthcare and social service system and find the services to match your individual situation and style. This guide is a “work in progress,” not a complete list, and your comments and suggestions are welcome.

Knowing what you need and expressing those needs are the first steps in finding information and support. A cancer diagnosis can bring a sense of vulnerability and some people feel uncomfortable asking for assistance. However, you are not alone in this experience so please let others know what you need! This includes family members, as most organizations provide services for patients and their immediate family.

If during your search for services you cannot find what you need, please inform staff about the need anyway. Identifying needs is a way to raise awareness and create change. Even if a particular organization does not offer a service, staff may be able to connect you with others who are working toward the same goals.

Please be an informed consumer and evaluate these services according to your own situation. The summaries of these resources are based on current information and may require updates or changes. Your feedback is important to help make this a useful guide for people affected by blood cancers in the Ontario Region.

With sincere best wishes,

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Section 1: The Leukemia & Lymphoma Society of Canada (LLSC)

Patient Services Programs Include:

- The **LLSC website** contains information all about blood cancers and includes resources as well. There is information on disease information, treatment, childhood blood cancers and support resources, for example financial matters, discussion boards, online chats and more.
<http://www.llscanada.org/>
- Comprehensive **Printed Materials** regarding the various blood cancers, their treatment and related topics; see next pages for partial listing. Additional materials are available including topics regarding children with cancer.
- **Educational Video Library** and **Webcasts** are available free on the LLSC website. The videos cover topics about blood cancers, survivorship, disease updates and other topics. Some other videos explain blood tests and the lymphatic system. There are also videos on coping with the physical, emotional and social challenges of a cancer experience. There are also webcasts of past conferences and educational sessions.
- In-person **Education Programs** for patients/family members and healthcare professionals.
- **First Connection Program** connects patients, their families or caregivers at any stage of the diagnosis and recovery with volunteer who have personally experienced the challenges of living with a diagnosis of a blood cancer. Patients and/or caregivers are matched with volunteer by different criteria (diagnosis, age, gender) Connections occur via the telephone, email or in person.
- **Support Groups** link blood cancer patients and their families to a group where they share information, support, education and feelings in a comfortable and caring environment.
- **Advocacy** and **partnership** with other groups and organization who are working toward improved cancer care.
- **Information Resource Centre (IRC) 1-800-955-4572** Speak one-on-one with an Information Specialist who can assist you through cancer treatment, financial and social challenges and give accurate, up-to-date disease, treatment and support information. Available Monday through Friday 9 a.m. to 9 p.m. EST. You can also chat online or send an email to an Information Specialist.

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 get together, participate and create a supportive community in Ontario.

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

- **Local:** To receive newsletters about Ontario events, contact our regional office at fred.ho@lls.org 416-585-2873 ext. 2438 or toll free 1-866-585-2873
- **International:** Electronic newsletters with disease and treatment updates are accessed at www.lls.org/#/aboutlls/news/subscribe/enewsletter/

Printed Materials

Disease Information Booklets

General link to disease information booklets

<http://www.llscanada.org/resource-center/download-or-order-free-publications?language=English&category=All&sortby=alpha&el-view=card-view>

The following booklets are hyperlinked to take you to their corresponding online PDF document. Alternatively, you may contact your local office and request a hard copy be mailed to you.

- Acute Lymphoblastic Leukemia
- Acute Myeloid Leukemia
- The ALL Guide: Information for Patients and Caregivers *not available as PDF
- The AML Guide: Information for Patients and Caregivers
- Chronic Lymphocytic Leukemia
- Chronic Myeloid Leukemia
- The CLL Guide: Information for Patients and Caregivers
- The CML Guide: Information for Patients and Caregivers
- Hodgkin Lymphoma
- Know Your NHL Subtype
- The Lymphoma Guide: Information for Patients and Caregivers
- MDS Guide: Information for Patients and Caregivers
- Myelodysplastic Syndromes
- Myeloma
- The Myeloma Guide: Information for Patients and Caregivers
- Non-Hodgkin Lymphoma
- Understanding Leukemia

Treatment Booklets

- Blood and Marrow Stem Cell Transplantation
- Blood Transfusion
- Cord Blood Stem Cell Transplantation Facts
- Knowing all Your Treatment Options
- Understanding Clinical Trials for Blood Cancer
- Understanding Side Effects of Drug Therapy*not available as PDF
- Understanding Lab and Imaging Tests

Support Information

- Coping with Cancer Related Fatigue
- Coping with Chemo Brain
- Each New Day
- First Connection Program

Fact Sheets

The LLSC offers a variety of Fact Sheets in addition to the booklets. Please see below for a complete list. All of the documents are hyperlinked.

- Amyloidosis Information Sheet
- Acute Promyelocytic Leukemia Facts
- Blastic Plasmacytoid Dendritic Cell Neoplasm

- Blood Cancer in Canada Facts and Stats 2016
- Cancer Related Fatigue Facts
- Chimeric Antigen Receptor (CAR) T-Cell Therapy Facts
- Chronic Myelomonocytic Leukemia and Juvenile Myelomonocytic Leukemia Facts
- Chronic Neutrophilic Leukemia Facts
- Cord Blood Stem Cell Transplantation Facts
- Cutaneous T-Cell Lymphoma Facts
- Dental and Oral Complications of Cancer Treatment Facts
- Essential Thrombocythemia Facts
- Fertility Facts
- Food and Nutrition Facts
- Hairy Cell Leukemia Facts
- Immunotherapy Facts
- Integrative Medicine and Complementary Therapies Facts
- Le cancer du sang au Canada Faits et statistiques 2016
- Long-Term and Late Effects of Treatment for Childhood Leukemia or Lymphoma Facts
- Mantle Cell Lymphoma Facts
- Monoclonal Gammopathy of Undetermined Significance (MGUS) Facts
- Myelofibrosis Facts
- Myeloma Oral Treatment Adherence Facts
- Pain Management Facts
- Peripheral T-Cell Lymphoma Facts
- Polycythemia Vera Facts
- Sexuality and Intimacy Facts
- Waldenstrom Macroglobulinemia Facts

Pediatric Information

- Coping with Childhood Leukemia and Lymphoma
- Learning & Living with Cancer: Advocating for Childhood Leukemia and Lymphoma
- Long-Term and Late Effects of Treatment for Childhood Leukemia and Lymphoma
- Pictures of my Journey – Coloring Book about Childhood Cancer
- The Stem Cell Transplant - Coloring Book

Section 2: National Resources & Information

Canadian Organizations

Canadian Cancer Society

<http://www.cancer.ca/en/?region=on#>

The Canadian Cancer Society addresses all types of cancer and has offices throughout Canada, with regional offices across Ontario. 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. There is information about cancer (diagnosis, treatment, experience), support groups, palliative care, financial aid (including drug coverage, government income programs), pediatric cancer, wig services, transportation, travel & accommodation,

bereavement & grief, etc. There is an online community that you can connect with. There is also a *Community Services Locator* where you can search for support services in your community.

Canadian Blood Services and One Match

www.bloodservices.ca and www.onematch.ca Tel. # 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.

Health Information- Canadian Government

MedEffect Canada

<http://www.hc-sc.gc.ca/dhp-mps/medeff/index-eng.php>

This Health Canada website, MedEffect Canada, is designed to give consumers, patients, and health professionals with easy access to reporting an adverse reaction or side effects, obtaining new safety information on drugs and other health products and a better understanding the importance of reporting side effects. Health Canada wants to ensure that they have all data regarding adverse reactions to medications. Advisories and recalls are also listed on this website.

Public Health Agency of Canada

<http://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.

Blood Cancer Specific Organizations

The Aplastic Anemia & Myelodysplasia Association of Canada

<http://www.aamac.ca/> Tel. # 1-888-840-0039 Email info@aamac.ca

The AAMAC is a leading funder of research into bone marrow failure diseases in Canada. The volunteer-run organization supports patients and caregivers across the country who are living with aplastic anemia, myelodysplastic syndrome (also called MDS or myelodysplasia) and paroxysmal nocturnal hemoglobinuria (PNH).

Canadian Blood and Marrow Transplant Group

<http://www.cbmtg.org/>

CBMTH is a member-led, national, multidisciplinary organization providing leadership and promoting excellence in patient care, research and education in the field of blood and marrow transplant.

The CML Society

<http://cmlsociety.org/> Tel. # 1-866-912-7575

The CML Society actively works to respond to the distinct needs of people living with CML and their families through a variety of services, activities and forums.

The CML Network

<http://cmlnetwork.ca/> Email: info@cmlnetwork.ca

The Canadian CML Network is a community of people living with Chronic Myeloid Leukemia. They are dedicated to providing emotional, social and education support to people living with CML and their families.

The International Waldenstrom's Macroglobulinemia Foundation

<http://www.iwmf.com>

The IWWMF is a patient-founded and patient-led, nonprofit organization that is dedicated to supporting everyone affected by Waldenstrom's macroglobulinemia while advancing the search for a cure. They

provide information, publications, education, on-going updates, peer support and do research for better treatments while searching for a cure.

Lymphoma Foundation Canada

<http://www.lymphoma.ca/> Tel. # 1-866-659-5556 Email: info@lymphoma.ca

This organization connects patients, their family and friends, medical professionals, researchers, volunteers and donors to build a strong lymphoma community.

Myeloma Canada

<http://www.myelomacanada.ca/en> Tel. #1-888-798-5771

Myeloma Canada is a patient-driven, patient-focused, grassroots organization. They work to provide educational resources and support to patients, families and caregivers and to facilitate access to new therapies, treatment options and health care resources.

Myeloproliferative Disorders

<http://www.mpninfo.org/>

The MPN Education Foundation is a non-profit organization run by volunteer MPN patients. It is based in the USA.

Clinical Trials Information

Canadian Cancer Trials

<http://www.canadiancancertrials.ca/>

Canadian Cancer Trials is a registry to check out what trials are taking place in Canada.

Clinical Trials.gov

<https://clinicaltrials.gov/>

This website is a registry of publicly and privately supported clinical studies around the world, in over 198 countries.

Information Resource Centre

<http://www.llscanada.org/support/information-specialists> Tel. # 1-800-955-4572

Speak one-on-one with an Information Specialist who can assist you through cancer treatment, financial and social challenges and also provide accurate information about clinical trials. The Information Specialists are seasoned professionals with experience in the Canadian health care system and are located at our affiliate resource centre in the United States. You can also chat live online or email and Information Specialist. Visit the website for more information.

TrialCheck®

<https://www.eviticlinicaltrials.com/Services/>

TrialCheck is a leading cancer clinical trial search engine. TrialCheck continuously imports information for all cancer clinical studies federally registered with the U.S. Government Department of Health and Human Services. It is designed for use by physicians, nurses and other health professionals.

National Financial Information & Resources

Canada Pension (CPP) Disability

<http://www.servicecanada.gc.ca/fi-if/index.jsp?app=prfl&frm=isp1151>

People with severe and prolonged illness can apply to this plan, if they made regular contributions to CPP. Apply on-line at the website above.

Drug Manufacturer Assistance Programs for New and Expensive Drugs

Drug companies may help you find other drug payment options. They may also provide financial assistance.

Drug Coverage: A Guide to Reimbursement

<http://drugcoverage.ca/en-ca/>

Most Canadians have access to reimbursement for prescription medications through third-party insurance, provincial/territorial drug benefit programs or federal programs. This site helps to access important information on these programs.

Employment Insurance (EI) Sick Benefits

<https://www.canada.ca/en/services/benefits/ei/ei-sickness.html>

EI offers up to 15 weeks payment for people who are eligible. This is based on how many weeks have been paid into the plan, and payments are based on weekly earnings. Drug costs are not covered.

Employment Insurance (EI) Compassionate Care Benefits

<https://www.canada.ca/en/services/benefits/ei/ei-compassionate.html>

Compassionate care benefits are Employment Insurance benefits paid to people who have to be away from work temporarily to provide care or support to a family member who is gravely ill and who has a significant risk of death within 26 weeks (6 months). A maximum of 26 weeks of compassionate care benefits may be paid to eligible applicants.

Other Cancer Resources – Canada

Canadian Association of Psychosocial Oncology

<http://oncology.capo.ca/public/>

CAPO is an organization of professionals, clinicians, researchers, educators and others dedicated to understanding treatment and the study of the social, psychological, emotional, spiritual and quality-of-life aspects of cancer. The purpose of CAPO is to foster and encourage interdisciplinary excellence in psychosocial research, education and clinical practice in oncology.

Fertility Matters Canada

<http://fertilitymatters.ca/>

FMC is the national organization that empowers Canadians to help reach their reproductive health goals by providing support, awareness, information and education, and promoting equal access to fertility treatments.

Health Gateway

<http://www.healthgateway.ca/>

Health Gateway is a unique, online resource in Canada designed to meet health information and support needs common to people living with complex chronic illnesses and episodic disabilities (for example arthritis or cancer). Health Gateway is a gateway to navigating the health care “maze” and finding the information you need to manage your daily life.

Reframe Health Lab

<http://www.reframehealthlab.com/>

Reframe Health Lab works to combine patient and care provider engagement with communications strategies to change the way we talk and learn about health. It was founded by Dr. Mike Evans who was a staff physician at St. Michael’s Hospital, and Associate Professor of Family Medicine at the University of Toronto. In fall 2016, Dr. Evans moved to Apple in California to help lead health innovation. The website includes whiteboard health videos on a variety of topics like Healthy Eating 101, The Science of Happiness and Cancer Fatigue.

Section 3: Patient Care Resources & Information

Helpful Tips for Newly Diagnosed

Diagnosed with a Blood Cancer? Important questions you might not think to ask

<http://www.lls.org/blog/diagnosed-with-a-blood-cancer-important-questions-you-might-not-think-to-ask>

This blog post on the LLS website offers readers suggestions on important questions to ask when you have been diagnosed with a blood cancer.

Newly Diagnosed: First Steps

<http://www.llscanada.org/managing-your-cancer/newly-diagnosed>

The LLSC website provides tips and suggested First Steps when you are newly diagnosed.

Personal Decision Making Tool

<https://decisionaid.ohri.ca/decguide.html>

A tool developed at the Ottawa Hospital to help people make treatment or other personal decisions.

Understanding Emotional Issues of Cancer

The Emotional Facts of Life with Cancer

<http://capo.ca/docs/bookletREVISED.pdf>

The Emotional Facts of Life with Cancer booklet was produced by the Canadian Association of Psychosocial Oncology. 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.

The Healing Journey by Wellspring

<https://wellspring.ca/online-resources/the-healing-journey-2/>

The Healing Journey is a program for people who want to learn how to help themselves when they have cancer. It is a practical course, providing simple but proven psychological and spiritual tools which promote inner harmony, peace and healing, methods that can help any of us become a “healed person.” This program is for patients and their family members and there are different levels of the Healing Journey Program. For more information visit the website listed above.

The Truth of It: Cancer View

<http://www.cancerview.ca/treatmentandsupport/thetruthofitvideoseriest/aboutthetruthofit/>

The Truth of It is a joint initiative between the Canadian Partnership Against Cancer and the Health Design Lab, part of the Li Ka Shing Knowledge Institute at St. Michael’s Hospital in Toronto. It features interviews with Canadians diagnosed with cancer who were asked to share their story so others could learn from their experience. It provides candid accounts of the personal impact of cancer. The series has 42 videos currently.

Nutrition and Fitness Information

Eating Well when you have Cancer by the Canadian Cancer Society

<https://www.cancer.ca/~media/C8ADD7080CAC4045B766577D074B0CAF.ashx>

This guide created by the Canadian Cancer Society provides information on why eating well is important, being active, how feelings can affect your appetite during treatment, how to manage eating-related side effects, and also includes recipes.

Eat Right Ontario

<http://www.eatrightontario.ca/en/default.aspx#> Tel. # 1-877-510-5102

EatRight Ontario answers your nutrition and healthy eating questions. You can have your questions answered by calling toll free, sending an email or browsing their website.

Meals on Wheels

<http://www.mealsonwheels.ca/>

MoW delivers nutritious, delicious and affordable meals to a variety of groups. MoW are delivered in 181 communities across Ontario.

What to Eat when you don't feel like Eating by the University Health Network

http://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/What_to_do_When_You_Dont_Feel_Like_Eating.pdf

This guide was created for patients who have a loss of appetite due to cancer and its treatment.

Online Resources

ACOR – Association of Cancer Online Resources

<http://www.acor.org/>

ACOR is a unique collection of online cancer communities designed to provide timely and accurate information in a supportive environment. It is free and it is for everyone affected by cancer and related disorders. There are 142 online communities to connect with.

Canadian Cancer Society

<http://www.cancer.ca/en/?region=on>

This website offers information about all types of cancer, prevention and screening, and supports & services available.

Cancer View

www.cancerview.ca

This website is brought to you by *The Canadian Partnership Against Cancer* and it connects Canadians to quality cancer resources and information about prevention and screening, treatment and support, research and trials amongst other topics.

Cancer Chat Canada at De Souza Institute

<https://cancerchat.desouzainstitute.com/>

Since 2007, Cancer Chat has been providing free and professional-led online support groups for Canadians affected by cancer, including patients, survivors and family members. Cancer Chat groups are open to patients living anywhere in Canada who are undergoing cancer treatment or living with cancer related challenges after treatment, Groups are also available for family members or friends caring for someone with cancer.

CarePages

<https://www.carepages.com/>

This online service connects you to free patient blogs that can offer support during a health challenge. It also provides the opportunity to create your own CarePage website.

CareZone

www.carezone.com

CareZone provides a safe, private place to organize, store and manage everything. Organize yourself, or grant access to your family and helpers. It is also available as an app for your phone.

Caring Bridge

www.caringbridge.org

This website was created when the founder of the site had a friend who had a premature baby and wanted her friends and family to be made aware of their progress and recovery. Instead of spending tireless and emotional hours making phone calls she created a site so they could get new updates. Today this website serves over 500,000 people per day who utilize its services by creating their own website to share their stories with others online.

Facing Cancer: For Everything Else you're Going Through with Cancer

<http://www.facingcancer.ca/>

This organization provides an online support group for cancer patients where women, and all those connected to them, can find support with cancer and camaraderie with others. The site also contains blogs and forums.

The Leukemia & Lymphoma Society Online Chats

<http://www.llscanada.org/support/online-chats>

Online chats are hosted by the Leukemia & Lymphoma Society in the United States. The chats occur weekly and are live, they provide a forum to share experiences and chat with others about anything from the initial phase of diagnosis to treatment and survivorship. Each chat is moderated by an oncology social worker; they guide the conversation as needed. Some of the chats includes Caregivers, Living with NHL, Living with Myeloma, Living with CML, and more.

Lotsa Helping Hands

<http://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.

Patient Symptom Management Guides by Cancer Care Ontario

https://www.cancercare.on.ca/toolbox/symptools/patient_symptom_management_guides/

Cancer Care Ontario created 10 patient guides to help you and your loved ones manage your symptoms. The guides are easy to understand and include practical tips for what you should do and when to get help from your healthcare team. The guides are available online and in a variety of languages.

Today's Caregiver

www.caregiver.com

This website is the electronic version of the bi-monthly magazine that provides a variety of services and information for caregivers. It is for, about and by caregivers.

Cancer Survivorship Information

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.

Canadian Cancer Survivor Network

<http://survivornet.ca/en/>

The CCSN was created by a group of Canadians concerned about cancer. Their mission is to promote health through education activities and by providing counselling, information or support group programs to individuals living with and survivors of cancer and their caregivers.

ELLICSR: Health Wellness & Cancer Survivorship Centre

<https://www.ellicsr.ca/en/Pages/default.aspx>

585 University Ave, Munk Building, B PMB 130, Toronto, ON.

ELLICSR offers all cancer survivors the opportunity to find information on health and wellness, meet other survivors, participate in a class or program and sit and relax before and after appointments. A Cancer survivor is defined to be anyone who is touched by cancer, including patients, families, friends and caregivers.

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.

Prepare to Return to Work after Treatment for Cancer by the University Health Network

http://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Prepare_to_Return_to_Work_after_Cancer_Treatment.pdf

This guide is for people who have had treatment for cancer. It provides information on how to prepare for your return for work, your rights as a worker and where to get more information and support.

Survivor Stories- Cancer Connect

<http://news.cancerconnect.com/support-and-resources/survivor-stories/>

Women and men who are living with cancer or have completed treatment and are cancer-free share their stories of survival, from initial diagnosis and treatment to recovery and the ways that cancer has transformed their lives.

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>

SECTION 4: Ontario Specific Resources & Information

Cancer Care Ontario

<http://www.cancercare.on.ca/>

Cancer Care Ontario is the provincial agency responsible for continually improving cancer services. As the government's cancer advisor, Cancer Care Ontario works to reduce the number of people diagnosed with cancer, and make sure patients receive better care every step of the way. Cancer Care Ontario explains the cancer care system within Ontario and provides information of the various LHINS and lists regional Cancer facts.

Community Information

www.211ON.ca

The free 24 hour telephone line helps people find services in Ontario. For example they can tell you where to go for counseling, home support, or child care services. They can answer questions in languages other than French and English.

My CancerIQ

<https://www.mycanceriq.ca/>

Designed by Cancer Care Ontario (COO), My CancerIQ is a website that helps you understand your risk for cancer and what you can do to help lower that risk. Taking a My Cancer IQ assessment can give you information to help protect yourself. You can also learn what factors help to keep your risk down, what factors increase your risk and what you can do to manage or reduce your risk, including links to helpful resources.

The Ontario Ministry of Health and Long-Term Care

<http://www.health.gov.on.ca/en/>

The Ontario Ministry of Long-Term Care can provide Ontarians with information about drugs covered and not covered as well as other health information as it pertains to the province of Ontario and to the Ontario Health Insurance Program (OHIP).

Regional Cancer Centres in Ontario

<u>Regional Cancer Centre</u>	<u>Location</u>	<u>Website (hyperlink)</u>	<u>Contact #</u>
Cancer Centre of Southeastern Ontario Host Hospital: Kingston General Hospital	25 King Street West Kingston, ON K7L 5P9	Web site: Cancer Centre of Southeastern Ontario	613-544-2630
Carlo Fidani Peel Regional Cancer Centre Host Hospital: Trillium Health Partners – Credit Valley Site	Trillium Health Partners- Credit Valley Site 2200 Eglinton Avenue West Mississauga, ON L5M 2N1	Web site: Carlo Fidani Regional Cancer Centre	905-813-1100 ext. 443
Grand River Hospital Regional Cancer Centre Host Hospital: Grand River Hospital	P.O. Box 9056 835 King Street West Kitchener, ON N2G 1G3	Web site: Grand River Hospital Regional Cancer Centre	519-742-3611
Juravinski Cancer Centre Part of Hamilton Health Sciences	699 Concession Street Hamilton, ON L8V 5C2	Web site: Juravinski Cancer Centre	905-521-2100
London Regional Cancer Program Host Hospital: London Health Sciences Centre	790 Commissioners Road East London, ON N6A 4L6	Web site: London Regional Cancer Program	519-685-8600
Northeast Cancer Centre Host Hospital: Health Sciences North/ Horizon Santé- Nord	41 Ramsey Lake Road Sudbury, ON P3E 5J1	Web site: Northeast Cancer Centre	705-522-6237
Odette Cancer Centre Host Hospital: Sunnybrook Health Sciences Centre	Sunnybrook Health Sciences Centre 2075 Bayview Avenue Toronto, ON M4N 3M5	Web site: Odette Cancer Centre	416-480-6100
The Ottawa Hospital Cancer Centre Host Hospital: The Ottawa Hospital	501 Smyth Road Ottawa, ON K1H 8L6	Web site: The Ottawa Hospital Cancer Centre	613-737-7700
Princess Margaret Cancer Centre Part of University Health Network	610 University Avenue Suite 16-609 Toronto, ON M5G 2M9	Web site: Princess Margaret Cancer Centre	416-946-4501

Regional Cancer Care – Northwest Host Hospital: Thunder Bay Regional Health Sciences Centre	980 Oliver Road Thunder Bay, ON P7B 6V4	Web site: Regional Cancer Care-Northwest	807-684-7200
R.S. McLaughlin Durham Regional Cancer Centre Part of Lakeridge Health	1 Hospital Court Oshawa, ON L1G 2B9	Web site: R.S. McLaughlin Durham Regional Cancer Centre	905-576-8711
Simcoe Muskoka Regional Cancer Centre Host Hospital: Royal Victoria Hospital	201 Georgian Drive Barrie, ON L4M 6M2	Web site: Simcoe Muskoka Regional Cancer Centre	705-728-9090
Stronach Regional Cancer Centre at Southlake Host Hospital: Southlake Regional Health Centre	596 Davis Drive Newmarket, ON L3Y 2P9	Web site: Stronach Regional Cancer Centre at Southlake	905-895-4521
Windsor Regional Cancer Care Program Host Hospital: Windsor Regional Hospital	2220 Kildare Road Windsor, ON N8W 2X3	Web site: Windsor Regional Cancer Care Program	519-253-5253

Breaking the Isolation: Support Groups & Social Service Organizations

Canadian Cancer Society- Ontario

www.cancer.ca Tel. # 1-888-939-3333

Group Support: Offers self-help groups for cancer patients, their families and friends. They provide emotional support and practical help. The website also allows users to search for support groups offered in their area by other organizations.

Cancer Connection Peer Support Program- Ontario

<http://www.cancer.ca/en/support-and-services/support-services/talk-to-someone-who-has-been-there/?region=on>

Anywhere in Ontario, you can be matched with someone who can talk to you over the phone. These people are trained volunteers who have been through a cancer experience like yours. The phone calls are completely private. You can also connect with peers through an online community at the following website <http://cancerconnection.ca/home>

Chinese Cancer Support Group- Toronto

<http://www.srchc.ca/program/chinese-cancer-support-group> Tel. # 416-461-1925, ext. 248

An educational program that offers guidance and mutual support to Chinese cancer patients and their families. The group is led by a Chinese-speaking outreach worker. Health professional are invited to make presentation and answer questions. South Riverdale Community Health Centre. Contact Grace Ho at the phone number listed above.

Community Care Access Centre: Locations throughout Ontario

<http://www.ccac-ont.ca>

Community Care Access Centres (CCAC) can connect you with the care you need, at home and in your

community. CCAC can help you stay in your own home longer by providing Care in Your Home and by coordinating Care in Your Community, including specialized support services. CCAC can provide you with information about Long-Term Care Options if it becomes too difficult for you to live independently at home.

Dorothy C. Madgett Relaxation- Toronto

Tel. # 416-340-7070

This clinic gives classes on relaxation and exercise that are taught by physiotherapists. The classes are 90 minutes long.

First Connection- Ontario

<http://www.llscanada.org/support/first-connection>

Connects patients, their families or caregivers at any stage of diagnosis and recovery with volunteers who have personally experienced the challenges of living with a diagnosis of Leukemia, Lymphoma, Myeloma or Myelodysplastic Syndrome. Patients and/or their caregivers are matched with volunteers by diagnosis, age and gender when possible. Connections occur via the telephone, email, or in-person.

Gilda's Club-Toronto

<https://gildasclubtoronto.org/> **Tel. # 416-214-9898**

This is for people with cancer and their family/friends. The services provided include support groups, workshops, lectures, social activities, stress management workshops and a magical room ("Noogieland"). You must be a member and be pre-approved to attend a support group, you can fill out an application online <https://gildasclubtoronto.org/become-a-member/>

Hearth Place-Oshawa

www.hearthplace.org **Tel. # 905-573-4833**

This is a community based organization that gives information and support to cancer patients, their families, caregivers and health care providers. They offer cancer education, peer support, art support, journaling, therapeutic touch and "Look good Feel Better" workshops. They also host support groups.

Hopespring Cancer Centre- Waterloo-Wellington

www.hopespring.ca **Tel. # 519-742-4673**

HopeSpring was created to assist people to move beyond the fear, confusion, and frustrations surrounding a cancer diagnosis and treatment. Offering a variety of programs and services, all designed to create a greater sense of confidence and control. Hopespring also provides personal and group support, a free wig boutique, and an excellent resource center.

Iranian/Persian Cancer Group- Toronto

Tel. # 416-277-7777

This group provides support and information to cancer patients and their families in the Persian language through their different programs. Contact Mrs. Farah Aslani Amoli. Email: famoli@rogers.com

Lymphoma Canada- Ontario

<https://www.lymphoma.ca/> **Tel. # 1-866-659-5556**

Lymphoma Canada holds support groups across Canada. Call to find a group near you or to receive information about starting your own group. Some locations include: Sarnia, ON; Toronto, ON; Ottawa, ON. Visit the website or call to learn more about the support group meetings.

Lymphoma Support Group of Ottawa

<http://www.lsgo.ca/index.html> **Email** lymphoma.ottawa@gmail.com

LSGO has provided lymphoma patients, families and friends in the Ottawa region with support, information, education and networking since October 2000. The LSGO holds an information session in September and holds 8 meetings per year. Visit the website above or email for more information.

Muslim Cancer Support Group- Toronto

<http://muslimcancersupport.org/>

The Muslim Cancer Support Group is a community-based group of volunteers and cancer survivors whose mission is to provide physical, emotional, and spiritual support to all who are touched by cancer. Contact Nadeem Memon at nadeem.memon@utoronto.ca

Multiple Myeloma Canada- Ontario

<http://www.myeloma.ca/en/join-the-community/find-support>

Support groups are open for myeloma patients and their spouses, caregivers, loved ones, significant others, family members and friends. There are various groups across Canada, some include: Multiple Myeloma Support Group of Ottawa; Halton Peel and Area Myeloma Support Group; Algoma District Myeloma Canada Peer Support Network and many others.

Myeloproliferative Neoplasm Support Group- Hamilton

Email mpnontario@gmail.com

A support group for patients diagnosed with MPNs in Hamilton, Ontario. The group was formed by hematologist Dr. Brian Leber.

The Ottawa Hospital Cancer Program

<https://www.ottawahospital.on.ca/wps/portal/Base/TheHospital/PatientsAndVisitors/SupportAndFollowUp/SupportGroups>

Various support groups offered that vary between 6 to 8 weeks. The website has registration details and tel. #'s. The website also lists support groups offered by regional partners.

Wellspring- Toronto, Brampton, London, Oakville, Stratford, Thorold and Niagara

www.wellspring.ca

There are several Wellspring support centers in Ontario. They run free discussions and support groups for you and your family/caregivers. Some groups include yoga, nutrition and exercise, etc.

Wellwood-Hamilton

<http://www.wellwood.on.ca/> Tel. # 905-389-5884

This is a community based organization that gives information and support to cancer patients, their families, caregivers and health care providers. They offer cancer education, support groups and classes on coping skills.

Victorian Order of Nurses

<http://www.von.ca/> Tel. # 1-888-866-2273 Email national@von.ca

VON offers more than 75 different home care, personal support, and community services to enhance each client's quality of life by providing them with the personal assistance and the support needed to make them comfortable in their own home. Currently, they serve more than 1,200 communities across Canada and has touched the lives of more than 1 million Canadians.

Young Carers Program interagency program, through Hospice Toronto

<http://www.ycptoronto.com/> Email info@hospicetoronto.ca

The young carers program offers a variety of weekly programs, drop-in nights and special events for carers under 18.

Caregiver Support Services

The Caregiver Network

<https://thecaregivernetwork.ca/>

TCN is Canada's largest online learning network supporting family caregivers, their loved ones and the health care professionals who work on their behalf. Their goal is to help you better navigate the care journey.

Closing the Gap Healthcare

<http://www.closingthegap.ca/>

Closing the Gap Healthcare employs hundreds of healthcare providers offering services in homes, schools, workplaces, long-term care homes, hospitals and clinics across Ontario (and Nova Scotia). Some of the services they provide are personal care, home support, nursing, physiotherapy, occupational therapy, social work and registered dieticians.

Family Service Toronto

<https://familyservicetoronto.org/> Tel. # 416-595-9618

FST helps people face a wide variety of life challenges. Services include counseling, support groups, educational sessions.

Visiting Homemakers Association

www.vha.ca Tel. # 416-489-2500 or Toll-free: 1-888-314-6622

VHA's team of caring and skilled health-care professionals is available 24 hours a day, seven days a week to provide nursing, rehabilitation, personal and home support services.

Interlink Community Cancer Nurses

<http://www.pogo.ca/programs-support/patient-care-programs/interlink-community-cancer-nurses/>

The Pediatric Oncology Group of Ontario (POGO) Interlink nurses understand the challenges of families whose children have cancer. They move with the patient and family between hospital, school, community and home. They serve as the critical connection for children and families to access the support they need at all stages of cancer care. Currently, 10 POGO Interlink nurses work across Ontario, details on the website.

The Ontario Caregiver Coalition

<http://www.ontariocaregivercoalition.ca/>

The Ontario Caregiver Coalition's (OCC) focus is to advance the interests of caregivers in the province. It is a group of diverse organizations that work to raise the profile of caregivers and to promote public policy to support caregivers. Membership includes those from health charities, unions, academia, home health and community support agencies, and informal caregivers.

Young Adult Community Organizations

Livestrong

<https://www.livestrong.org/we-can-help/young-adults#>

The Livestrong website offers resources and information for adolescents and young adults as they have very specific concerns and needs when faced with a cancer diagnosis.

Look Good Feel Better

<https://lgfb.ca/en/> Tel. # 1-800-914-5665

Look Good Feel Better hosts workshops for teenaged girls (aged 13 to 17) where they learn about looking and feeling like themselves again. For more information on teen workshops, <https://lgfb.ca/en/workshop/>

Rebounders Canada

www.rebounders.ca

A key focus of Rebounders is to make survivors aware that they are not alone in dealing with the constant challenges that follow survival of childhood cancer. Through creating regular get-togethers, new friendships have developed resulting in a special community of survivors provide support to each other. Rebounders currently hosts twelve events a year. All are currently in the Toronto and Ottawa area.

SAVTI- Academic and Vocational Counselling

<http://www.pogo.ca/programs-support/survivor-care/savti-academic-vocational-counselling/>

If you or someone you care for is a survivor of childhood cancer facing learning difficulties, POGO's Successful Academic and Vocational Transition Initiative (SAVTI) can help. Counsellors help assist survivors with identifying appropriate career options and goals.

Stupid Cancer

<http://stupidcancer.org/>

Founded in 2007, Stupid Cancer addresses young adult cancer through advocacy, research, support, outreach, awareness and social media. There is also a blog (<https://blog.stupidcancer.org/?gi=66594e728f0e>) and podcast (<https://stupidcancershow.org/>) available.

YAconnect: Young Adults Living with Leukemia, Lymphoma and Myeloma

<http://www.llscanada.org/support/online-chats>

The LLSC has a variety of online chats that offer support to patients and caregivers. This one in particular provides a forum for young adult patients (ages 18-39) to address the stresses and triumphs shared by those living with survivorship issues. Register online.

Young Adults Cancer Canada

www.youngadultcancer.ca Tel. # 1-877-571-7325

YACC works to build a community of young adults diagnosed with cancer that provides information, support, skills and opportunity. Every year the Young Adults Cancer Program hold its survivor conference. An application has to be made and approved in order to attend. There are also Retreat Weekends that offer an opportunity to get together with other young adults with cancer. Many of them are recently out of treatment and have never attended another Young Adult Cancer Canada program. We share our stories and talk about what's bothering us about cancer, hang out, let loose, and build relationships you'll value for a long time.

Ontario Specific Financial Resources

Assistive Device Program

<https://www.ontario.ca/page/assistive-devices-program>

ADP provides financial assistance for equipment required by persons with long-term physical disabilities. Equipment covered by this program which may be required by some candidates includes respiratory equipment and supplies, mobility aids, home oxygen therapy, custom orthotic braces and many others.

Hope Air

<http://www.hopeair.ca/Default.aspx>

Hope Air has been arranging free flights to get financially disadvantaged Canadians to the healthcare they need.

New Drug Funding Program for Cancer Care (NDFP)

http://www.health.gov.on.ca/en/pro/programs/drugs/funded_drug/fund_new_drug.aspx

NDFP, which is administered by Cancer Care Ontario on behalf of the Ministry of Health and Long-Term Care, provides about 75% of the overall funding for intravenous cancer drugs. NDFP is for new and approved intravenous cancer drugs administered in hospitals. There is also a Case-by-Case Review Program (CBCRP), details of this program: <https://www.cancercare.on.ca/toolbox/drugs/cbcpr>

Northern Ontario Families of Children with Cancer

<http://nofcc.ca>

NOFCC has become a recognized provider of services that help northern families cope with the experience of childhood cancer. NOFCC programming is based on research into the needs of the group.

Ontario Works and Ontario Disability Support Program (ODSP)

<http://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/> Tel. # 1-888-789-7499 or 416-325-5666

Programs are available to people with low incomes and little assets. You must first apply to Ontario Works. If the illness is long and severe, Ontario Works will make a referral to the Ontario Disability Support Program.

POGO Financial Assistance Program (POFAP)

<http://www.pogo.ca/programs-support/financial-assistance/>

The POFAP provides relief by reimbursing families for some of the costs they incur. POGO is responsible for the administration of this program, with 100% of the funding coming from private-sector funding. This program covers costs like food, accommodation and child care. Visit the website for more information.

Trillium Drug Plan (TDP)

<https://www.ontario.ca/page/get-help-high-prescription-drug-costs>

TDP is a provincial program that considers your income and family size to determine a deductible. Once you have paid the deductible each year, you may qualify for Ontario Drug Benefits. Forms are available online 1-800-575-5386.

Wellspring Money Matters Online Program:

<https://wellspring.ca/online-resources/money-matters/> Tel. # 416-961-1928

Wellspring is available to help Ontario residents with cancer, understand and navigate the complex process of income placement options, and provide information about drug reimbursement programs. All appointments are individual, private and confidential and take place in real time via video.

Resources for Hair Loss from cancer Treatment

A Child's Voice Foundation

<http://www.acvf.ca/>

This foundation has different programs including Angel Hair for Kids where they aim to provide children with wigs or other hair loss solutions, and partner with salons.

Canadian Cancer Society

<http://www.cancer.ca/en/support-and-services/support-services/hair-donations/?region=on>

Tel. # 1-888-939-3333

The Canadian Cancer Society helps people find wigs when they lose their hair as a result of cancer treatment. There are no costs associated with this service. To find a wig near you, visit the website above or call.

Look Good Feel Better

<https://lgfb.ca/en/> Tel. # 1-800-914-5665.

Look Good Feel Better workshops are offered at 100 cancer centres and hospitals across the country. They demonstrate skin care techniques, cosmetic application and wig/scarf use to enhance the natural beauty of women and adolescents affected by cancer.

Wig Salon & Accessories Boutique: Princess Margaret Cancer Centre

http://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program_Services/Wig_Salon_Accessories_Boutique/Pages/wigs.aspx

This boutique offers a large selection of wigs and hair alternatives to men, women and children with cancer. The salon is staffed with professionals who take the time to listen to your needs and then outline the options from natural and synthetic wigs to hats and scarves.

Transportation

Canadian Cancer Society- Wheels of Hope

<http://www.cancer.ca/en/support-and-services/support-services/transportation-on/?region=on>

Tel. # 1-888-939-3333

The CCS provides transportation to and from treatment centers in Ontario. You need to book this service at least 4 days before your appointment. There is a one-time registration fee of \$100 dollars, children under 18 are exempt. You can find your local CCS by calling the number above.

Canadian Red Cross Society

<http://www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/transportation>

Tel. # 1-800-418-1111

You can use the society's van service or have a volunteer take you to and from your appointment. The amount you pay depends on your financial situation. Call the number above to find the office closest to you.

TTC Wheel-Trans

<http://www.ttc.ca/WheelTrans/index.jsp> **Tel. #** 416-393-4111

TTC Wheel-Trans provides a safe and reliable door-to-door accessible transportation option for persons with disabilities to travel with freedom and dignity. Wheel-Trans expanded their eligibility criteria to include more than just persons with physical disabilities and now it also includes persons with sensory, cognitive and mental health and physical disabilities. Application forms are available online.

City of Barrie Specialized Transit Service

<http://www.barrie.ca/Living/Getting%20Around/BarrieTransit/Pages/AccessibleTransportation.aspx>

Tel. # 705-739-4209 **Email** transit@barrie.ca

Specialized Transit service is intended for persons with physical or functional disabilities affecting mobility and are unable to walk a distance of 175 meters. It is a door-to-door shared ride accessible public transit service. Application forms are available online.

Durham Region Transit Accessible Services

<https://www.durhamregiontransit.com/SpecializedTransit/Pages/Specialized%20Services.aspx>

DRT Specialized Services provides accessible door-to-door transit service for persons with disabilities. Passengers must meet eligibility criteria and complete an application form to qualify for this service. Part of your application must be completed by your health care professional. Application forms are available.

Oakville Care-A-Van

<http://oakvilletransit.ca/care-a-van.html> **Tel. #** 905-337-9222

Oakville Transit provides a door-to-door transportation service called care-A-van for persons with disabilities. Anyone who is unable to use conventional transit service due to their disability is eligible to apply. You must first complete an application form available at the Oakville Transit Office, Town Hall, by calling the phone number above or printing the form online and mailing it (more information on the website).

Transhelp (Region of Peel):

<http://www.peelregion.ca/transhelp>

Transhelp is the Region of Peel's accessible transportation service for residents with disabilities. Eligibility is considered on a case-by-case basis and is based on the resident experiencing barriers to using public transportation some or all of the time. Application forms are available online.

YRT Mobility Plus

<https://www.yrt.ca/en/mobility-plus/mobility-plus-service.aspx> **Tel. #** 1-8666-744-1119

Mobility Plus is York Region's door-to-door, shared ride, accessible public transit service for people with disability. To use this service, you must meet specific eligibility criteria. Eligibility is considered on a case-by-case basis and is not based on a particular disability, not is it based on income level or lack of

accessible public transit in an applicant's area. Application forms are available online or by calling the phone number above.

The City of Ottawa Para Transport

http://www.octranspo.com/accessibility/para_transpo Tel. # 613-244-4833

Ottawa's public transit system provides a door-to-door transportation service to eligible customers who are temporarily or permanently unable to take conventional transit because of their disability. Application forms are available online.

London Transit

<http://www.ltconline.ca/Specialized.htm> Tel. # 519-451-1340 ext. 381

London Transit's specialized transit service encompasses a range of service delivery options designed to meet the range of needs of the citizens of London who have a disability which prevents them, on a regular basis, from being able to use London's regular, fixed route transit service. Application forms are available by calling the phone number above or on the website.

Thunder Bay Lift+

http://www.thunderbay.ca/Living/Getting_Around/Thunder_Bay_Transit/LiftPlus.htm

Life+ is a door-to-door specialized public transportation service, which might be for City of Thunder Bay residents, due to a disability, are unable to use the accessible, conventional bus service for all or part of the trip. Application forms are available on the website.

Kingston Access Services

<http://www.kingston.org/kas/> Tel. # 613-542-2512

This service is available to residents of the City of Kingston regardless of age who, due to physical mobility impairment, cannot use conventional transit facilities, and meet the eligibility criteria. Eligibility is considered on a case-by-case basis. It is necessary to register in order to use the service. For an application form call the phone number above or visit the website to obtain one electronically.

Hamilton Accessible Transportation Services

<https://www.hamilton.ca/hsr-bus-schedules-fares/accessible-transit>

Accessible Transportation Services (ATS) are intended for persons with physical or functional disabilities or health conditions who are unable to access fixed-route public transit. Eligibility is considered on a case-by-case basis and is not based on a particular disability or income level. Application form is available online.

Hope Air

<http://www.hopeair.ca/Default.aspx>

Hope Air has been arranging free flights to get financially disadvantaged Canadians to the healthcare they need.

Regional Accommodations

Maurice J. Grimes Lodge – Ottawa, ON at the Ottawa Hospital

613-725-6328 ext. 10355

The Lodge is managed by The Ottawa Hospital Cancer Centre (TOHCC). It is provided for Ontario residents living outside of Ottawa who require medical testing or treatment at the TOHCC.

Rotel – Ottawa, ON at the Ottawa Hospital

<http://rotel.ca/> Tel. # 1-800-267-4700

Rotel is a 51-room, non-profit motel facility providing low cost accommodation to patients and families using Ottawa-area hospitals. Designed to keep patients and their loved ones in close touch and to ease the stress on the lives of outpatients. It is conveniently located on Smyth Road, next to The Ottawa Hospital Cancer Centre – General Campus, the Rehabilitation Centre and adjacent to the Children's Hospital of Eastern Ontario.

The Princess Margaret Hospital Lodge – Toronto, ON at Princess Margaret

http://www.uhn.ca/PatientsFamilies/Patient_Services/Documents/Corp_PF_Services_AccommodationList.pdf *this file includes information on accommodations near the University Health Network.

Tel. # 416-413-7400

The Princess Margaret Cancer Centre Lodge is a unique place for out-of-town patients who come to receive active cancer treatment at either Princess Margaret Cancer Centre or Sunnybrook Odette Cancer Centre. It is a self-care facility for people who can manage their own personal care and medications. Family members can stay at the lodge with you if space permits. There is a fee for family members who stay at the Lodge.

T Bay Tel Tamarack House – Thunder Bay, ON at Thunder Bay Regional Health Sciences Centre

Tel. # 1-877-696-7223

Tbaytel Tamarack House provides accommodation at a small cost for cancer patients and a caregiver who travel to Thunder Bay for care. It is available on a first-come, first-serve basis. If it is completely booked, the lodge attendant will help you and your family find a suitable hotel room close the Cancer Centre.

Durand Residence – Hamilton, ON at Juravinski Cancer Centre

<http://www.jcc.hhsc.ca/body.cfm?id=56>

The Juravinski Cancer Centre has a limited number of rooms for patients to stay overnight at the Durand Residence. These rooms are available only to patients receiving cancer treatment who are independent in their daily care activities and live greater than 50km from the Cancer Centre. Priority for these rooms is given to our most vulnerable patients. There is a cost per night to stay Friday, Saturday Sunday and holidays. Family members or friends may stay for a cost as well.

Ronald McDonald Houses

Email rmhc@ca.mcd.com **Tel. # 1-800-387-8808**

Ronald McDonald Houses provides a home away from home for the families of seriously ill children who are staying at a nearby hospital. Their Houses offer families so much more than just a roof over their heads. They have qualified staff and dedicated volunteers who are committed to taking care of the day-to-day essentials of running a home, so families don't have to worry about them. They have programs that offer everything from education to meditation. And they are filled with many different families who all share a common bond – love for their sick child. Some locations include Toronto, Ottawa, London and Hamilton. They also have family rooms in hospitals across Ontario, including Sudbury.

The Residence Inn – London, ON at London Health Sciences Centre

http://www.lhsc.on.ca/Patients_Families_Visitors/LRCP/Resources/NS4461_Brochure_LRCPResidenceInn.pdf **Tel. # 519-433-7222**

The London Regional Cancer Centre has made arrangements with Residence Inn in downtown London to provide accommodations for its patients who require the service of out of town accommodations. To stay at the Residence Inn you must be on active treatment, live at least 40km from London and be able to look after yourself. The Residence Inn is located at 383 Colborne Street, London, Ontario.

Rotary House – Barrie, ON at Royal Victoria Hospital

https://www.rvh.on.ca/smrpc/smrpc_library/accomodation/Rotary%20House%20Information.pdf

Tel. # 705-739-5662

Rotary House is a hotel-like accommodation available to outpatients of the Simcoe Muskoka Regional Cancer Centre (SMRCC). Priority will be given to patients who live more than 40km from the Hospital. There is an accommodation fee.

House of Kin – Sudbury, ON at Sudbury Regional Hospital Cancer Care Program

Tel. # 705-522-3600 Email Karly_f@houseofkin.ca

The House of Kin provides accommodation for cancer patients and their families in the North East of the Province. The services are restricted to those who live outside of the Sudbury Region. They serve patients who travel to Sudbury from Northeastern Ontario, and Northwestern Quebec. It is run in collaboration with the Sudbury Regional Hospital Cancer Care Program.

Daffodil Terrace Lodge - Sudbury, ON at Health Sciences North

<https://www.hsnsudbury.ca/portalen/rcp/General-Patient-Information/Daffodil-Terrace-Lodge>

Tel. # 1-800-465-6343 **Email** lodge@hsnsudbury.ca

This lodge provides accommodation for patients receiving treatment in the Cancer Centre at the Northeast Cancer Centre at Health Sciences North hospital. It was given to the facility by the Canadian Cancer Society who also built, equipped and furnished it. In order to stay at the lodge you must be registered with the NECC, live more than 40 km away from the lodge and be able to manage your activities of daily living. There is an accommodation fee. Patients that live 200km and beyond (one-way) may be eligible to qualify for an accommodation allowance of \$100/treatment trip through the Northern Health Travel Grant (NHTG).

Section 5: Pediatric Resources & Information

Explaining Cancer to Children

Back to School Program

<http://www.llscanada.org/the-trish-greene-back-to-school-program>

This program for children with cancer brings free information and materials to parents and educators from the local offices of the LLSC. The program was developed to encourage communication among parents, young patients, healthcare professionals and school personnel to assure youngsters a smooth transition from active treatment back to school.

Childhood Cancer

<http://www.childhoodcancer.ca/>

Childhood Cancer Canada Foundation helps families cope with their child's diagnosis, they create and connect communities of support and provide scholarships to childhood cancer survivors.

Start the Talk

<http://www.capo.ca/start-the-talk/>

This website is for educators and health professionals to support children when a family member has cancer. However, the information is excellent for any adult to explain cancer concepts to children.

Telling Kids about Cancer

<http://www.tellingkidsaboutcancer.com/AgeAppropriateAdvice>

This website provides age-appropriate advice in telling your child about cancer and also provides information on how they may react.

Outdoor Adventures

Camp Trillium

www.camptrillium.com

The Trillium Childhood Cancer Support Centre offers year-round recreational experiences to bring children with cancer and their families together. They work to provide an environment that normalizes relationships and experiences, helping them in the healing process and enhancing their quality of life.

Camp Oochigeas

www.ooch.org/

Camp Ooch serves children with cancer and is completely free. It is a camp where every child, no matter how debilitating their illness, is provided an opportunity to explore what is referred to today as the Magic of Ooch. They also have programs that serve siblings, bereaved siblings and parents. It continues to be the only overnight camp in Ontario to offer onsite chemotherapy IV treatment and blood transfusions.

They have expanded programs year-round in Muskoka, Sickkids, Ooch Downtown and various other cancer centres across Ontario.

Camp Quality

<http://www.campquality.com>

A non-profit, volunteer organization that, in addition to our signature week-long camping experience, provides year-round support for children with cancer (receiving treatment or in remission) and their families. They offer six overnight camps in Alberta, Manitoba and Ontario to children affected by cancer ages 4-18. The camps are focused on kids building new skills like swimming, hiking, kayaking, storytelling and gaining friends and memories. They also offer a leadership development camp.

Cottage Dreams

www.cottagedreams.org Tel. # 705-457-9100 Email program.info@cottagedreams.org

Cottage Dreams offers recent cancer survivors and their families' time away at a donated, private cottage to recover, reconnect and rebuild after treatment. Cottages are available on a year-round basis in communities across Ontario. Applications available online.

Children's Organizations

A Child's Voice Foundation

<http://www.acvf.ca/>

Founded in 1995, ACVF has a commitment to children and is a foundation "where kids come first." They have different programs including angel Hair for Kids and partner with salons. They also have a program called Kids Life Line where they extend a helping hand to families in need, when all other resources have been exhausted and there is nowhere else to turn. The programs works to provide a one-time fulfillment of a necessary product or service that will enhance a child's quality of life.

Candlelighters

www.candlelighters.net

Candlelighters is a local volunteer organization that provides programs and services to young cancer patients and their families receiving treatment in the National Capital Region. They help with financial support, family support and education support.

Child Can-London Health Sciences Centre

www.childcan.on.ca or Tel. # 1-800-966-0631

Childcan is based in London, Ontario and provides responsive support services for children and their families diagnosed with cancer at Children's Hospital LHSC located in London. Children's Hospital LHSC is the regional referral center for Southwestern Ontario so Childcan supports children and families spanning the larger geographical area.

Childhood Cancer

<http://www.childhoodcancer.ca/>

Childhood Cancer Canada Foundation helps families cope with their child's diagnosis, they create and connect communities of support and provide scholarships to childhood cancer survivors.

Childhood Cancer Guides

<https://www.childhoodcancerguides.org/>

Childhood Cancer Guides, founded by two parents, writes, updates and publishes books that help families of children with cancer and survivors of childhood cancer. The books are reviewed by well-known experts in childhood cancer from institutions such as the Children's Hospital of Philadelphia and Sickkids in Toronto.

Make-A-Wish Canada

<https://makeawish.ca/>

The Mission of Make-A-wish is to grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.

Ontario Parents Advocating for Children with Cancer (OPACC)

<http://www.opacc.org/> Tel. # 1-705-828-7965 Email info@opacc.org

OPACC was established in 1995 and is comprised of representatives from parent groups, parent contacts, and other family members from across the province. Their overall goal is to be the parent's voice for families with children diagnosed with cancer across the Province of Ontario. Some of their program and services include, community parent support programs, hospital parking program and a parent liaison program.

Pediatric Oncology Group of Ontario (POGO)

<http://www.pogo.ca>

POGO is an umbrella organization which coordinates policy development and programs for pediatric cancer control in Ontario. POGO seeks to assure equal access for children and their families to care that conforms to agreed standards. POGO promotes research, continuing professional education and a greater awareness of the malignant diseases of childhood. They offer patient care programs, financial assistance, survivor care, childhood cancer resource guide and many other support services.

Starlight Children's Foundation

www.starlightcanada.org or Tel. # 1-888-782-7947 Email info@starlightcanada.org

Starlight Children's Foundation Canada has been dedicated to improving the quality of life for children with chronic and life-threatening illnesses and life-altering injuries by providing entertainment, education and family activities that help them cope with the pain, fear and isolation of prolonged illness. They understand what families go through when a child is sick, and how important it is to find relief from constant worry and isolation. Their programs have been proven to distract children from their pain, help them better understand and manage their illnesses, and connect families with others facing similar challenges so that no one feels alone.

Sunshine Children's Foundation

www.sunshine.ca Tel. # 1-800-461-7935

The Sunshine Foundation of Canada is a national charitable organization that makes dreams come true for children with severe physical disabilities or life-threatening illnesses.

Section 6: Grief and Palliative Care

Grief, Bereavement & Palliative Care

Angels Anonymous

www.angelsanonymous.org Tel. # 1-855-468-5506

An organization that grants dying wishes for adults with terminal illnesses.

Bereaved Families of Ontario

<http://www.bereavedfamilies.net/index.htm> Email info@bereavedfamilies.net

At Bereaved Families of Ontario they provide information about their affiliates should you need support. They dedicate their work to bereavement support through self-help and mutual aid.

Canadian Hospice Palliative Care Association

<http://www.chpca.net/Home>

The CHPCA is the national voice for Hospice Palliative Care in Canada. Its work includes public policy, public education and awareness. The website includes a directory of services across Canada.

Canadian Virtual hospice

www.virtualhospice.ca

This website provides information and support on palliative and end-of-life care, loss and grief.

Evergreen Hospice- Markham-Thornhill

www.evergreenhospice.org Tel. # 1-800-632-0465

Evergreen Hospice is a non-profit agency providing supportive care to people of all ages who are dealing with a life-threatening illness, death and bereavement care for family and friends. Website includes excellent online resources and articles.

Mississauga Halton Palliative Care Network

<http://www.mhhpc.ca/>

The Network provides planning and strategic implementation of palliative care resources and services at the local level to ensure a system-wide approach to palliative care that's patient focused. The website contains information for patients and families on advanced planning, grief and bereavement and local services.

Section 7: Participate

Participate: How You Can Help

Team LLSC

Light the Night Walk Each year, in communities across Canada, teams of families, friends, and co-workers come together to raise funds for the LLSC Light the Night Walk and bring help and hope to people battling blood cancers. Funds raised through the Light the Night Walk fund breakthrough therapies for blood cancer patients, provide free educational materials, support programs and events for patients and families and more. <http://lightthenight.ca/>

Charity Challenge Start your own inspirational journey to help end blood cancer today! Choose your own challenge, you can trek, bike, or climb throughout the world while raising vital funds for charity. There are over 50 departure dates to choose from, in 12 different countries, with 3 levels of difficulty. Pick your own adventure and select the LLSC as your charity of choice. <http://www.llscanada.org/ways-to-help/charity-challenge>

Create Your Own Create your own fundraiser. Your goals. Your event. Your own. Hold your own fundraiser in your community! <http://www.llscanada.org/ways-to-help/fun-and-exciting-ways-to-participate-in-llsc-fundraising>

School & Youth Programs Engage your students with an exciting experience that bridges physical activity, community outreach, and an important cause. At a school Light the Night Walk students gain a sense of pride knowing they have helped children affected by blood cancers, they experience the value of teamwork and this event helps shape the future leaders of our communities. <http://lightthenight.ca/light-the-night-at-schools/>

Team in Training (TNT) is a fundraising program for the LLSC. You can register as an individual or as part of a team and TNT provides you with a fundraising resources and training. Some event destinations include New Orleans, Waikoloa, and San Diego! It doesn't matter if you're not an athlete or in perfect shape. Our coaches will train you to cross the finish like.

Other Ways to Help

You can also support the LLSC and its mission by donating, volunteering, becoming a sponsor or partner and more! <http://www.llscanada.org/other-ways-to-help>

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