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, family or other 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 the 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 in my own words, based on my 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 Prairies region.

With sincere best wishes,

Caroline Mitchell
Patient Education and Support Manager

*If you have a paper copy of this resource guide, please contact me at 403-263-5300, (toll-free 1.866.547.5433) or caroline.mitchell@lls.org to request the electronic version and to receive newsletters about education and support events.
# Table of Contents

The Leukemia and Lymphoma Society of Canada (LLSC).......................................................................................................................... 5

Disease Information Booklets ........................................................................................................................................................................ 6

Alberta Resources and Information.................................................................................................................................................................. 10

- Alberta Cancer Foundation ............................................................................................................................................................................... 10
- Treatment Facilities in Calgary ........................................................................................................................................................................... 10
- Tom Baker Cancer Centre ................................................................................................................................................................................ 10
- Foothills Medical Centre .................................................................................................................................................................................. 11
- Peter Lougheed Centre .................................................................................................................................................................................... 11
- Alberta Children’s Hospital ................................................................................................................................................................................ 11
- Treatment Facilities in Edmonton ...................................................................................................................................................................... 12
- University of Alberta Hospital ........................................................................................................................................................................... 13
- Stollery Children’s Hospital ............................................................................................................................................................................. 13

Regional Cancer Centres in Alberta ................................................................................................................................................................. 14

Community Cancer Centres in Alberta ......................................................................................................................................................... 15

Accommodations in Alberta .............................................................................................................................................................................. 16

- Calgary Accommodations ................................................................................................................................................................................ 16
- Edmonton Accommodations ............................................................................................................................................................................ 17

Appearance Related Programs .......................................................................................................................................................................... 18

Blood Cancer Support Groups in Alberta ....................................................................................................................................................... 19

Caregiver Information ....................................................................................................................................................................................... 20

- TrialCheck® ........................................................................................................................................................................................................ 21

Fertility .................................................................................................................................................................................................................... 22

Financial Assistance Information and Programs ............................................................................................................................................... 23

- Programs ........................................................................................................................................................................................................... 23

- Government Information and Programs ................................................................................................................................................... 24

Medication Access and Coverage .................................................................................................................................................................... 25

Health Information – Canadian Government .................................................................................................................................................. 26

Medical Supplies ................................................................................................................................................................................................... 26

Nutrition and Fitness Information .................................................................................................................................................................. 27
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Palliative Care and Grief Resources</td>
<td>29</td>
</tr>
<tr>
<td>Pediatric Resources</td>
<td>30</td>
</tr>
<tr>
<td>Explaining Cancer to Children</td>
<td>31</td>
</tr>
<tr>
<td>Psychosocial &amp; Holistic Health Cancer Services</td>
<td>32</td>
</tr>
<tr>
<td>Transportation Resources</td>
<td>34</td>
</tr>
<tr>
<td>Young Adults</td>
<td>35</td>
</tr>
<tr>
<td>Canadian Cancer Organizations</td>
<td>36</td>
</tr>
<tr>
<td>Additional Resources</td>
<td>37</td>
</tr>
<tr>
<td>Blood Cancer Information</td>
<td>37</td>
</tr>
<tr>
<td>Cancer Survivorship Information</td>
<td>37</td>
</tr>
<tr>
<td>Helpful Tips for Newly Diagnosed Patients</td>
<td>38</td>
</tr>
<tr>
<td>Online Resources</td>
<td>38</td>
</tr>
<tr>
<td>Other Cancer Resources – Canada</td>
<td>38</td>
</tr>
<tr>
<td>Understanding the Emotional Issues of Cancer</td>
<td>39</td>
</tr>
</tbody>
</table>
Patient Services Programs include:

- Comprehensive **Printed Materials** regarding the various blood cancers, their treatments and related topics.

- In-person **Education Programs** for patients/family members and healthcare professionals. **Telephone Education Sessions** (upcoming schedules and archives on 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 for family members or other caregivers.

- **Family Support Groups**: In-person, telephone or online support groups to share information and support with others affected by blood cancer. Online support groups or chat groups [http://www.lls.org/support/online-chats?src1=21156&src2=](http://www.lls.org/support/online-chats?src1=21156&src2=)

- **Information Resource Centre**: **1.800.955.4572**. A phone line based from our USA affiliate, LLS, which answers questions and provides the latest information about blood cancers, their 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](http://www.lightthenight.ca) and **Team In Training** [www.teamintraining.ca](http://www.teamintraining.ca) also offer opportunities for people affected by blood cancers to get together and create a sense of community or participate in fitness activities.

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

- **Local**: To receive newsletters about AB events, contact our regional office at 403.263.5300 or toll free 1.866.547.5433.

**Advocacy:**
Are you interested in adding your voice to the process of bringing new treatments to patients as quickly as possible? If so, sign up at AdminCanada@lls.org and indicate that you are interested in advocacy initiatives. Please include your full name, contact information, whether you are a patient, family member, or have another connection, the type of diagnosis and if you are over 18-years-old.
*All Patient Services Programs are free of charge*

**Disease Information Booklets**

General Link to Disease Information Booklets:  
http://www.llscanada.org/resource-center/download-or-order-free-publications

The following booklets are hyperlinked to take you to their corresponding online PDF document. To access the documents, please click on the booklet name or image. Alternatively, you may reach out to our office at 403-263-5300 and request a hard copy be mailed to you.

**General Booklets**

- Each New Day
- Coping with Cancer Related Fatigue
- Coping with Chemo Brain
- Blood Transfusion
- Blood and Marrow Stem Cell Transplantation
- Understanding Clinical Trials for Blood Cancers
Leukemia Booklets

Understanding Leukemia

Acute Lymphoblastic Leukemia

Acute Lymphoblastic Leukemia: Information for Patients and Caregivers

Chronic Lymphocytic Leukemia

Chronic Myeloid Leukemia: Information for Patients and Caregivers

The CLL Guide: Information for Patients and Caregivers
Myelodysplastic Syndromes Booklets

Myelodysplastic Syndromes

The MDS Guide: Information for Patients and Caregivers

Fact Sheets

The LLS offers a variety of Fact Sheets in addition to the booklets. Please see below for a complete list. All of the documents are hyperlinked – by clicking on the fact sheet, you will be taken to an online version of the document.

- Chronic Myelomonocytic Leukemia (CMML) and (JMML)
- Cord Blood Stem Cell Transplantation
- Cutaneous T Cell Lymphoma
- Essential Thrombocythemia
- Fertility
- Food & Nutrition
- Hairy Cell Leukemia
- Immunotherapy Facts
- Integrative Medicine & Complementary and Alternative Therapies
- Long-Term and Late Effects of Treatment in Adults
- Long-Term and Late Effects of Treatment for Childhood Leukemia or Lymphoma Facts
- Mantle Cell Lymphoma
- Myelofibrosis Facts
- Pain Management
- Peripheral T Cell Lymphoma
- Polycythemia Vera
- Sexuality & Intimacy
- Waldenstrom Macroglobulinemia
- Lymphatic System and Blood Cells Chart
Alberta Resources and Information

Alberta Cancer Foundation
http://albertacancer.ca/

The Alberta Cancer Foundation is an organization whose mission it is to deliver progress in cancer research, prevention, treatment and care by generating community investment for Alberta’s coordinated research strategy, the Cross Cancer Institute, Tom Baker Cancer Centre and 15 other cancer centers throughout the province of Alberta.

Treatment Facilities in Calgary

Tom Baker Cancer Centre
http://www.albertahealthservices.ca/services.asp?pid=facility&rid=1007362
1331 29 Street NW, Calgary, Alberta, T2N 4N2
403-521-3723

The Tom Baker Cancer Centre (TBCC) in Calgary is the comprehensive cancer centre for Southern Alberta and a lead centre for the province-wide prevention, research and treatment programs. TBCC provides advanced medical and supportive cancer care, patient and professional education, and conducts research through the Alberta Cancer Research Institute. Treatments provided include: radiation therapy, chemotherapy, immunotherapy, hormone therapy, blood and marrow transplants, surgery and continuing care therapies.

The TBCC offers an orientation for new patients. The Orientation is an overview of the process of care at Tom Baker Cancer Centre and the Holy Cross site extension. It also covers many other important topics such as how treatments work and what supports and services are available. There are ongoing presentations offered for patients and their families through the TBCC.

Different classes on nutrition, lymphedema, exercise and managing practical concerns are available. For a complete list of classes available, please call the main number.

Other resources available through the TBCC:

- The TBCC has a Knowledge Centre Library available for patients and families, for questions regarding materials please call 403-521-3765.
- Dietitians are available for patients and families as well to offer information and support. Please contact 403-521-3719 to book an appointment or for more information.
- Resource Counselors are available to support patients who have needs regarding finances, insurance, accommodation and transportation. Contact 403-355-3207 for more information.
**Foothills Medical Centre**
http://www.albertahealthservices.ca/facilities.asp?pid=facility&rid=1001105
1403 – 29th Street NW, Calgary, AB  T2N 2T9
403-944-1110

Hematology In-Patient Services – Special Services Building – Unit 57
- In-patient Hematology services including comprehensive diagnostic, assessment, treatment and follow-up care. Patient education is also offered at the Foothills Medical Centre.
- Blood and Marrow Transplant
- Offers care and support for people having an allogeneic or autologous bone marrow transplant.

**Hematology – Outpatients**
- This unit offers comprehensive diagnostic, assessment, treatment and follow-up care/services for hematology; diagnostic services include: IV infusions, iron infusions, phlebotomies, gamma infusions, albumin infusions, and blood transfusions; patient education.

**Foothills Medical Centre - Apheresis Clinic**  403-944-4712
- This clinic offers comprehensive patient assessment and evaluation; blood cell separation for removal of abnormal blood components (therapeutic plasma exchange and white blood cell depletion and platelet depletion); collection of stem cells for blood cell transplantation; red blood cell exchanges; bone marrow processing; photopheresis; patient and staff education; expertise to other health care agencies; treatment of inpatients and outpatient.

**Peter Lougheed Centre**
http://www.albertahealthservices.ca/info/facility.aspx?id=2
3500 26 Avenue NE Calgary, Alberta T1Y 6J4
403-943-4555

Hematology – Outpatients - Specialty Clinic
- Offers a comprehensive diagnostic, assessment, treatment and follow-up care/services for hematology; diagnostic services include: IV infusions, iron infusions, phlebotomies, gamma infusions, albumin infusions, and blood transfusions; patient education.
- Hematology - Inpatients - Unit 38
- This service provides comprehensive in-patient treatment and care for patients with hematological disorders, both malignant and nonmalignant.

**Alberta Children’s Hospital**
http://www.albertahealthservices.ca/info/facility.aspx?id=1010904
2888 Shaganappi Trail NW, Calgary, AB T3B 6A8
403-955-7211

The Alberta Children’s Hospital opened in Calgary in 2006 and is the first free-standing pediatric facility to be built in Canada in over 20 years. The hospital is used by patients from birth to age 18. The teams
that work at the hospital are multi-disciplinary and work together to promote healing through family-centered care. Visit the website for more specific information about what services are available to you and your child during your time in Calgary.

**Pediatric Hematology & Oncology**

Level 1, Hematology/ Oncology Clinic (Outpatient)
Level 1, Hematology/Oncology/Bone Marrow/Stem Cell Transplant (In-Patient)

- This service provides comprehensive care for children with complex, benign hematological conditions. The program has access to all the necessary laboratory and pharmacy facilities for evaluating and treating pediatric hematology and oncology patients. Hospitalized patients are treated on a dedicated hematology / oncology unit.

**Treatment Facilities in Edmonton**

**Cross Cancer Institute**

http://www.albertahealthservices.ca/facilities.asp?pid=facility&rid=6122
11560 University Avenue, Edmonton, AB
780-432-8771

The Cross Cancer Institute (CCI) is the comprehensive cancer centre for Northern Alberta and a lead centre for the province-wide prevention, research and treatment program. The CCI provides advanced medical and supportive cancer care, patient and professional education and conducting research through the Alberta Cancer Research Institute. There are a wide range of services available to you before, during, and after your treatment.

*Treatments include:* Radiation therapy, chemotherapy, systemic therapy, and follow up care for stem cell transplant patients. Services available include: Psychosocial and Spiritual Resources Program, dieticians, fatigue nurse, and more. For more information call the phone number listed above or view the website.

The Cross Cancer offers an orientation for new patients. The orientation is an overview of the process of care at the Cross Cancer Institute. It also covers many other important topics such as how treatments work and what supports and services are available. There are ongoing presentations offered for patients and their families through the Cross.

Additional information and programs put out by the Cross Cancer Institute:

Cancer Information Centre - Cross Cancer Institute
780-432-8456
• This service provides a large collection of books, DVD’s, CD’s and pamphlets covering topics including: cancer types and therapies, coping with cancer, bereavement, nutrition, exercise, inspirational & motivational stories

• A computer workstation called the Patient and Family Learning Kiosk is available for use in this area. Specially trained volunteers staff the Centre and make every effort to answer requests for information from our resources or refer to those individuals or agencies that may be able to help.

• Registration for the Look Good Feel Better Program

**University of Alberta Hospital**

http://www.albertahealthservices.ca/facilities.asp?pid=facility&rid=6600

8440 112 Street NW, Edmonton, Alberta T6G 2B7

780-407-8822

The University of Alberta Hospital is one of Canada’s leading clinical, research and teaching hospitals and treats more than 700,000 patients each year from across western and northern Canada.

**In-Patient Hematology – Unit 5F4**

• This service provides comprehensive treatment and in-patient care for patients with hematological disorders, both malignant and nonmalignant.

**Out-Patient Hematology**

• Provides comprehensive diagnostic, assessment, treatment and follow-up care/services for hematology; diagnostic services include: IV infusions, iron infusions, phlebotomies, gamma infusions, albumin infusions, and blood transfusions; patient education.

**Stollery Children’s Hospital**

www.albertahealthservices.ca/stollery

8440 112 Street, Edmonton, AB T6G 2B7

780-407-8798

The Stollery Children’s Hospital is the home to the Northern Alberta Children’s Cancer Program, working in partnership with the Alberta Cancer Board, to provide a specialized pediatric cancer care program focused on meeting the needs of children with all forms of cancer. The program provides inpatient and outpatient assessment, treatment and follow-up for children experiencing any childhood cancer.

The Stollery offers a multidisciplinary approach to care for children and their families provided by specially trained personnel including: pediatric hematologists and oncologists, registered nurses, nurse practitioners, psychologists, neuropsychologist, child life specialists, dieticians, pharmacists, and social workers.

**Inpatient services**

• Unit 4E3- Pediatric Oncology and Hematology
Outpatients both clinic and dayward, are delivered on unit 4E2 adjacent to the inpatient unit. General and specialized hematology clinics take place on 2E and day hospital patients are treated on unit 2D
- Pediatric Hematology Clinic
- Pediatric Oncology Clinic

Bone marrow transplantation therapy is offered at the Alberta Children’s Hospital in Calgary. The Kids with Cancer Society Survivor Program—Stollery Children’s Hospital (780) 407-2743
- Program involves a multidisciplinary clinic and team to address the long-term post treatment complications including: physical, cognitive, psychological, emotional, educational, etc needs of long-term childhood cancer survivors. Clinic follows childhood cancer survivors into adulthood.

### Regional Cancer Centres in Alberta

<table>
<thead>
<tr>
<th>Treatment Centre</th>
<th>Contact #</th>
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</thead>
<tbody>
<tr>
<td><strong>Central Alberta Cancer Centre (Red Deer)</strong></td>
<td>403-343-4526</td>
</tr>
<tr>
<td>3942 50 A Ave P.O. 5030</td>
<td></td>
</tr>
<tr>
<td>Red Deer, Alberta T4N 4E7</td>
<td></td>
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<tr>
<td><strong>Grande Prairie Cancer Centre</strong></td>
<td>780-538-7588</td>
</tr>
<tr>
<td>10409 98 Street</td>
<td></td>
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<tr>
<td>Grande Prairie, Alberta T8V 2E8</td>
<td></td>
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<tr>
<td><strong>Jack Ady Cancer Centre</strong></td>
<td>403-388-6800</td>
</tr>
<tr>
<td>960 19 Street</td>
<td></td>
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<tr>
<td>Lethbridge, Alberta T1J 1W5</td>
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</tr>
<tr>
<td><strong>Margery E. Yull Cancer Centre</strong></td>
<td>403-529-8817</td>
</tr>
<tr>
<td>666-5 Street SW</td>
<td></td>
</tr>
<tr>
<td>Medicine Hat, Alberta T1A 4H6</td>
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</table>
## Community Cancer Centres in Alberta

<table>
<thead>
<tr>
<th>Treatment Centre</th>
<th>Contact #</th>
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<tbody>
<tr>
<td>Barrhead Community Cancer Centre</td>
<td>780-305-3304</td>
</tr>
<tr>
<td>Barrhead Healthcare Centre</td>
<td></td>
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<tr>
<td>4815 51 Avenue</td>
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<tr>
<td>Barrhead, Alberta</td>
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<tr>
<td>Bonnyville Community Cancer Centre</td>
<td>780-826-6533</td>
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<tr>
<td>Bonnyville Health Centre</td>
<td></td>
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<tr>
<td>5001 Lakeshore Drive</td>
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<tr>
<td>Bonnyville, Alberta</td>
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<tr>
<td>Bow Valley Community Cancer Centre</td>
<td>403-678-7200</td>
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<tr>
<td>Canmore General Hospital</td>
<td></td>
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<tr>
<td>1100 Hospital Place</td>
<td></td>
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<td>Canmore, Alberta</td>
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<tr>
<td>Camrose Community Cancer Centre</td>
<td>780-679-2822</td>
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<tr>
<td>St. Mary’s Hospital</td>
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<tr>
<td>4607 53 Street</td>
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<tr>
<td>Camrose, Alberta</td>
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<tr>
<td>Drayton Valley Community Cancer Centre</td>
<td>780-621-4888</td>
</tr>
<tr>
<td>Drayton Valley Hospital and Health Centre</td>
<td></td>
</tr>
<tr>
<td>4550 Madsen Avenue</td>
<td></td>
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<tr>
<td>Drayton Valley, Alberta</td>
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<tr>
<td>Drumheller Community Cancer Centre</td>
<td>403-820-7985</td>
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<tr>
<td>Drumheller District Health Services</td>
<td></td>
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<tr>
<td>351 9 Street NW</td>
<td></td>
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<td>Drumheller, Alberta</td>
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<tr>
<td>High River Community Cancer Centre</td>
<td>403-652-0139</td>
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<tr>
<td>High River general Auxiliary Hospital</td>
<td></td>
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<tr>
<td>560 9 Avenue West</td>
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<td>High River, Alberta</td>
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<tr>
<td>Hinton Community Cancer Centre</td>
<td>780-865-3333 ext 1183</td>
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<tr>
<td>Hinton General Hospital</td>
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<tr>
<td>1280 Switzer Drive</td>
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<td>Hinton, Alberta</td>
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<tr>
<td>Lloydminister Community Cancer Centre</td>
<td>306-820-6144</td>
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<tr>
<td>Lloydminister Hospital</td>
<td></td>
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<tr>
<td>3820 43 Avenue</td>
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<tr>
<td>Lloydminister, Alberta</td>
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<tr>
<td>Fort McMurray Community Cancer Centre</td>
<td>780-791-6217</td>
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<tr>
<td>Northern Lights Regional Health Centre</td>
<td></td>
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<tr>
<td>7 Hospital Street</td>
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<tr>
<td>Fort McMurray, Alberta</td>
<td></td>
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<tr>
<td>Peace River Community Cancer Centre</td>
<td>780-624-7593</td>
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<tr>
<td>Peace River Community Health Centre</td>
<td></td>
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<tr>
<td>10915 99 Street</td>
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Accommodations in Alberta

A challenge for some families who are required to travel to Calgary or Edmonton for treatment can be finding (and affording) short or longer-term accommodations. In this event, you can contact the social worker at the hospital where you will be receiving treatment to find the best options for your situation.

Calgary Accommodations

Foothills Medical Centre Patient Hostel
403-944-1156
Onsite accommodation for out of town cancer patients and a companion when attending medical appointments in Calgary as an outpatient. Most rooms are 2-bedroom suites with a shared bathroom, living, and dining area. There are a few 1-bedroom suites. Each floor has a shared kitchen with a fridge, freezer, stove, microwave, coffee maker, and toaster. Coffee, tea, juice, bread, and some condiments are provided.

- $25.00 per day for a shared room
- $40.00 per day for a private room

Ronald McDonald House
http://www.ahomeawayfromhome.org/

For parents and families from out of town (outside 45 km radius) whose child (must be 18 years or under) is receiving medical treatment in Calgary or Red Deer. Families must have a referral.

Ronald McDonald House Charities Southern & Central Alberta is here to help. Ronald McDonald House provides a home away from home for families with children receiving vital medical treatment in Calgary and Red Deer.

<table>
<thead>
<tr>
<th>Ronald McDonald House</th>
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<tr>
<td><strong>Calgary House</strong></td>
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<tr>
<td>111 West Campus Place NW</td>
<td>403-240-3000</td>
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<tr>
<td>Calgary, Alberta</td>
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<tr>
<td><strong>Red Deer House</strong></td>
<td></td>
</tr>
<tr>
<td>5002 39 Street</td>
<td>403-340-2007</td>
</tr>
<tr>
<td>Red Deer, Alberta</td>
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</tbody>
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Blood and Marrow Transplant (BMT) Apartments
403-944-1157
The BMT Apartments are convenient, housing alternatives for BMT patients. The apartments are located in the Foothills Medical Centre South Tower for BMT patients to stay in after discharge from Unit 57.

Four Points Sheraton
403-288-4441 or toll free at 1-877-288-4441
Provides rooms at a discounted rate to out-of-town patients in financial need on days that they are receiving, or traveling to, or from, schedule outpatient treatment. Accommodation is subject to availability and prior booking.

Edmonton Accommodations

Outpatient Residence
780-407-6593
Outpatient Residence serves patients and families of the University of Alberta Hospital, the Cross Cancer Institute and the Stollery Children’s Hospital. This facility offers 45 rooms (both single and double occupancy) and all rooms have private bathrooms, with kitchen and public spaces being shared space.

<table>
<thead>
<tr>
<th>Occupancy</th>
<th>Daily rate</th>
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<tr>
<td>Single</td>
<td>$25.00</td>
<td>$600.00</td>
</tr>
<tr>
<td>Double</td>
<td>$40.00</td>
<td>$960.00</td>
</tr>
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</table>

Ronald McDonald House Northern Alberta
780-433-6201
http://rmhcna.org/
For parents and families from out of town (outside 45 km radius) whose child (must be 18 years or under) is receiving medical treatment in Edmonton.

Travelodge Edmonton South
780-436-9780
Provides a special rate for patients.

Travelodge Edmonton West
780-483-6031
Provides a special rate for patients.

For a more complete list or assistance finding accommodation please feel free to call The Leukemia & Lymphoma Society Prairies Region office at 403-263-5300 or talk to the social worker at the hospital. The Canadian Cancer Society can also help find you accommodations please call 1-888-939-3333.
Compassionate Beauty – Calgary
http://www.compassionatebeauty.com/
403-686-6936
Compassionate Beauty is a pioneering concept in caring for women that are dealing with the devastating side effects of being diagnosed with cancer. Compassionate Beauty provides women and their caregivers support, knowledge and services needed to best maintain their comfort and body image during the months of treatment and through survivorship. Some of the services available here include wig fittings, esthetic services, spa treatments and much more.

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. The programs are free of charge. All of the locations are listed online.

Wig Bank
www.cancer.ca
Phone: 403-205-3966
The Canadian Cancer Society offers a wig lending program free of charge to cancer patients who have lost their hair.

Collective Salon and Spa is partnering with the wig lending program to offer complimentary haircut to cancer patients and their caregivers. Mondays, 11 a.m. to 3 p.m. call the wig bank to book your appointment.
Blood Cancer Support Groups in Alberta

Family 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.

**Calgary Blood Cancer Support Group**
The LLSC Blood Cancer Support Group is facilitated by credentialed health/mental health professionals who have oncology and group work experience.
**When:** 2\textsuperscript{nd} Tuesday of each month (September – June)
**Time:** 7:00 – 8:30 p.m.
For more information, please contact Caroline at caroline.mitchell@lls.org or call 403-263-5300.

**Southern Alberta Multiply Myeloma Support**
**When:** Second Thursday of every month
**Time:** 7:00 p.m. – 9:00 p.m.
For more information please contact Norma at 587-998-7267 or sampswarriors@gmail.com

**Edmonton Myeloma Support Group**
**When:** First Saturday of every month
**Time:** 10:00 a.m. – 12:00 p.m.
For more information, please email info@multiplemyeloma.ca

**Calgary WM (Waldenstrom’s Macroglobulinemia) Support Group**
Meets 3-4 times year but Cameron and Stu are available for support outside the group meetings.
**Contacts:** Cameron Fraser: 403-281-8278 or cmfraser@shaw.ca
Stu Boland: 403-281-0271 or stu_boland@hotmail.com
Caregiver Information

If you are providing assistance to someone with a blood cancer, inquire about caregiver services at each of the agencies you encounter to learn what can be done to support everyone, including yourself.

Alberta Caregivers Association – Edmonton
http://www.albertacaregivers.org/
780-453-5088 or toll free at 1-877-453-5088

CancerChatCanada
http://cancerchatcanada.ca/
Ask about the start date of the next online support group for caregivers.

Family Caregiver Centre – Calgary
http://www.albertahealthservices.ca/info/service.aspx?id=1604
403-955-1674
Services provided include: information, library and internet access, family caregiver education, supportive counseling, Journeys Newsletter, and community development. For more information please visit the website or call the number listed above.

Book – *Help Me Live: 20 Things People with Cancer Want you to Know* by Lori Hope
An insightful book to help provide sensitive care for those living with cancer.

**NOTE:** Caregivers are also able to access psychosocial resources at the Tom Baker Cancer Centre and the Cross Cancer Institute if they would like support. Please note that caregivers are welcome to attend the Blood Cancer support group in Calgary and The Myeloma support group in Edmonton.
Clinical Trials

**Canadian Cancer Trials**
http://www.canadiancancertrials.ca/
Canadian Cancer Trials is another great registry to check out what trials are taking place in Canada that you might be eligible to participate in.

**Clinical Trials.gov**
http://clinicaltrials.gov/
ClinicalTrials.gov is a registry of federally and privately supported clinical trials conducted in the United States and around the world. This website will give you information about a trial’s purpose, who may participate, and phone numbers for more details.

**Information Resource Centre**
1-800-955-4572 Toll free Monday to Friday 7 a.m. to 7 p.m. MST
The Leukemia & Lymphoma Society, Information resource centre provides information on clinical trials.

**TrialCheck®**
https://www.eviticlinicaltrials.com/Services/
This is a Canadian website with valuable information regarding fertility issues and options for men and women diagnosed with cancer. Check their services and assistance with costs related to fertility services. They also have a listing for fertility preservation centres across Canada at http://fertilefuture.ca/patients/fertility-preservation-centres/

Regional Fertility Program - Calgary
http://www.albertahealthservices.ca/services.asp?pid=service&rid=1824
A referral is required to access these services. Services provided include: diagnosis and assessment of infertility as well as patients suffering repeat pregnancy loss, and counselling on treatment modalities. Fees apply for all services not covered by Alberta Health Care Insurance. Cryopreservation services are provided to patients undertaking IVF/ICSI as well as patients who are about to undergo cancer therapy.

Regional Fertility and Women’s Endocrinology Clinic – Edmonton
http://www.albertahealthservices.ca/info/service.aspx?id=6017
780-735-5609
This service provides diagnosis and treatment options for women and their partners who are having difficulties becoming pregnant, and for women experience hormone problems. Other services offered include preparing sperm for intra-uterine insemination and cryopreservation for clients who require this service. A referral is required. Fees apply for all services not covered by Alberta Health Care Insurance.
The financial impact of a cancer diagnosis can be overwhelming. 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. If needed, speak with a social worker or counselor at your cancer center to learn more.

Programs

Bill Beattie Memorial Endowment Fund – The Leukemia & Lymphoma Society
403-263-5300 ext. 5158
This patient financial assistance program reviews applications quarterly and is available to Alberta residents who are being treated for adult or pediatric leukemia. For more information on if you qualify or to fill out an application form please contact your social worker or Patient Services at the Leukemia & Lymphoma Society Calgary office.

Alberta Cancer Foundation
Tom Baker Cancer Centre Patient Resource Office: 403.355.3207
Cross Cancer Institute Patient Recourse Office: 780.643.4304
1.866.412.4222
http://albertacancer.ca/investment-priorities/patient-financial-assistance-program
The Alberta Cancer Foundation offers a financial assistance program that can be accessed by going through the Tom Baker Cancer Centre or the Cross Cancer Institute.

Kids With Cancer Society Edmonton
www.kidswithcancer.ca
The Kids with Cancer Society, a registered not for profit Edmonton based charity, was established in 1979 to provide peer support to children with cancer and their families. The Society supports children between the ages of 0 – 17 who reside in the Northern Alberta/NWT region. For many families having a child diagnosed with cancer is an enormous financial strain. The Kids with Cancer Society financial support programs to provide emergency funding and to be utilized when all other options have been exhausted. To learn more information on the program contact the society.

Haying in the 30’s Cancer Support Society
http://www.hayinginthe30s.com/
780.210.0126
Offers a one-time financial assistance payout to patients who have been diagnosed with cancer.
Helping Families Handle Cancer Foundation
http://helpingfamilieshandlecancer.com/index.php
403-850-5477
This not-for-profit organization was developed and designed to aid families financially while they are dealing with cancer. It aims to alleviate some of the financial stresses placed on families, both emotionally and financially, by providing monetary support to those in need. This agency dedicates itself to single parents and/or families living on one income. Helping Families Handle Cancer assists families who have been referred by social workers from the hospital.

Government Information and Programs

Alberta Aids to Daily Living
http://www.health.alberta.ca/services/aids-to-daily-living.html
780-427-0731 Edmonton and area
Toll Free: 310-0000 then 780-427-0731
This program helps Albertans with a long term disability, chronic illness, or terminal illness to maintain their independence in the community by providing financial assistance to buy medical equipment and supplies. An assessment by a Health Care Professional determines the equipment and supplies that an Albertan can receive through this program.

Assured Income for the Severely Handicapped (AISH)
1-866-477-8589 Alberta Supports Contact Centre
403-297-8511 - Calgary
780-415-6300 – Edmonton
This program is offered to those who are severely and permanently disabled without an adequate income to support themselves. Restrictions apply please call for more information or talk to the social worker at the hospital.

Alberta Works: Income Support Program
1-866-644-5135 (24-hour Income Support Contact Centre)
780-644-5135 Edmonton area
This program provides financial benefits to individuals and families who do not have the resources to meet their basic needs like food, clothing and shelter.

Canada Pension Plan Disability Benefits
1-800-277-9914 English
1-800-277-9915 French
This program is open to contributors to the program with a severe and prolonged disability. The program is administered through the department of Human Resources and Skills Development Canada.
Employment Insurance Benefits (EI)
https://www.canada.ca/en/services/benefits/ei.html
1-800-206-7218
Employment Insurance Benefits (EI Benefits) is a federal program, administered through Human Resources and Sills Development Canada. This program is open to contributors who have worked the required number of insurable hours during the relevant qualifying period for a maximum of 15 weeks.

EI Compassionate Care Benefits
http://www.servicecanada.gc.ca/eng/ei/types/compassionate_care.shtml
1-800-206-7218
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 six weeks of compassionate care benefits may be paid to eligible people.

Wellspring - Money Matters
403-521-5292 ext 312 Carma House
Money Matters is a solution-based program where individuals with cancer and/or caregivers can meet individually (in person or over the phone) with a professional case worker for information on provincial and federal government financial assistance programs, drug coverage, insurance benefits, community assistance referrals, specialized clinics and many other topics.

NOTE: If you are experiencing financial difficulties please contact the social worker at the hospital, he/she will be able to provide you more information about what programs you might be eligible for.

Medication Access and Coverage

Alberta Blue Cross
https://www.ab.bluecross.ca/index.html
1-800-661-6995
Calgary and area: 403-234-9666
Edmonton and area: 780-498-8000
Alberta Blue Cross is the largest benefits carrier in the province and provides supplementary health and dental benefit programs to meet the health needs of over 1.6 million Albertans. They offer benefit plans for individuals and families, seniors, and large and small employers. Call for more information or apply online. Alberta Blue Cross also offers palliative care drug coverage please call for more information.

Alberta Health & Wellness
Edmonton 780-427-1432
Toll free: first dial 310-0000
Alberta Health & Wellness provides palliative and supplemental health coverage for Albertans.
Cancer Drug Access  
http://www.canceradvocacy.ca/ Cross Canada access to various cancer medications.

Drug Coverage  
www.drugcoverage.ca  
A guide listing coverage for various medications across Canada. If some medications are not covered, inquire if the pharmaceutical companies have a compassionate access program.

Health Information – Canadian Government

MedEffect Canada  
www.hc-sc.gc.ca/dhp-mps/medeff/index-eng.php  1.866.234.2345  
Health Canada gives Canadians access to information regarding safety of drug products and health supplements and tracks data regarding adverse reactions to medications. Patients themselves can also report any adverse reactions to medications.

Public Health Agency of Canada  
www.phac-aspc.gc.ca

Medical Supplies

Red Cross Medical Equipment Loan Service  
Calgary: 403-273-4426  
Edmonton: 780-342-8588  
A referral from a medical professional is required. Call for more information about what equipment is available.
Nutrition and Fitness Information

**Note:** Registered Dieticians are available for patients to speak with free of charge at Tom Baker Cancer Centre and Cross Cancer Institute. Please contact your respective treatment facility to be connected with a Dietician.

**Calgary Food Bank**  
www.calgaryfoodbank.com  
403-253-2059  
Food hampers are available for those unable to meet the nutritional needs of their family. Call to see if you can organize a delivery or where your nearest pick up location is.

**Community Kitchen Program**  
http://www.ckpcalgary.ca/  
403-275-0258

**Edmonton Food Bank**  
www.edmontonsfoodbank.com  
780-425-4190  
Food hampers are available for those unable to meet the nutritional needs of their family. Call to see if you can organize a delivery or where your nearest pick up location is.

**Information Resource Centre (IRC)**  
1-800-955-4572 Toll free Monday to Friday 7 a.m. to 7 p.m. MST  
The Leukemia and Lymphoma Society’s Information Resource Centre offers the opportunity for you to be connected with a dietitian free of charge. If you are interested in speaking with a dietitian, please call the IRC and let one of our oncology professionals know.

**Meals on Wheels**  
**Calgary:** 403-243-2834  
www.mealsonwheels.com  
Calgary Meals on Wheels promotes health & independence by providing quality, nutritious & affordable meals to Calgarians in need of our services.

**Edmonton:** 780-429-2020  
https://mealsonwheelsedmonton.org/about/  
This long-established hot meal delivery program is available to seniors or to those requiring temporary assistance during illness. Different regions have some variation in services and costs of the program.
Wellspring
Calgary: 403-521-5292
www.wellspringcalgary.ca
Edmonton: (780) 758-4433
https://wellspring.ca/edmonton/
Wellspring offers a variety of classes that focus on nutrition and fitness, please check out their website for more details.

Yoga Thrive – University of Calgary
www.kin.ucalgary.ca/healthandwellnesslab
403.210.8482
Yoga Thrive is a research-based, therapeutic yoga program for cancer survivors and their support persons, on or off treatment. This gentle, 7-week yoga program, based on hatha yoga, has been modified for cancer survivors, especially those experiencing stiffness, pain, stress or fatigue. Class sizes are small (15 max.) to ensure individual attention and safety. No previous yoga experience is necessary. Each class is 75 minutes and held once per week over a 12-week period. The program is progressive (i.e. each class builds on the previous) and led by a certified instructor trained in the Yoga Thrive program.
Palliative Care and Grief Resources

Agape Hospice – Calgary
http://www.agapehospice.ca/
403-282-6588

Edmonton Bereavement Centre
780-454-1231
http://www.jfse.org/programs-services/edmonton-bereavement-centre
Resource to help you regain a sense of balance in your life after the death of someone close to you through connecting with others walking a similar path. Small group sessions, presentations, workshops, courses and supportive counseling available.

Grief Support Program – Calgary
http://www.albertahealthservices.ca/4072.asp
403-955-8011
The Grief Support Program provides a safe, supportive, and healing environment for bereaved individuals to process their grief in meaningful ways. The program operates within Alberta Health Services – Calgary and offers individual counseling and group counseling to individuals who have experienced the death of a loved one and are in need of support.

Hospice Calgary
http://www.hospicecalgary.com/
403-263-4525

Pilgrims Hospice - Edmonton
http://www.pilgrimshospice.com/
780-413-9801

Rotary Flames House – Calgary
http://www.childrenshospital.ab.ca/site/PageNavigator/hospital/rotaryflameshouse
403-955-5500
Rotary Flames House is a hospice for children located right next door to the Alberta Children’s Hospital. The house offers respite care, transitioning care, symptom management and end of life care. Please call or visit the website for more information.

Canadian Virtual Hospice
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.
Pediatric Resources

Jamie’s Preschool – Calgary
http://jamiespreschool.ca
Jamie’s Preschool provides a rich program of play, learning and support for children facing cancer, blood disorders and other critical illness. It operates as an independent, registered charity and is one of North America’s only early childhood education programs that services immune-compromised children.

Kids Cancer Care Foundation of Alberta
www.kidscancercare.ab.ca
The Kids Cancer Care Foundation of Alberta (KCCFA) is a charitable organization that helps build bridges of hope and pillars of support for families fighting childhood cancer. The foundation helps Alberta children and families by providing funding and programs in four key areas including: Camp & Community, Pediatric Oncology Research, Clinical Support and KCC Derek Wandzura Memorial Scholarship.

Kids With Cancer Society Edmonton
www.kidswithcancer.ca
The Kids with Cancer Society, a registered not for profit Edmonton based charity, was established in 1979 to provide peer support to children with cancer and their families. The Society supports children between the ages of 0 – 17 who reside in the Northern Alberta/NWT region. Programs include support program, clinical and research programs.

Children’s Wish Foundation
www.childrenswish.ca
The Children’s Wish Foundation of Canada works with the community to provide children living with high-risk, life threatening illnesses the opportunity to realize their most heartfelt wish. The chapter has been granting wishes since 1983. To refer a child or for more information please visit the website listed above.

Kids & Teens Can Cope
http://www.cancerbridges.ca/resources/local-resources/calgary/calgary-area/kidsteens-can-cope/
Offered to youth between the ages of nine and nineteen who have a parent with cancer this program allows children affected by their parent’s cancer to meet others in the same situation and discuss things with a professional counselor. Youth talk about cancer, its treatment, their family and their relationships. Sessions are held twice a year, typically in March and November.

Starlight Children’s Foundation Canada
http://www.starlightcanada.org
403-457-0344
This foundation aims to improve 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. Starlight offers a variety of outpatient, hospital based and web offerings that enable them to provide ongoing support for children and families from diagnosis through the entire course of medical treatment. Programs include: Family activities and
outings, in-hospital entertainment technology, online communities and interactive websites, in-hospital playrooms, kid-friendly treatment rooms and special events and educational programming.

Make-A-Wish Canada
http://www.makeawish.ca/
Make-A-Wish Canada grants wishes to children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. Please visit website for more detailed information about how to apply.

Explaining Cancer to Children

My Anything But Ordinary Cancer Journey
http://www.cancerinmyfamily.ca/#/landing-page
An 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
http://www.kidskonnection.org/
This website offers a list of information and tips for children who have experienced a cancer diagnosis of a parent or lost a parent to cancer.

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 explain cancer concepts to children.

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 CancerCare
1.800.813.4673  www.cancercare.org
Psychosocial & Holistic Health Cancer Services

Calgary

Tom Baker Cancer Center Psychosocial Services
403-355-3207  
email: calgarypsychosocial@ahs.ca

These trained professionals have backgrounds in psychology, psychiatry and social work. The focus for these professionals is to help patients and their families cope with the emotional, psychological and social stresses that often surface as a result of cancer and its treatment. Through this department you can access services including: counseling (one-on-one, couple and family), assessment and support of your finances and other basic needs, and educational classes and support groups that fit your situation. The resource counselors are there to assist you with any financial concerns you may have. All classes are free of charge and accessible to anyone with a diagnosis of cancer.

Alternate Centers that offer counselling and have sliding fees include:

**Calgary Counselling Centre**  
http://www.calgarycounselling.com/  
403-691-5991

**Catholic Family Services**  
www.cfs-ab.org  
403-233-2360

**Eastside Family Counseling Centre**  
http://www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_eastside.html  
403-299-9696

**Hospice Calgary – Living with Cancer Group**  
http://www.hospicecalgary.com/content/living-cancer-group

**Jewish Family Services**  
www.jfsc.org  
403-287-3510
Wellspring - Calgary
www.wellspringcalgary.ca
403-521-5292
Wellspring Calgary provides a wide range of cancer support programs and services, to meet the emotional, social, psychological, educational and informational needs of anyone affected by cancer, including caregivers. Wellspring offers all of their programs free of charge and without referral. The offer individual and group support, expressive therapies, energy work, educational workshops and presentations.

Edmonton

Cross Cancer Institute Psychosocial & Spiritual Services
http://www.albertahealthservices.ca/info/service.aspx?id=1053260
780-643-4303 or 780-643-4304
The goal of this department is to help cancer patients and family members cope with their feelings and the challenges that cancer can bring. Services are offered to patients and their families before, during and after treatment and all of the services available are free of charge. There are psychologists, social workers, spiritual care counselors, and art therapists all professionally trained to support you through this challenging time. The focus for these professionals is to help patients and their families cope with the emotional, psychological and social stresses that often surface as a result of cancer and its treatment. Through this department you can access services including: counseling (one-on-one, couple and family), assessment and support of your finances and other basic needs, and educational classes and support groups that fit your situation. The resource counselors are there to assist you with any financial concerns you may have.

Alternate Centers that offer counselling and have sliding fees include:
Catholic Social Services
www.catholicsocialservices.ab.ca
780-432-1137

Jewish Family Services Edmonton
www.jfse.org
780-454-1194

The Family Centre
http://the-family-centre.com/
780-424-6103
Transportation Resources

**Canadian Cancer Society, Volunteer Driver Program**

[www.cancer.ca](http://www.cancer.ca)

1-800-661-2262 (Edmonton and Red Deer)

1-800-263-6750 (Calgary and Lethbridge)

Offers volunteer drivers to transport you to and from your treatment appointments. A minimum notice of 2 full business days is required so please call as early as possible to arrange your ride. Please note the volunteer driver program offers transportation to patients 18 years and older.

**Calgary Transit Access**


403-537-7777

Access Calgary provides public transportation services for Calgarians who cannot use regular Calgary Transit buses and CTrains due to disability. They work with customers to determine eligibility, book trips, and coordinate their pickup and dropoff. Users must go through an application process to determine eligibility before they can use this service.

**Calgary Transit**

[www.calgarytransit.com](http://www.calgarytransit.com)

403-262-1000

Low income monthly passes available. Contact the office to learn more.

**DATS – Disabled Adult Transit Services – Edmonton**

780-496-4567

DATS Edmonton provides transportation services to Edmontonians who cannot use regular Edmonton Transit buses and LRT Trains due to disability. They offer a shared-ride, door-to-door service within Edmonton. Call to apply.

**Hope Air**

[www.hopeair.org](http://www.hopeair.org)

1-877-346-4673

Hope Air is a Canadian organization that helps patients and families with air travel for medical treatment. Hope Air is not an air ambulance. Open to all residents of Canada.

**J&L Shuttle Services — Medicine Hat**

403-528-8851 or toll free 1-877-217-5577

Offers shuttles between Medicine Hat and Calgary.

Rate: $60.00 one way
Supportive Outings and Services Inc – Calgary, Edmonton, Banff, Canmore, Cochrane, Bragg Creek, Okotoks
http://soscaregiver.ca/
403-816-0428 (Calgary and Area)
780-952-7923 (Edmonton and Area)

Offers transportation and support to seniors on all outings, routinely uplifting visits, or respite in homes or in facilities.

**Young Adults**

**YAconnect: Young Adults Living with Leukemia, Lymphoma and Myeloma (LLS)**
This chat group is for young adults (ages 18-39) to discuss any issue related to living with a blood cancer: a new diagnosis, treatment decisions, relapse, treatment side effects, emotional toll, fatigue, interpersonal relationships, clinical trials, living with uncertainty and other survivorship issues.

**Young Adult Cancer Canada**
http://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**
http://www.vitaloptions.org/tag/young-adults/

**I’m Too Young For This!**
www.imtooyoungforthisthis.org

**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.
Canadian Cancer Organizations

Canadian Partnership Against Cancer
www.partnershipagainstcancer.ca 1.416.915.9222
This website is the place to start if you want to know about cancer care in Canada.

CAREX Canada
www.carexcanada.ca 604.822.0837
Researchers at UBC have posted information regarding known and suspected carcinogens. Their mission is the “surveillance of environmental & occupational exposures for cancer prevention.”

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
http://www.capo.ca/

Canadian Association of Provincial Cancer Agencies
www.capca.ca

Canadian Association of Nurses in Oncology
http://www.cano-acio.ca/

Canadian Blood and Marrow Transplant Group
www.cbmtg.org

Canadian Cancer Survivor Network
http://survivornet.ca/en/
Additional Resources

**Blood Cancer Information**

**Blood Cancer Clips**
https://bloodcancerclips.wordpress.com
Excellent short videos created by medical student Julia Pon.

**CLL**
clltopics.org

**International Waldenstrom’s Macroglobulinemia Foundation**
www.iwmf.com

**Lymphoma Canada**
www.lymphoma.ca/ 1.866.659.5556

**Myeloma Canada**
www.myelomacanada.ca/default.aspx 514.570.9769

**Myeloproliferative Neoplasms**
http://mpninfo.org/mpns

**The Aplastic Anemia & Myelodysplasia Association of Canada**
www.aamac.ca/ 1.888.840.0039 or info@aamac.ca

**The Canadian CML Network**
http://cmlnetwork.ca/our-community/#canada

**Cancer Survivorship Information**

**Cancervive**
http://cancervive.org.uk/

**Survive and Thrive**
http://survivethrive.org/
Helpful Tips for Newly Diagnosed Patients

A Survivor’s Compass
www.cancerconsultants.com/a-survivor%e2%80%99s-compass

Ottawa Personal Decision Making Tool
http://decisionaid.ohri.ca/decguide.html
A tool developed at Ottawa Hospital to help people make treatment or other personal decisions.

Treatment and Support Resources
http://www.cancerview.ca/cv/portal/Home/TreatmentAndSupport?_afrLoop=4501424212802000&lang=en&_afrWindowMode=0&_adf.ctrl-state=84z8bka0e_672

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. It is a quick, efficient way to receive the help you need without a lot of phone call coordination.

ACOR – Association of Cancer Online Resources
www.acor.org
This site offers cancer information and chat rooms where people can ask questions or connect with others. See archived information and suggestions for dealing with many aspects of cancer care; for example, tips for reducing a side effect, swallowing medications, etc.

Other Cancer Resources – Canada

CancerChatCanada
http://cancerchatcanada.ca/ 1.800.663.3333 ext 4966
Find a patients or caregiver online support group suited for you.

Cancer View Canada
www.cancerview.ca
A service linking Canadians to cancer information.
Understanding the Emotional Issues of Cancer

The Emotional Facts of Life with Cancer
http://capo.ca/docs/bookletREVISED.pdf
416.968.0207
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.