



# Your Way Forward

A discharge guide for patients and their families.

# YOUR WAY FORWARD

Now is the time you move on with your health and begin a new chapter.

You are being discharged as your care with the Cancer Program is complete and your team is comfortable transitioning you to the next step. If you have a Primary Care Provider (Family Doctor or Nurse Practitioner), they are well-equipped to take care of you. If you do not have a Primary Care Provider, this package has resources to help you connect with one. Your Primary Care Provider will be your go-to person in regards to your care.

Leaving the Cancer Program may seem frightening, and you could be thinking, “*Now what?*”

Be your own advocate. Don’t be afraid to ask questions. No one knows your body better than yourself.

This package will help empower you in this new chapter of your life as you are being discharged from the Cancer Program. We hope the information contained in this package is beneficial to you and your loved ones as you continue on your journey.

**This is YOUR WAY FORWARD.**

Sincerely yours,

*Erie St. Clair Regional Cancer Program Patient & Family Advisory Council*

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*This guide aims to be a valuable resource for patients as they transition from active treatment to post-treatment survivorship. The purpose of this guide is to provide comprehensive information and support to patients during this critical phase of their cancer journey. It offers a roadmap to navigate the physical, emotional, and practical aspects of life after cancer treatment.*

## Erie St. Clair Regional Cancer Program Programs and Services

### RENEW: A Life After Cancer Program

RENEW: A Life After Cancer Program

The RENEW program consists of two components: an education series and a series of exercise classes that are offered at a local gym facility.

The RENEW Cancer Wellness Education Series consists of 5 education sessions, free of cost to patients and care partners, that are delivered by our local experts. These sessions will give you the tools and knowledge for independence as you transition after treatment to every day life.

The topics covered include: survivorship, healthy eating, sexuality, genetics and active living.

In the RENEW Exercise Program, participants work with specially trained fitness instructors to help them regain strength and confidence.

The 60-minute RENEW Exercise Classes run twice a week for 10 weeks. They include light to moderate strengthening and toning exercises led by specially trained instructors who have received Cancer and Exercise Training for Health Professionals certification from THRIVE Health Services (University of Calgary). Exercises are modified to allow participants to work at their own pace and meet their personal goals.

Thanks to the generous support of the Windsor Cancer Centre Foundation and its donors, participants pay a subsidized fee for their first 10-week session.

This is offered by the Erie St. Clair Regional Cancer Program in partnership with the Windsor Cancer Centre Foundation and the Bluewater Health Foundation.

- For more information:
  - Visit [www.wrh.on.ca/RENEW](http://www.wrh.on.ca/RENEW)
  - Call 519-254-5577 ext. 58733
  - Email: [renew@wrh.on.ca](mailto:renew@wrh.on.ca)

### Symptom Management Guides

Ontario Health - Cancer Care Ontario has developed 17 guides to provide past and present cancer patients with information to maintain their well-being, how to recognize symptoms and side effects, what they can do to manage them at home, and when to call their primary care provider.

- Hard copies of these guides are available in the Cancer Centre in English or;
- Access guides online in various languages: [www.cancercareontario.ca/en/symptom-management](http://www.cancercareontario.ca/en/symptom-management)

# COMMUNITY RESOURCES AVAILABLE TO YOU

## Windsor-Essex



## Professional Counselling and Primary Care Services

### Canadian Mental Health Association

Offers a variety of programs and services for the most seriously mentally ill along with those dealing with moderate mental illness and addictions.

- For more information: Windsor-Essex County Branch  
Visit [www.cmha-weeb.on.ca](http://www.cmha-weeb.on.ca) or call 519-255-7440

### Essex County Nurse Practitioner-Led Clinic

Provides primary care and counselling services.

- For more Information/to access services:
  - Visit [www.ecnplc.com](http://www.ecnplc.com)
    - Essex Location: 519-776-6856
    - Drouillard Location: 519-946-0740
    - Amherstburg Location: 519-730-0446

### Family Services Windsor - Essex

Helps individuals, couples and families manage life, marriage and family challenges. Qualified staff can help you manage anxiety, depression, anger, loss and grief, along with other mental health and wellness issues. Offers group or on-on-one counselling, as well as walk-in supports, at seven locations across Windsor-Essex.

- For more information/to access services: Visit <https://fswe.ca/> or call 519-966-5010

### The Hospice of Windsor and Essex County

Provides one-on-one counselling services for anyone dealing with residual effects from their cancer journey. Self-referrals are accepted.

- For more information/to access services: Visit [www.thehospice.ca](http://www.thehospice.ca) or call 519-974-7100 (ask for intake).

### Windsor Essex Community Health Centre - Sandwich Community Health

Provides a variety of professional counselling support, prevention and coordination services. Through solution-focused interventions, professionally trained counsellors help individuals and families to improve their level of functioning, their satisfaction with life and their involvement with interpersonal relationships.

- For more information/to access services: Visit [www.wechc.org](http://www.wechc.org) or call 519-258-6002

### Windsor Essex Community Health Centre - Teen Health

Offers primary care, individual and group therapy for youth aged 12-24 on a wide variety of topics including depression, anxiety, grief, suicidal thoughts, self-harm and eating disorders.

- For more information/to access services: Visit [wechc.org/location/teen-health](http://wechc.org/location/teen-health) or call 519-253-8481

### Finding a Primary Care Provider

If you do not have a primary care provider, it is strongly recommended that you now get one. Some resources to assist you with this are:

- Essex County Medical Society: Visit [www.ecms.org](http://www.ecms.org) to search for a list of providers accepting patients in Windsor-Essex County
- Health Care Connect: Call 1-800-445-1822 or go to [www.ontario.ca/healthcareconnect](http://www.ontario.ca/healthcareconnect)
- Health811: Visit <https://health811.ontario.ca> or Call 811 to access 24/7 health information, secure health advice via chat with a registered nurse, and other helpful resources.
- Windsor-Essex County Health Unit: Visit <https://www.wechu.org/your-health/find-doctor>

## The Hospice of Windsor-Essex County Wellness Centre Programs

Offers a variety of programs and events for cancer survivors and their families in Windsor and Leamington. Programming may include: chair yoga, craft class (beading), coffee house, game/card club, heartbeat drumming, painting and more. Energy work such as Radiant Touch, Reiki, and Therapeutic Touch are also offered.

- For more information/current programming: Visit <https://www.thehospice.ca/wellness-programs/>
- Call 519-971-7100 ext. 2202



## Wellness Resources

### Home and Community Care Support Services - Erie St. Clair Region

Ontario residents with a valid Ontario Health Insurance Plan (OHIP) card are eligible to receive an assessment completed by a care coordinator to further determine eligibility and access a wide-range of home and community care supports. Services may include: nursing, personal support, physiotherapy, occupational therapy, speech-language therapy, medical supplies and equipment, social work, nutrition counselling and other specialized programs and nursing services, as needed.

- For more information: Visit <http://www.healthcareathome.ca/region/erie-st-clair/>
- Call 310-2222 (no area code required) or Toll-free 1-888-447-4468

### Erie St. Clair Healthline

Offers an innovative website that puts accurate and up-to-date information about health services at the fingertips of consumers and health care providers across the Erie St. Clair region of Ontario.

ErieStClairhealthline.ca provides easy access to a reliable source of data, and empowers consumers to find the services they need close to home. Over 1,300 service listings describe organizations and programs serving people who live in Chatham-Kent, Sarnia-Lambton and Windsor-Essex.

- For more information: <https://www.eriesclairhealthline.ca>

### Smoking Cessation Resources

Resources that will help you get on the path to quitting smoking.

- For more information on ways to quit in Windsor-Essex visit: <https://www.wechu.org/your-health/smoking-and-vaping-your-questions-answered/ways-quit>
- Quit Medications Paired with One-on-One Counselling:
  - City Centre Health Care: 519-971-0116
  - Erie Shores HealthCare: 519-326-2372
  - Windsor-Essex County Health Unit: 519-258-2146
- Group Sessions/Workshops
  - Breathing Easy at City Centre Health: 519-971-0116
  - Leamington and Area Family Health Team: 519-322-1100
  - Windsor-Essex County Health Unit STOP Program (Smoking Treatment for Ontario Patients): 519-258-2146 ext. 3100

### Windsor Essex Community Health Centre - Erie St. Clair Region *Chronic Disease Self-Management Program - Master Your Health*

A free workshop series where participants set goals and action plans, problem solve, improve coping skills, and learn about becoming more active, eating healthier and managing difficult emotions. Program also focuses on managing medications, pain and fatigue, using positive thinking and making decisions about health.

- For more information/to sign up: Visit [www.wechc.org](http://www.wechc.org) or call 1-855-259-3605 or email [escsm@wechc.org](mailto:escsm@wechc.org)

## The Hospice of Windsor and Essex County

The Hospice provides various support groups for caregivers and patients. Call 519-971-7100 ext. 2202 for current group offerings.

Supports Groups may include:

- Coping With Caregiving - open to adults providing physical and/or emotional support to someone living with a life-altering diagnosis.
- Children's Wellness group - children aged 6-12 with a loved one with a life-altering diagnosis

## Lymphedema Support Group

A monthly support group hosted at Active Body Physical Therapy in Lasalle.

- For more information: Email [maddie.simone@yahoo.com](mailto:maddie.simone@yahoo.com) or find more information via Facebook: Lymphedema Awareness Network Lasalle/Windsor/Essex County. <https://www.facebook.com/lasallelymphedemawalk/>

## Windsor Brain Tumour Support Group

Virtual support group - Meetings take place the last Tuesday of each month at 7pm.

- For more information: Visit <https://www.braintumour.ca/support-group/windsor-support-group/> or call 1-800-265-5106

## PINKS

A local group for women with breast cancer that meets monthly.

- For More Information contact: Zachara Beemer 519-992-3901

## Windsor & District Ostomy Association

Regular self-help and moral support group meetings for ostomy patients including information on proper ostomy care and management, the opportunity to exchange ideas, helping ostomy patients return to normal living, and exchanging of ideas and public education.

- For more information/how to join: <https://www.ostomycanada.ca/chapters/windsor-peer-support-group/> or call 519-839-4980 or email [rbreitsma@gosfieldtel.com](mailto:rbreitsma@gosfieldtel.com)

## Windsor & District Multiple Myeloma Support Group

A patient-managed and patient-centred group comprised of Myeloma & MGUS patients, newly diagnosed patients, caregivers, as well as a circle of mutual support from those who are further along in their journey with myeloma.

- For more information: Visit <https://myelomacanada.ca/en/multiple-myeloma-support-group-windsor-district> or call 519-326-1271 or email [jcartlidge@hotmail.com](mailto:jcartlidge@hotmail.com)

## Prostate Cancer Support Group

Monthly support group for men living with prostate cancer and their families. The group often has an education speaker, sharing the most up-to-date information regarding prostate cancer. The group meets the 2nd Tuesday of each month from 7-9pm (excluding January, July & August).

- For more information/how to join: Visit <https://wpcsg.com/meetings-2/> or email [winexpcsg@gmail.com](mailto:winexpcsg@gmail.com)



# Local Support Groups & Peer Supports

# COMMUNITY RESOURCES AVAILABLE TO YOU

## Chatham-Kent

### Finding a Primary Care Provider

If you do not have a primary care provider, it is strongly recommended that you now get one. Some resources to assist you with this are:

- Health Care Connect: Visit [www.ontario.ca/healthcareconnect](http://www.ontario.ca/healthcareconnect) or call 1-800-445-1855
- Health811: Visit <https://health811.ontario.ca> or Call 811 to access 24/7 health information, secure health advice via chat with a registered nurse, and other helpful resources.

### Canadian Mental Health Association

Offers a variety of programs and services for the most seriously mentally ill along with those dealing with moderate mental illness and addictions. First Nations

Community Support Services with Intensive Case Management support is offered onsite at the Chatham-Kent Community Health Centre - Walpole Site. The Youth Wellness Hub provides services for youth aged 12-25, including youth psychotherapy, primary care, navigation, support groups and counselling.

- Youth Wellness Hub: Visit <https://youthhubs.ca/en/sites/chatham-kent/> or call 519-437-6329 or email [info@accessopenmindsck.ca](mailto:info@accessopenmindsck.ca)

### Chatham-Kent Community Health Centres

Provides primary care and counselling services. With locations in Chatham, Wallaceburg and Walpole Island. A multidisciplinary team provides primary health care services for registered clients who meet priority population criteria. Also provide a wide range of health promotion and disease prevention programs that are open to the community.

- Visit [www.chathamkent.ca](http://www.chathamkent.ca) or call 519-397-5455

### Family Service Kent

Provides residents of Chatham-Kent with a wide range of counseling and community-based services.

- For more information/to access services: <https://familyservicekent.com> or call 519-354-6221

### Prostate Cancer Support Group - Wallaceburg

Support group for people living with prostate cancer and their families/caregivers. Meet 2nd Thursday of the month (excluding July and August), 7-8:30pm UAW Hall, 88 Elm St. Wallaceburg.

- For more information: Visit [www.pcsupportgroup.ca](http://www.pcsupportgroup.ca)
- Contact John Oliveira, call 519-365-1599, or email [johnolivei@gmail.com](mailto:johnolivei@gmail.com)
- Contact Carl Kelly, call 519-852-4277 or email [hello@pcsupportgroup.ca](mailto:hello@pcsupportgroup.ca)



## Professional Counselling and Primary Care Services



## Local Support Groups & Peer Supports

## Smoking Cessation Resources

Resources that will help you get on the path to quitting smoking.

- For more information on ways to quit in Chatham-Kent: Visit <https://ckphu.com/quit/>
- The CK STOP Program is available through CK Public Health to clients in Chatham-Kent that do not have a primary care provider and are over the age of 18.  
To check eligibility for the CK STOP Program: Visit <https://ckphu.com/ckstopprogram/> or call 519-352-7270

- Individual Counselling:  
May be available to you if you are a client of a Family Health Team or Community Health Centre
- Group Counselling:  
Tilbury District Family Health Team: 519-682-2307

## Windsor Essex Community Health Centre - Erie St. Clair Region

### *Chronic Disease Self-Management Program – Master Your Health*

A free workshop series where participants set goals and action plans, problem solve, improve coping skills, and learn about becoming more active, eating healthier and managing difficult emotions. Program also focuses on managing medications, pain and fatigue, using positive thinking and making decisions about health. Program offered through Chatham-Kent Community Health Centre

- For more information/to sign up: Visit [www.wehc.org](http://www.wehc.org) or call 1-855-259-3605 or email [escsm@wehc.org](mailto:escsm@wehc.org)

## Home and Community Care Support Services - Erie St. Clair Region

Ontario residents with a valid Ontario Health Insurance Plan (OHIP) card are eligible to receive an assessment completed by a care coordinator to further determine eligibility and access a wide-range of home and community care supports. Services may include: nursing, personal support, physiotherapy, occupational therapy, speech-language therapy, medical supplies and equipment, social work, nutrition counselling and other specialized programs and nursing services, as needed.

- For more information: Visit <http://www.healthcareathome.ca/region/erie-st-clair/> or Call 310-2222 (no area code required) or Toll-free 1-888-447-4468

## Erie St. Clair Healthline

Offers an innovative website that puts accurate and up-to-date information about health services at the fingertips of consumers and health care providers across the Erie St. Clair region of Ontario.

[ErieStClairhealthline.ca](http://ErieStClairhealthline.ca) provides easy access to a reliable source of data, and empowers consumers to find the services they need close to home. Over 1,300 service listings describe organizations and programs serving people who live in Chatham-Kent, Sarnia-Lambton and Windsor-Essex.

- For more information: <https://www.eriesticclairhealthline.ca>





# COMMUNITY RESOURCES AVAILABLE TO YOU

## Sarnia-Lambton

### Finding a Primary Care Provider

If you do not have a primary care provider, it is strongly recommended that you now get one. Some resources to assist you with this are:

- The Physician Recruitment Taskforce of Sarnia-Lambton: keeps an up-to-date list of family physicians currently accepting new patients. Visit their website at [doctors4sarnialambton.com](http://doctors4sarnialambton.com) to join their patient waiting list.
- Health Care Connect: Call 1-800-445-1822 or go to [www.ontario.ca/healthcareconnect](http://www.ontario.ca/healthcareconnect)
- Health811: Visit <https://health811.ontario.ca> or Call 811 to access 24/7 health information, secure health advice via chat with a registered nurse, and other helpful resources.



## Professional Counselling and Primary Care Services

### Canadian Mental Health Association

Offers a variety of programs and services for the most seriously mentally ill along with those dealing with moderate mental illness and addictions. First Nations Community Support Services with Intensive Case Management support is offered onsite at the Kettle Point Health Centre, Chatham-Kent Community Health Centre - Walpole Island Site and Aamjiwnaang Health Centre.

- Lambton-Kent Branch, Sarnia Location: Visit [www.lambtonkent.cmha.ca](http://www.lambtonkent.cmha.ca) or call 519-337-5411

### Family Counselling Centre

Provides a variety of professional counselling support, prevention and coordination services. Through solution-focused interventions, professionally trained counsellors help individuals and families to improve their level of functioning, their satisfaction with life and their involvement with interpersonal relationships.

- For more information/to access services: Visit [www.familycounsellingctr.com](http://www.familycounsellingctr.com) or call 519-336-0120

### North Lambton Community Health Centre

Provides primary care and counselling services.

- For more Information/to access services: Visit [www.NLCHC.com](http://www.NLCHC.com) or call 519-786-4545

### Twin Bridges Nurse Practitioner-led

Provides primary care, counselling services and other wellness programming.

- For more information: Visit [tbnplc.com](http://tbnplc.com) or call 226-776-9030

### St. Joseph's Hospice

Supportive Services provides social, psychological, spiritual, and practical support to those in our community and in our residential hospice who have a life-limiting illness and their family members. Programming includes Complementary therapies (Reiki, massage, therapeutic touch, reflexology).

- For more information/to access services: Visit <https://www.stjosephshospice.ca/supportive-services>
- Call 519-337-0537 or email at [supportiveservices@sjhospice.ca](mailto:supportiveservices@sjhospice.ca) to complete an intake with a coordinator



## Wellness Resources

## Home and Community Care Support Services - Erie St. Clair Region

Ontario residents with a valid Ontario Health Insurance Plan (OHIP) card are eligible to receive an assessment completed by a care coordinator to further determine eligibility and access a wide-range of home and community care supports. Services may include: nursing, personal support, physiotherapy, occupational therapy, speech-language therapy, medical supplies and equipment, social work, nutrition counselling and other specialized programs and nursing services, as needed.

- For more information: Visit <http://www.healthcareathome.ca/region/erie-st-clair/>
- Call 310-2222 (no area code required) or Toll-free 1-888-447-4468

## Erie St. Clair Healthline

Offers an innovative website that puts accurate and up-to-date information about health services at the fingertips of consumers and health care providers across the Erie St. Clair region of Ontario.

ErieStClairhealthline.ca provides easy access to a reliable source of data, and empowers consumers to find the services they need close to home. Over 1,300 service listings describe organizations and programs serving people who live in Chatham-Kent, Sarnia-Lambton and Windsor-Essex.

- For more information: <https://www.eriesclairhealthline.ca>

## Smoking Cessation resources

Resources that will help you get on the path to quitting smoking

- For more information on ways to quit in Lambton-Kent: <https://lambtonpublichealth.ca/health-info/quit-smoking-support-in-lambton/>
- If you are not a patient of a Family Health Team, Community Health Centre or Twin Bridges Nurse Practitioner Clinic, contact the following to see if you are eligible
  - Rapids Family Health Team: 519-339-8949
  - Grand Bend Family Health Team: 519-238-1556 ext. 284

## Windsor Essex Community Health Centre - Erie St. Clair Region

### *Chronic Disease Self-Management Program – Master Your Health*

A free workshop series where participants set goals and action plans, problem solve, improve coping skills, and learn about becoming more active, eating healthier and managing difficult emotions. Program also focuses on managing medications, pain and fatigue, using positive thinking and making decisions about health.

- For more information/to sign up: Visit [www.wechc.org](http://www.wechc.org) or call 1-855-259-3605 or email [escsm@wechc.org](mailto:escsm@wechc.org)

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## Caregiver Support Group - St. Joseph's Hospice

Group is held twice monthly for those caring for a loved one with a life limiting illness. Topics related to caregiving are explored. It is an opportunity for individuals to connect with other caregivers, share their experience and receive emotional support, companionship and conversation. Volunteer telephone support is also available.

- For more information/to access services: email [supportiveservices@sjhospice.ca](mailto:supportiveservices@sjhospice.ca) or call 519-337-0537



**Local Support Groups  
and Peer Supports**

## Sarnia Adult Brain Tumor Support Group

Support group for people affected by brain tumours (survivors, patients, families and loved ones). Currently virtual, occurs the 3rd Thursday of every month, 7:00-9:00pm.

- For more information: Visit <https://www.braintumour.ca/events/sarnia-support-group/> or call 1-800-265-5106 or 519-642-7755

## Sarnia-Lambton Ostomy Support Group

A non-profit, volunteer-based group dedicated to providing education and support for individuals with an ostomy and their families. Use trained visitors for one-on-one support or monthly meetings. Dedicated to the rehabilitation of Ostomates through mutual aid, moral support and education. Group meets the second Tuesday of each month, 6:30 pm, at Wellwise: Shopper's Drug Mart, 516 Exmouth St. Sarnia, ON.

- For more information: Visit <https://www.ostomycanada.ca/chapters/sarnia-lambton-ostomy-support-group>
- Call 519-344-9797 or email [ostomysarnialambton@gmail.com](mailto:ostomysarnialambton@gmail.com)

## Prostate Cancer Support Group

Monthly support group for men living with prostate cancer and their families. Meet the second Tuesday of each month (excluding July and August), 7:00 to 8:30 pm at the Lochiel Kiwanis Community Centre, 180 College St. Sarnia.

# COMMUNITY RESOURCES AVAILABLE TO YOU Online and Across the Province

## Canadian Cancer Society

Offers various resources including in-depth cancer information and the services and support you need during your cancer experience. Peer support is also available.

- Peer Support online community: <https://cancerconnection.ca/s/>
- Find information online, by phone or via online live chat. <https://cancer.ca/en/living-with-cancer/how-we-can-help> or Phone: 1-888-939-3333
- Find local services using the community services locator tool: <https://cancer.ca/en/living-with-cancer/how-we-can-help/community-services-locator>
- Find resource books that address your cancer related concerns (hard copies also available to order) <https://cancer.ca/en/cancer-information/resources/publications>.



## Online Support and Other Resources

## Dietitians

Dietitians work in a number of different settings and organizations. You may be able to access a dietitian through your Primary Care office, if not, you can search for one in your area.

- For more information on dietitians or to find one near you: [https://members.dietitians.ca/DCMember/s/find-dietitian?language=en\\_US](https://members.dietitians.ca/DCMember/s/find-dietitian?language=en_US)

## Leukemia & Lymphoma Society

- Peer-support program: Visit: <https://www.lls.org/patient-support>

## Smoking Cessation Online Resources

- **CAMH STOP on the Net:** An online program to help you quit smoking cigarettes from the comfort of your home and receive free nicotine replacement therapy (NRT) patches and gum/lozenges mailed to your address. <https://www.nicotinedependenceclinic.com/en/stop/stop-on-the-net>
- **Indigenous Tobacco Program:** [www.tobaccowise.com](http://www.tobaccowise.com)
- **Smokers' Helpline:** <https://www.smokershelpline.ca/>
- **Talk Tobacco Indigenous Support:** <https://www.smokershelpline.ca/talktobacco/home> or call 1-833-998-8255 to talk to a quit coach, texting support: text the word CHANGE to 123456
- **Health811:** <https://health811.ontario.ca>

## Look Good Feel Better

Offers complimentary in-person and online workshops and a magazine to give the tools and techniques to feel confident and empowered.

- For more information: Visit [lgfb.ca](http://lgfb.ca)

## Wellspring Cancer Support

Offers programs designed to help provide connection and belonging, ease physical pain and emotional distress, build strength and mobility and reduce fatigue. Specialized financial, workplace, counselling and other cancer-related supports are also available.

- For more information: Visit <https://wellspring.ca/>

## Abbey Retreat Centre

Offers various programming designed to support people living with a cancer and provides a whole person care that is complimentary to medical treatments for people affected by cancer and their primary support person. Located in Haliburton Highlands, providing a variety of in-person and online retreats and programs.

- For more information: Visit <https://abbeyretreatcentre.ca/>

## Rethink Breast Cancer

Offer tailored support programs for people with breast cancer.

- For more information: Visit <https://rethinkbreastcancer.com/support-programs/>

## Pink Pearl

Provide effective and fully-funded programming for self-identifying young women, between the ages of 18 and 40, battling cancer of any type. Continual programming for participants currently include virtual wellness retreats, learning series, local socials, one-on-one counselling sessions, support packages distributed in hospitals and cancer centres, and post-secondary scholarships.

- For more information: Visit <https://pinkpearlcanada.org/>

## OVdialogue

An online community where women with ovarian cancer can connect with one another for advice and encouragement. This secure discussion board is professionally moderated and available anytime, anywhere:

- For more information/how to join: Visit <https://ovdialogue.ovariancanada.org/>

## Prostate Cancer Support

Offers a national support line and information on local support groups:

- For more information: Visit [www.prostatecancersupport.ca](http://www.prostatecancersupport.ca) or call 1-877-840-9173.

## Princess Margaret Cancer Classes

Offers free online courses educating on cancer and cancer related topics such as: lymphedema, survivorship series (contains 5 courses), exercises after breast cancer surgery and more

- For more information: Visit <https://pmcancerclasses.ca/>

Whether or not you are insured, you may find yourself struggling with outstanding medical bills from your cancer treatment. Consider the following options.



## Financial Resources

### Assistive Devices Program (ADP)

The ADP is here to help people with long-term physical disabilities pay for customized equipment, like wheelchairs and hearing aids. The ADP also helps cover the cost of specialized supplies, such as those used with ostomies.

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

### Canada Pension Plan (CPP)

CPP pays money every month to people who

- Are at least 60 years old
- Have contributed to CPP
- More information: [www.canada.ca/en/services/benefits/publicpensions/cpp.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp.html) or call 1-800-277-9914

### Canada Pension Plan Disability Benefit (CPP-D)

CPP-D provides disability benefits to people who have made enough contributions to the CPP and who are disabled and cannot work at any job on a regular basis. Benefits may also be available to their dependent children.

- More information: [www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html)
- How to apply: You must apply in writing. Additional information can be found at [www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit/apply.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit/apply.html)

### Caregiving Benefits and Leave

Through Employment Insurance, you could receive financial assistance of up to 55% of your earnings, to a maximum of \$650 a week. These benefits will help you take time away from work to provide care or support to a critically ill or injured person or someone needing end-of-life care.

- More information: [www.canada.ca/en/services/benefits/ei/caregiving.html](http://www.canada.ca/en/services/benefits/ei/caregiving.html)

### Ceridian Cares

An employee-driven charity that provides assistance to families that require support to improve the communities in which we live and work. Recipient must be an individual or family in need of financial assistance related to the types of items supported by Ceridian Cares (clothing, footwear, food and basic household needs, medical, etc.).

- More information: [www.ceridiancares.ca](http://www.ceridiancares.ca)
- How to apply: [www.ceridiancares.ca/application](http://www.ceridiancares.ca/application)

### Emergency Assistance Fund

Learn how to get short term financial support if you are in a crisis or an emergency and don't have enough money for things like food and housing.

- More information or to apply online: <https://www.ontario.ca/page/apply-emergency-assistance#section-3> or visit your local ontario works office

### Employment Insurance (EI) Sickness Benefits

The EI program offers temporary financial assistance to unemployed workers who would otherwise be available to work, but are unable to because of sickness, injury, or quarantine. Eligible individuals could receive up to a maximum of 26 weeks of EI sickness benefits.

- More information: [www.canada.ca/en/services/benefits/ei/ei-sickness.html](http://www.canada.ca/en/services/benefits/ei/ei-sickness.html)

## Guaranteed Income Supplement (GIS)

Provides a monthly non-taxable benefit to Old Age Security (OAS) pension recipients who have a low income and are living in Canada.

- More information: [www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html)

## Housing Stability Plan (HSP)

The City of Windsor has developed the Housing Stability Plan (HSP) to provide assistance for rental arrears to avoid eviction.

- More information: [www.citywindsor.ca/residents/housing/Housing-with-Supports-and-Homelessness-Prevention/Pages/Rent-and-Utility-Related-Assistance.aspx](http://www.citywindsor.ca/residents/housing/Housing-with-Supports-and-Homelessness-Prevention/Pages/Rent-and-Utility-Related-Assistance.aspx)
- For general information call: 311 or for detailed inquiries call 519-255-5200 ext 5294
- Email: [sshousing@citywindsor.ca](mailto:sshousing@citywindsor.ca)

## Keep The Heat

An emergency assistance program that provides funding for heat and energy for those who are experiencing financial difficulties and are in receipt of a notice of termination of heating utilities. Must be a low income family, single and/or senior. Apply in-person at the following application sites:

- Can-Am Native Non-Profit Homes: 519-977-7782
- Amherstburg Community Services: 519-736-5471
- Housing Information Services: 519-254-4824
- South Essex Community Council (Leamington): 519-326-8629
- Unemployed Help Centre: 519-944-4900
- More information: <https://windsorsex.cioc.ca/record/WIN0506>

## Low Income-Energy Assistance Program (LEAP)

If you're behind on your electricity or natural gas bill and face having your service disconnected, you may qualify for emergency financial help through the Low-income Energy Assistance Program (LEAP).

- More information: [www.oeb.ca/rates-and-your-bill/help-low-income-consumers/low-income-energy-assistance-program](http://www.oeb.ca/rates-and-your-bill/help-low-income-consumers/low-income-energy-assistance-program)

## Neighbourhood Charitable Alliance

A local, volunteer driven organization making a difference in the community through raising money to provide financial assistance to local families and individuals facing a difficult time.

- More Information: [www.neighbourhoodcharitablealliance.com/](http://www.neighbourhoodcharitablealliance.com/)
- How to apply: [www.neighbourhoodcharitablealliance.com/give/#need](http://www.neighbourhoodcharitablealliance.com/give/#need)

## Old Age Security (OAS)

The Government of Canada's largest pension program that is funded out of the general tax revenues of the Government of Canada. The OAS pension is a monthly payment available to seniors aged 65 and older who meet the Canadian legal status and residence requirements.

- More information: [www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html)

## Ontario Electricity Support Program (OESP)

The OESP is an Ontario Energy Board (OEB) program that lowers electricity bills for lower-income households. The OESP provides a monthly credit to eligible customers based on household income and household size. The OESP credits are applied directly to eligible customers' bills.

- More information: <https://ontarioelectricitysupport.ca/>
- To apply: <https://ontarioelectricitysupport.ca/SelfAssessment>

## Ontario Guaranteed Annual Income System (GAINS)

Provides a monthly, non-taxable benefit to low-income Ontario seniors. Payments are provided on top of the Old Age Security (OAS) pension and the Guaranteed Income Supplement (GIS) payments you may receive from the federal government.

- More information: [www.ontario.ca/page/guaranteed-annual-income-system-payments-seniors#section-0](http://www.ontario.ca/page/guaranteed-annual-income-system-payments-seniors#section-0)

## Ontario Disability Support Program (ODSP)/Ontario Works (OW)

Either the OW or the ODSP can help you with costs. The ODSP offers:

- ✓ Money to help you and your family with living costs
  - ✓ Benefits for you and your family, including prescription drugs, vision care and nutrition products
  - ✓ Help finding and keeping a job, and moving up in your career
- More information: [www.mcass.gov.on.ca](http://www.mcass.gov.on.ca) (click Social Assistance) or call 1-800-789-4199

## Ontario Drug Benefit (ODB)

The ODB program covers most of the cost of more than 4,400 prescription drug products. You will qualify for the ODB program when you turn 65 years old. Some of you will qualify before you reach that age because you're:

- ✓ living in a long-term care home or a home for special care, or
  - ✓ enrolled in one of these programs:
    - Home care
    - Ontario Works
    - Ontario Disability Support Program
    - Trillium Drug Program
    - OHIP+: Children and Youth Pharmacare
- More information: [www.ontario.ca/page/get-coverage-prescription-drugs#section-0](http://www.ontario.ca/page/get-coverage-prescription-drugs#section-0)

## Ostomy Grant

Any permanent resident of Ontario who has a valid health card and has a permanent ostomy or a temporary ostomy for at least six months, may apply for funding under the Assistive Devices Program. The payment is given twice per year.

- More information: [www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/) (search Ostomy Grant) or call 1-800-268-6021

## Short-Term Disability from Employer or Long-Term Disability from Employer

Disability insurance can help protect you and your family from an unexpected illness or accident that leaves you unable to work and earn an income. Generally, disability insurance replaces between 60% and 85% of your regular income, up to a maximum amount, for a specified time if you temporarily can't work or are permanently disabled due to an injury or illness.

- More information: [www.canada.ca/en/financial-consumer-agency/services/insurance/disability.html](http://www.canada.ca/en/financial-consumer-agency/services/insurance/disability.html)

## Social Services Financial Assistance

May help with costs when all other possibilities have been explored.

- More information: [www.citywindsor.ca](http://www.citywindsor.ca) (search Social Services) or call 519-255-5200 (Windsor) / 519-946-9988 (Leamington)

## Trillium Drug Program (TDP)

For people who spend approximately 3 to 4% or more of their after-tax household income on prescription-drug costs. To qualify, you must not already qualify for Ontario Drug Benefit (e.g. you're under 65 years old and not enrolled in a program such as Ontario Works) and have a valid Ontario health card.

- More information: [www.ontario.ca/page/get-help-high-prescription-drug-costs](http://www.ontario.ca/page/get-help-high-prescription-drug-costs)

## Veteran's Affairs (VA)

The VA has several financial support options, including: the assistance fund, Canadian Forces income support, several specific benefits (i.e. death, detention), funeral assistance, compensation benefits and additional retirement options.

- More information: [www.veterans.gc.ca/eng/services/financial](http://www.veterans.gc.ca/eng/services/financial)

# FREQUENTLY ASKED QUESTIONS

## *I am being discharged from the cancer program, now what?*

Life after cancer treatment can bring a mixture of emotions and adjustments as survivors navigate the path of recovery. After cancer treatment is completed, there are several things to expect as you transition into life as a cancer survivor.

First and foremost, it is important to understand that the healing process takes time, both physically and emotionally. You may experience lingering side effects from treatment, you may have permanent scars on your body, or you may not be able to do some things you once did easily. You may need to make adjustments to your daily routine, as your body and energy levels may take time to readjust. Building a strong support network of loved ones, participating in survivorship programs, and joining support groups can provide invaluable guidance and emotional support during this phase. Ultimately, life after cancer treatment is about finding a new normal, embracing self-care and savoring the gift of life with a newfound appreciation.



## *Who will look after my health needs or concerns?*

Upon discharge from the Cancer Program, you will return to the care of your Primary Care Provider. This marks an important milestone in your cancer journey, as it signifies a transition from intensive, specialized treatment, to a focus on overall wellness and long-term health management.

Your primary care provider will play a vital role in monitoring your general health, addressing any lingering side effects, and coordinating your ongoing care. Returning to your primary care provider allows seamless continuation of your healthcare as they are familiar with your medical history. Your primary care provider will assume the role of managing your general health, conducting routine check-ups, and addressing any concerns or side effects that may arise. You can benefit from their expertise, continuity of care, and the comfort of a familiar healthcare professional who understands your medical history, and can provide holistic support as you continue your journey of recovery and well-being.

If you do not have a primary care provider (family doctor, nurse practitioner), we have included information on available resources to help you locate one.

## *It's time to return to work...What do I do now?*

Ask your employer what they need from you. Typically, a doctor's note stating that you are able to return to regular or gradually return to regular duties is required by your employer. They may also require a return to work assessment to be completed by your Oncologist. This assesses your ability to push, pull, lift, sit, stand, etc.

### **If your employer requires any forms to be completed by your Oncologist:**

- Submit your request through Windsor Regional Hospital Health Records so it can be documented and the consent form can be signed. Once you sign the consent form, your employer may now be in direct contact with your Oncologist to request further documents or clarification, if needed. This cannot be done without a signed consent form.
- The Windsor Regional Hospital Health Records Department is located on the ground floor of the Metropolitan Campus. Hours are: Monday - Friday: 7 am - 5 pm, Saturdays: 7 am - 3 pm Closed Sundays and Holidays. No appointment needed.
- Submit your forms immediately after you receive them so that your Oncologist has enough time to complete the form before your employer's deadline. Please fill in all personal information (e.g. address, OHIP) on the form(s) prior to submitting them so that your Oncologist only has to fill in your medical information.



- There are costs not covered by OHIP associated with the completion of forms. Please verify these costs with your care team. An invoice will be mailed to you.

**If your employer requires a return to work assessment:**

Typically, this can be done during your regular appointment with your Oncologist or your Oncologist can complete it without you present. Most information is a review of your cancer treatment and cancer journey, so they are able to complete it using information from prior discussions. *This process may differ depending on your Oncologist.*

***What medical records do I need to keep about my treatment? How do I access these records?***

It would be good to keep a copy of the Final Progress Note from your Oncologist. Your Primary Care Provider should have received a copy of this note. This note typically contains a summary of your treatment to date, any recommendations regarding follow-up, and what to watch for to indicate recurrence. Additionally, it is suggested to keep a copy of your last imaging reports.

Medical records can be obtained through the Health Records department located on the ground floor of the Metropolitan Campus of Windsor Regional Hospital. No appointment is required. Your records can also be requested by your primary care provider at no cost.

- For more information, please visit: <https://www.wrh.on.ca/HealthRecords>

Alternatively, you may access some of your hospital records online via ConnectMyHealth. Records are available from participating hospitals in southwest Ontario and may include: radiology reports and images, laboratory results, hospital discharge summaries, medication information and more. ConnectMyHealth is safe and secure and can be used on desktop computers/laptops or mobile devices. There is no cost to use the service, however, you will be required to complete the online registration process.

- For more information, please visit: <https://info.connectmyhealth.ca>

***Which follow-up tests will I need and how often?***

Follow-up tests are dependent on your cancer type. Your follow-up recommendations are determined by your Oncologist and will be communicated to your primary care provider. All follow-up tests will be ordered by your primary care provider.

***I am being discharged but I am still on a long-term medication (e.g. hormone receptor). Where do I go if I have any problems?***

If you are currently on a hormone receptor (Tamoxifen, Arimidex, etc.) or other long-term medication and are experiencing problems, go see your primary care provider. They will assess you and determine if a re-referral to your Oncologist is required.

## **Symptom-related**

***How long will common side effects last?***

Some side effects experienced during treatment can continue afterward, while other side effects may show up months or even years later. It is important to let your health care team know about any symptoms you experience so they can help you manage them.

**Common side effects resulting from cancer treatment can include:**

- **Fatigue.** You may notice becoming tired more quickly when doing routine tasks or lacking the energy for activities you used to enjoy. Here are some ideas for coping with fatigue:
  - ✓ Plan your day. Be active at the time of day when you feel most alert and energetic.
  - ✓ Save your energy by changing how you do things. For example, sit on a stool while you cook or wash dishes.
  - ✓ Take short naps or rest breaks between activities.
  - ✓ Try to go to sleep and wake up at the same time every day.

- ✓ Do what you enjoy, but do less of it. Focus on old or new interests that don't tire you out. For example, try to read something brief or listen to music.
  - ✓ Let others help you. They might cook a meal, run errands, or do the laundry. If no one offers, ask for what you need. Friends and family might be willing to help but may not know what to do.
  - ✓ Choose how to spend your energy. Try to let go of things that don't matter as much now.
  - ✓ Think about joining a support group. Talking about your fatigue with others who have had the same problem may help you find new ways to cope.
- **Memory and thinking problems.** Often called “chemobrain,” this side effect of chemotherapy causes some people to have trouble concentrating or remembering things. Here are some ideas to improve memory and concentration:
    - ✓ Jot it down. You can write down each task, how long it will take, and where you need to go in a notebook or pocket calendar. Plan your whole day. Keep it simple, and be realistic about how much you can do in a day.
    - ✓ Set up reminders. Put small signs around the house to remind you of things to do, such as taking out the trash or locking the door.
    - ✓ Group long numbers into chunks. For example, the phone number 812-5846 can be repeated as “eight-twelve, fifty-eight, forty-six.”
    - ✓ Talk yourself through tasks. When doing a task with a number of steps, such as cooking or working on a computer, whisper each step to yourself.
    - ✓ Manage stress. Managing stress better may improve your memory and attention. And learning how to relax can help you remain calm even in stressful moments.
    - ✓ Go over what you plan to say. Before you go to family events or work functions, go over names, dates, and key points you want to make.
    - ✓ Repeat what you want to remember. Saying it a couple of times can help your mind hold on to the information.
  - **Mouth and Teeth Problems.** Some cancer treatments can cause symptoms like dry mouth or increase the risk of developing long-term dental issues like gum disease. Some strategies include:
    - ✓ Keep your mouth moist.
      - Drink a lot of water.
      - Suck on ice chips.
      - Chew sugarless gum or suck on sugar-free hard candy.
      - Use a saliva substitute to help moisten your mouth (e.g. SalivaSure, Biotene Dry Mouth Oral Rinse, or Salagen).
    - ✓ Keep your mouth clean.
      - Brush your teeth, gums, and tongue with an extra-soft toothbrush after every meal and at bedtime. If it hurts, soften the bristles in warm water.
      - Ask your dentist for tooth sponges, such as Toothettes® or Dentips®, that you can use in place of a toothbrush.
      - Use a mild fluoride toothpaste (like children's toothpaste) and a mouthwash without alcohol.
      - Floss your teeth gently every day. If your gums bleed or hurt, stay away from the areas that are bleeding or sore, but keep flossing your other teeth.
      - Rinse your mouth several times a day with a solution of 1/4 teaspoon baking soda and 1/8 teaspoon salt in 1 cup of warm water. Follow with a plain water rinse.
      - If you have dentures, clean, brush, and rinse them after meals. Have your dentist check them to make sure they still fit you well.
    - ✓ If your mouth is sore, remember to stay away from sharp, crunchy foods, like chips, that can scrape or cut your mouth.
      - Foods that are hot, spicy, or high in acid, (citrus fruits and juices), can cause irritation
      - Sugary foods, like candy or soda, that can cause cavities
      - Toothpicks (they can cut your mouth)
      - All tobacco products
      - Alcoholic drinks

- **Lymphedema.** When lymph nodes are removed during cancer surgery, swelling in the arms, legs, neck, or face may occur because of fluids that build up in those areas.
  - ✓ If you develop lymphedema, speak to your primary care provider about how to access lymphedema services in the community.
- **Neuropathy.** Some chemotherapies can cause numbness, tingling, or pain in the hands or feet. These feelings may slowly subside or they can be permanent. Medications can be prescribed to help with the nerve pain, such as Gabapentin or Lyrica. People have also tried Magnesium with good results.

### ***My appearance has changed (e.g. hair loss, scars from surgery). How do I adjust to this?***

There are many online and in-person support groups listed in this package that can address these issues. You are encouraged to surround yourself with positive, supportive people who listen and do not judge. Individual counselling can also be helpful in this situation. Individual counselling resources are listed in this package as well.

### ***How do I cope with the changes to intimacy and sexuality?***

Educate yourself on changes in sexual functioning using resources such as *Sex, Intimacy and Cancer* by the Canadian Cancer Society\*. Speak to your care team about concerns and changes in your sexual functioning, as well as your partner. Tell your partner about your feelings of loss, fear and changes in your relationship. Consider counselling as an individual or with your partner for emotional concerns. Lastly, learn new ways to communicate sexually with your partner.

\*Found online at [www.cancer.ca/~media/cancer.ca/CW/publications/Sex%20intimacy%20and%20cancer/32061-1-NO.pdf](http://www.cancer.ca/~media/cancer.ca/CW/publications/Sex%20intimacy%20and%20cancer/32061-1-NO.pdf)

### ***I am having pain. How do I know when it is serious?***

Uncontrolled pain is a common problem. Pain can affect anyone at any age. If you are experiencing uncontrolled pain it can affect day-to-day activities and make you feel upset or sad. If you are in pain, there are many resources you can turn to for help. Your primary care provider is available to help find the best way to relieve or manage your pain.<sup>1</sup>

### ***What symptoms should I look for? How do I know if I am having a recurrence?***

You know your body best. If you notice any changes to your body, bring them forward to your primary care provider. Your primary care provider will assess your symptoms and determine if any tests need to be ordered. If test results come back concerning, your primary care provider will make the appropriate referral to the surgeon or re-referral to the Cancer Program.

## **Other**

### ***My caregiver has been along this journey with me too. What should my caregiver do now?***

Your caregiver must practice self-care and continue to communicate with you regarding your needs. If needed, counselling is encouraged for your caregiver, or the both of you, to help sort out issues you are not able to sort out yourselves. You can also seek support groups offered in the community. Support groups and counselling services are all listed in this package.

### ***What are your thoughts on complementary and alternative medicines?***

Be sure to let your primary care provider or oncologist know that you are taking natural medicines. Once your chemotherapy is completed, it should be fine to try the alternative medicines. Visit the *Complementary and Alternative Medicines* website to view the evidence that is available for different treatments:

<https://www.cancer.gov/about-cancer/treatment/cam>

## *Does my diet change?*

Now that treatment is completed, it is important to maintain a healthy diet and lifestyle to lower the risk of your cancer coming back. Achieving and maintaining a healthy body weight is one of the most important ways to reduce your cancer risk. Planning a well-balanced diet using Eating Well with Canada's Food Guide and enjoying regular physical activity will help you achieve this.

Enjoy more plant-based foods like vegetables, fruit, whole grains, and legumes. Eat less red meat, processed foods, and beverages containing added sugar. It is best not to drink alcohol. However, if you do consume alcohol, limit consumption to two drinks per day for men and one drink per day for women.

You can access Eating Well with Canada's Food Guide online at: <https://food-guide.canada.ca/en/>

## *What can I do to be as healthy as possible?*

Some risk factors cannot be avoided such as age, family history, and genetics. However, there are six modifiable risk factors that are health behaviours we can change: being smoke free, being physically active, maintaining a healthy weight, eating a healthy diet, limiting alcohol intake, and avoiding excess sun exposure.

It is also recommended that you schedule regular check-ups with your primary care provider.

## *How do I go about being physically active?*

Exercising before, during and after cancer treatment is safe for most people. Ask your health care team if you need to change your exercise routine to make it safe.

- ✓ Warm up for a few minutes before you exercise to get your muscles moving. Good warm-up activities are marching on the spot, stretching, walking and gentle arm circles.
- ✓ Cool down after you exercise with light exercises and stretching.
- ✓ Respect your pain and fatigue levels and only do what feels good and safe.
- ✓ After surgery, most people can return to their regular exercise routines in about 4 to 8 weeks.
- ✓ Ask your surgeon about exercises to help your body recover and when it is safe to go back to your pre-surgery exercise routines. Stop exercising if you feel:
  - dizzy
  - short of breath
  - chest pain
  - new pain or more pain than usual
  - new or more swelling in your arm(s) or leg(s)
  - increased fatigue and/or decreased energy
  - more sweaty than normal, for no reason. If you have any changes in your body after exercising that are not normal for you, tell your health care team at your next visit.
- ✓ Do exercise that feels right for you. Exercise on your own or in a group. Exercising with others may give you the support you need to keep doing it. If you would like to exercise with others, consider joining a *RENEW Exercise Program* ([www.wrh.on.ca/renew](http://www.wrh.on.ca/renew)).
- ✓ Do exercise that is not too easy or too hard for you. You should be able to talk but not sing while doing the exercise.
- ✓ You can still exercise if you have limited mobility or trouble with standing and balance. Many exercises can be adapted or done while sitting, such as:
  - seated yoga, Pilates or dancing
  - using an arm cycle or resistance bands
  - swimming or water aerobics It is important to keep your body moving no matter what level of ability you have.
- ✓ Exercise at your own pace. Think about your energy level and do activities that feel comfortable.

## Erie St. Clair Regional Cancer Program Patient & Family Advisors

A group of past and present patients, family members, and caregivers who have experienced the cancer journey first hand. They provide a patient voice and a patient perspective from across the region to help improve patient's experience throughout their cancer journey.

- More information: <https://www.wrh.on.ca/CancerProgramPatientsFamiliesCaregivers#RESOURCESANDINFORMATION> or call 519-254-5577 ext. 52800
- How to apply: Call 519-254-5577 ext. 52800 or email [escrcp.pfac@wrh.on.ca](mailto:escrcp.pfac@wrh.on.ca)



## Volunteer Opportunities & Ways to Give Back

### Erie St. Clair Peer Support Listing

A contact list of past patients, family members, and caregivers who have experienced the cancer journey first hand and would like to provide their support as a peer to present patients.

- If you would like to have your contact name and number on this listing, please call 519-254-5577 ext. 52800 or email [escrcp.pfac@wrh.on.ca](mailto:escrcp.pfac@wrh.on.ca).

### Windsor Cancer Centre Foundation Donations

#### Driven by a promise to serve our cancer community

Thanks to generous donors from our community, more patients will receive treatment and care close to home. Many treatment options that were once only available in other cities, are now offered right here. There are many ways you can support our cancer community. You can donate directly, fundraise through one of our signature campaigns, purchase items from our online store, or attend one of many local events raising funds for the Windsor Cancer Centre Foundation. 100% of funds raised stay in our community.



Since 1996, the Windsor Cancer Centre Foundation has been raising funds from our community to enhance the treatment and care available to local cancer patients by funding equipment, building enhancements, and patient programs not otherwise funded by the Province of Ontario.

***To date, over \$30 Million Dollars has been raised by our community in support of the Windsor Regional Cancer Program.***

The Windsor Cancer Centre Foundation also supports the funding of day to day items and programs that, if available, will transform a patient's experience during treatment. Below is a list of regularly purchased items that are on hand in part because of generous devoted donors.

THE IMPACT OF YOUR MONTHLY DONATION	\$10 PER MONTH	\$30 PER MONTH	\$55 PER MONTH
	Provides one patient a freshly laundered warm robe to wear during radiation treatment	One confined patient will receive a vital house call by a technician to conduct lab tests	Covers one month wheelchair rental for patients accessing the Patient Assistance Fund



There are two signature campaigns held each year in support of the Windsor Regional Cancer Program. In May, Lock Out Cancer takes place. In November, funds are raised through GrowOn Windsor. When you see these campaigns throughout our community, know that every dollar stays here in support of local cancer care.



The Windsor Cancer Centre Foundation is driven by a promise to serve our cancer community. To learn more about how you can support the Windsor Cancer Centre Foundation, to get involved in our campaigns, or to donate, please visit [www.windsorcancerfoundation.org](http://www.windsorcancerfoundation.org).

