

# How can we help you?

## *Patient and Family Support Services at the Cancer Centre*

**We are here to help you and your family with:**



Emotional support  
and counselling



Eating well when  
you have cancer



Coping, planning and  
thriving beyond cancer



Quitting or cutting  
back tobacco use



Spiritual and faith-  
based concerns



Sexual health and  
intimacy



Indigenous patient  
and family support



Finding resources and  
support in your community



Money and work-  
related concerns

**Connect with us:**



In person



Online, via your computer with  
internet or by your phone.

**Call 705-728-9090 x43520 to book an appointment with our team.**

## **We offer:**

- Individual, couple & family counseling
- Support for children. We ask that parents/caregivers meet with a social worker prior to the child's first social work appointment.
- Group programs (see last page)
- Frequency and duration of support are tailored to your needs
- Confidential, professional and respectful support

## **Meet our team!**

**Dietitians** provide tips on food and nutrition to help you manage your symptoms and feel your best before, during and after your cancer treatment.

**Drug and Special Access Navigators** help patients with access to medications not funded through Cancer Care Ontario.

**Indigenous Patient Navigator** provides culturally and spiritually relevant support for Indigenous patients and their families throughout the cancer journey.

**Lymphedema Clinic Therapist** is a physiotherapist who can help you manage your lymphedema. Lymphedema is the swelling of the soft tissue and is a side effect that can begin during or after cancer treatment. This service needs a referral from a physician of the Simcoe Muskoka Regional Cancer Program.

**Spiritual Care Providers** connects us with the things that matter deeply; that which strengthens us, helps us cope, and gives us hope. You don't have to be religious to benefit from spiritual care.

**Social Workers** provide emotional support, counselling and information on community and financial resources.

**Tobacco Support Coach** helps cancer patients to cut back or quit their tobacco use, which has many health benefits and help your cancer treatments work better.



### **Looking for resources and support closer to home?**

Try the Canadian Cancer Society's Community Services Locator. The Locator is a directory that helps cancer patients and their caregivers find the services and support they need in their community.

Phone: 1-888-939-9333. <https://csl.cancer.ca/en>

# FREE

## Group Support

**Low Down on Down There (LDDT) —offered once per month online.** A sexual health information session for cancer patients having vaginal\* changes.

**Accepting Your Body after Cancer (ABC)— 7 week program offered online.** Learn strategies to build positive body-image for patients with a cancer^ diagnosis.

**Fear of Recurrence Therapy (FORT) – 6 week program offered online.** Learn and develop new coping strategies when facing the fear of cancer^ recurrence.

**Explore and More Children's Tour – offered once per month in-person** at the Cancer Centre at RVH. A tour of the Cancer Centre for children, youth and their adult family members or friends. A great event to help kids understand what happens when their loved one goes to the Cancer Centre.

^Some of these groups are designed for people with certain types of cancer. Please call 705-728-9090 ext. 43520 for more details, or visit [www.rvh.on.ca](http://www.rvh.on.ca) and type in the name of the group support in the search bar to download the flyer.

\*We understand that everyone identifies their bodies and body parts in different ways and are including the names of body parts for clarity. We strive to provide an inclusive, supportive, and safe space for everyone.

## Registration



For information or to participate in these programs contact the Simcoe Muskoka Regional Cancer Centre's Patient & Family Support Desk located on level 2 or call 705-728-9090 ext. 43520. Our virtual programs are open to cancer patients across Ontario.