

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 or
mobile phone with internet.

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

*Due to the COVID-19 pandemic, in-person appointments are only available for certain types of patients and appointments. Please call 705-728-9090 x43520 to find the best option for you and your family while staying safe.

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

Virtual Support

Facing Forward Survivorship Group—offered twice per month

Designed to support patients who have completed cancer treatment and are looking for strategies for integrating into the next phase of survivorship. This program is offered in collaboration with Gilda's Club.



Low Down on Down There (LDDT) —offered once per month

A vaginal health workshop for women affected by cancer. Learn how to prevent or manage common vaginal and sexual health changes from cancer treatment.

Accepting Your Body after Cancer (ABC)—7 week program

Learn strategies to build positive body-image for breast cancer patients and survivors.

Intimacy After Prostate Cancer (IAPC) —offered once every 3 months

A workshop to help couples create and maintain satisfying sexual intimacy. Open to prostate cancer patients and their partners.

Registration

For information or to participate in these virtual programs contact the Cancer Centre's Patient & Family Support Desk located on level 2 or call 705-728-9090 ext. 43520.

