

Cancer Care

Resources and Support for You

The **Patient & Family Resource Centre** can help you find information and community services to support you on your journey to better health and wellbeing. The following are some materials and health and social services that are available to you.

Web sites/Online Resources

Breastcancer.org

www.breastcancer.org

Explains the disease and treatment options, and all side effects and possible late effects.

Canadian Cancer Society

www.cancer.ca

Find information about different cancers, cancer treatments and living with cancer. Look up services in your community, including transportation, financial help, home care and places to stay during treatment.

Canadian College of Naturopathic Medicine Integrative Cancer Centre

ccnmicc.ca

Learn about different naturopathic treatments that will support your own healing and help your body cope with the side effects of other cancer treatments.

Cancer Care Ontario

www.cancercareontario.ca

Lists Regional Cancer Programs, their locations, and how long you may have to wait for cancer treatments.

www.cancercareontario.ca/en/symptom-management

Find patient guides on managing your symptoms.

Chemocare.com

www.chemocare.com

Information on chemotherapy, side effects and drug information from the Cleveland Clinic Cancer Center.

Lymphedema Association of Ontario

www.lymphontario.ca

Provides information on lymphedema, including reducing your risk, treatment and guidelines.



National Cancer Institute

www.cancer.gov

General site for cancer information, plus clinical trials and other treatment strategies. Also has a dictionary of cancer terms.

National Institute of Health Clinical Research Trials and You (US)

www.nih.gov/health-information/nih-clinical-research-trials-you

Learn what a clinical trial is and how to participate.

Ontario Cancer Trials

www.ontario.canadiancancertrials.ca

If considering taking part in clinical trials of new treatments, find a cancer trial in Ontario.

Books/e-Books

After cancer care: The definitive self-care guide to getting and staying well for patients after cancer [ebook] / Lemole, G.M. (2015).

hrh.overdrive.com/media/2355826

The breast cancer survivor's fitness plan: Reclaim health, regain strength, live longer / Kaelin, C.M. (2007).

Books/e-Books (continued)

Cáncer de Seno Claro y Sencillo, Segunda Edición: Las respuestas a todas sus preguntas (Clear & Simple: All Your Questions Answers) [ebook] / American Cancer Society American Cancer Society. (2017).
hrh.overdrive.com/media/3513636

Cancer is a *word*, not a *sentence*: A practical guide to help you through the first few weeks / Dr. Robert Buckman (2006).
openlibrary.org/books/OL19689677M/Cancer_is_a_word_not_a_sentence

A Cancer Patient's Guide to Overcoming Depression and Anxiety: Getting Through Treatment and Getting Back to Your Life [ebook]/ Hopko, D. (2011).
hrh.overdrive.com/media/642542

Goes down easy: Recipes to help you cope with the challenge of eating during cancer treatment / Mecklinger, E. (2006).

The High protein cookbook for muscle health during cancer treatment [ebook] / Wilson, HA., Armet, AM., Prado, CM. (2022).
openeducationalberta.ca/proteincookbookforcancer

Life after cancer treatment / Canadian Cancer Society (Revised May 2019).

The Mayo Clinic Breast Cancer Book: Prevention, Treatment, Care, Coping, Living with Hope [ebook]/ Mayo Clinic Cancer Center. (2020).
hrh.overdrive.com/media/5783098

Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life / Carlson, L. (2012).
hrh.overdrive.com/media/720304



Optimizing Chemotherapy. Deep Relaxation, Guided Imagery, Music, Self-Healing [audiobook] / Miller, E. (2016).
hrh.overdrive.com/media/3023373

Pilates for breast cancer survivors: A guide to recovery, healing, and wellness [ebook] / Aaronson, N., Turo, A.M. (2014).
hrh.overdrive.com/media/1954490

Find Cancer Information in Other Languages

American Cancer Society

www.cancer.org/cancer-information-in-other-languages.html

Canadian Cancer Society

cancer.ca/en/cancer-information/resources/publications

Toll-free: 1 (888) 939-3333

TTY: 1 (866) 786-3934

Publications on the web site are available in English, French and Chinese only. To request information in 100 different languages, you can call the toll-free line to speak with an Information Specialist.

Cancer Index

www.cancerindex.org/clinks13.htm

EthnoMED

ethnomed.org/clinical_topic/cancer/?audience=patients

Health Information Translations

www.healthinfotranslations.com/languages.php

SPIRAL: Selected Patient Information Resources in Asian Languages

spiral.tufts.edu/topic.shtml#cancer

Home Support



Homemaking, services for seniors, day programs, respite care, support to children, volunteer visiting services and volunteer transportation support.

See also: *Hospices*

Home and Community Care Support Services

www.healthcareathome.ca/region/central

Lumacare

lumacare.ca

Tel: (416) 398-5511

Reconnect Community Health Services

www.reconnect.on.ca

Tel: (416) 248-2050 ext. 8038

Red Cross Community Health Services

www.redcross.ca

Tel: (416) 480-2500 (Toronto Branch)

York West Active Living Centre

www.ywalc.ca

Tel: (416) 245-4395

Drug Benefit Programs

Ontario Drug Benefit (ODB)

[www.ontario.ca/page/](http://www.ontario.ca/page/get-coverage-prescription-drugs)

[get-coverage-prescription-drugs](http://www.ontario.ca/page/get-coverage-prescription-drugs)

Toll-free: 1 (866) 532-3161

TTY: (416) 327-4282

Trillium Drug Program

www.ontario.ca/page/get-help-high-prescription-drug-costs

Tel: (416) 642-3038

Toll-Free: 1 (800) 575-5386

TTY: 1 (800) 387-5559

E-mail: trillium@ontariodrugbenefit.ca



Support Groups



After Breast Cancer

www.afterbreastcancer.ca

1292 St. Clair Ave., W., Toronto ON M6E 1C1

Tel: (647) 342-9217

Canadian Cancer Society

www.cancer.ca

Toll-free: 1 (888) 939-3333 (Information Services)

Tel: (416) 488-5400

Cancer Chat Canada

cancerchat.desouzainstitute.com

Gilda's Club Greater Toronto

www.gildasclubtoronto.org

24 Cecil St., Toronto, ON, M5T 1N2

Tel: (416) 214-9898

Offers support and networking groups, lectures, workshops and social activities in a non-residential, home-like setting, no charge.

Wellspring

www.wellspring.ca

Tel: (416) 480-4440 (Wellspring Sunnybrook)

Tel: (905) 257-1988 (Wellspring Halton-Peel)

Provides individual and group cancer support, expressive therapies, energy work, education and coping skills, free of charge.

Canadian Breast Cancer Foundation - Canadian Cancer Society (formerly Willow)

support.cbcf.org

Toll-free: 1 (888) 778-3100

A support organization that provides free information and emotional support for those impacted by breast cancer.

Home and Community Care Support Services

Home and Community Care Support Services coordinate in-home and community-based services, such as nursing, personal care assistance, and respite support. For more information, contact your nurse or hospital home care coordinator.

Web: healthcareathome.ca

General Tel: 310-2222 (no area code required)

Central

(York Region, South Simcoe, North York and areas of northern Toronto)

Toll-free: 1 (888) 470-2222

Central West

(Peel and Dufferin regions)

Toll-free: 1 (888) 733-1177

Tel: (905) 796-0040

Mississauga-Halton

Toll-free: 1 (877) 336-9090

Toronto Central

Toll-free: 1 (866) 243-0061

Tel: (416) 506-9888

Transportation



Ambutrans

Tel: (416) 423-2323

Toll-free: 1 (888) 569-2323 (outside Toronto)

Canadian Cancer Society - Wheels of Hope

(One time registration fee)

Tel: 1 (800) 263-6750

Canadian Red Cross (Fee for service)

Tel: (416) 236-3180 (Toronto)

Tel: (416) 267-5697 (Scarborough)

Tel: (905) 890-8740 (Peel, Mississauga)

CHATS - Community & Home Assistance to Seniors

www.chats.on.ca/transportation

Tel: (905) 713-6596

Toll-free: 1 (877) 452-4287

ESS Support Services

Tel: (416) 243-0127 ext. 555

SPRINT Assisted Transportation for Seniors

(Fee for service)

Tel: (416) 481-6411

St. Clair West Services for Seniors (Fee for service)

Tel: (416) 787-2114

Toronto Ride (Fee for service)

Tel: (416) 481-5250

WheelTrans (TTC)

Tel: (416) 393-4222

Other Community Support Agencies and Community Health Centres

Afghan Women's Organization

Tel: (416) 588-3585

Black Creek Community Health Centre

Tel: (416) 249-8000

Canadian Italian Family Assistance Association

Tel: (416) 588-8042

Unison Health & Community Services

Tel: (647) 436-0385 (Bathurst-Finch site)

Tel: (416) 645-7575 (Jane-Trethewey site)

Tel: (416) 653-5400 (Keele-Rogers site)

Tel: (416) 787-1661 (Lawrence Heights site)

unisonhcs.org

Prepared Meals, Food Banks and Grocery Shopping Help

Daily Bread Food Bank

www.dailybread.ca

Tel: (416) 203-0050

Grocery Gateway

(On-line grocery shopping and home delivery)

www.grocerygateway.com

Toll-free: 1 (877) 447-8778

Heart To Home Meals

www.hearttohomemeals.ca

Toll-free: 1 (800) 786-6113

Lumacare (Meal delivery)

lumacare.ca

Tel: (416) 398-5511

Meals on Wheels (Meal delivery)

www.mealsonwheels.ca

North York Harvest Food Bank

northyorkharvest.com

Tel: (416) 635-7771

Ontario Medical Supply

(Order nutritional supplements for home delivery)

Toll-free: 1 (800) 267-1069 ext. 5000

Reconnect Community Health Services

(Meals on Wheels)

www.reconnect.on.ca

Tel: (416) 248-2050 ext. 8038

Villa Columbo Services for Seniors

(Meal delivery)

www.villacharities.com

Tel: (416) 780-0407



Financial and Legal Services

Advocacy Centre for the Elderly

www.advocacycentreelderly.org

Tel: (416) 598-2656

Centre for Spanish Speaking Peoples Legal Clinic

www.spanishservices.org/en/programs-and-services/legal-clinic

Tel: (416) 533-0680

Downsview Community Legal Services

Tel: (416) 635-8388

Income Securities Program

(Canada Pension Plan and Old Age Security)

www.hrsdc.gc.ca/eng/retirement/index.shtml

Toll-free: 1 (800) 277-9914

Ministry of the Attorney General

(Estate Planning)

www.attorneygeneral.jus.gov.on.ca/english/justice-ont/estate_planning.php

North York Legal Aid Office

Tel: (416) 730-1588

OHIP (Health Card information)

www.health.gov.on.ca/en/public/programs/ohip/default.aspx

Toll-free: 1 (866) 532-3161

Ontario Works

www.mcscs.gov.on.ca/en/mcscs/programs/social/ow

Tel: (416) 392-2956 (Toronto)

Tel: (416) 397-9450 (North York Central)

Tel: (416) 397-9450 (North York West)

South Etobicoke Community Legal Services

Tel: (416) 252-7218

Veterans Affairs Canada

Financial Services and Benefits

Tel: (416) 973-3971



Bereavement and End-of-Life Care Support

Bereaved Families of Ontario

(Toronto Grief Support)

bereavedfamilies.net

Tel: (416) 440-0290

Provincial Care Coordination Service to Support Patient Access to End of Life Options

www.health.gov.on.ca/en/news/bulletin/2017/hb_20170529.aspx

Toll-free: 1 (866) 286-4023

TTY: (844) 953-3350

Temmy Latner Centre for Palliative Care and Max & Beatrice Wolfe Children's Grief and Palliative Care

Tel: (416) 586-4800 ext. 7884

Hospice Programs

Hospice programs offer visiting hospice volunteers, day programs, complementary therapies, respite care, emotional and spiritual support, and support to children, and transportation to appointments, bereavement support and coordination of services.

Alliance Hospice

alliancehospice.com

Tel: (416) 385-8885

Hospice Toronto

www.hospicetoronto.ca

Tel: (416) 364-1666

Canadian Virtual Hospice

www.virtualhospice.ca

Circle of Care Hospice

www.circleofcare.com

Tel: (416) 635-2860

Dorothy Ley Hospice (Etobicoke)

www.dlhospice.org

Tel: (416) 626-0116

Jewish Hospice Program

www.jfandcs.com

Tel: (416) 638-7800

Hazel Burns Hospice (City of York)

hbhospice.com

Tel: (416) 782-5915

Hope House

(formerly Hospice King-Aurora)

www.hopehousehospice.com

Tel: (905) 727-6815

Hospice Vaughan

www.hospicevaughan.com

Tel: (905) 850-6266

Philip Aziz Centre for Home Hospice Care

www.philipazizcentre.ca

Tel: (416) 363-9196

Heart House Hospice (formerly Hospice of Peel)

www.hearthousehospice.com

Tel: (905) 712-8119

St. Elizabeth Health Care

www.saintelizabeth.com

Tel: (905) 940-9655

Victorian Order of Nurses Toronto-York Region Hospice Scarborough

www.von.ca

Tel: (416) 498-8126



