Sources of Help

Tom Baker
Cancer Centre

Alberta Health Services
For health advice and information, call Health Link at 811, 24 hours a day, 7 days a week.

If you are having a medical emergency, call 911 right away.

Introduction
At the Tom Baker Cancer Centre, we provide treatment for your cancer and offer many services to support you and your family during and after your cancer treatments. However, we are not able to provide support for all of the needs you may have. This booklet lists many outside sources of help from the government, community organizations and businesses that may be helpful to you. This is not a complete list of all available options. We welcome your advice and your suggestions for updating this resource.

Disclaimer
The Tom Baker Cancer Centre is providing you with this information as a courtesy. We do not endorse any of the community organizations or businesses, as we cannot fully determine their quality, benefit, and safety.
Contact Information:

Main Switchboard:
• 403-521-3723
• 1-844-465-6330

Questions about Treatment:
Chemotherapy  8:00 am - 4:00 pm
• 403-521-3735
• 1-866-238-3735
Radiation  7:30 am – 5:30 pm
• 403-521-3771

Urgent Issues during the Evening, Weekend, or Holidays,
4:00 pm – 8:00 am

Ask for the cancer doctor on call:
403-944-1110
Foothills Hospital
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Getting to the Cancer Centre

For information about accommodations, transportation and parking for the Tom Baker Cancer Centre (TBCC) please see the New Patient Guide at www.albertahealthservices.ca/cancer/Page9613.aspx.

Cancer Patient Navigators and Tumour Triage Coordinators

These services support patients and their families by:

- Providing accurate information for patients so they can make informed decisions about their next steps.
- Helping patients prepare for tests and cancer treatments by explaining test results, treatment choices, or by referring patients to other resources or services.
- Improving coordination of care by working with other health care providers.
- Helping patients prepare for medical visits by explaining ahead of time what to expect.
- Helping patients access financial resources and community supports.

Here are the contact numbers for information about these services at various locations:
<table>
<thead>
<tr>
<th><strong>TBCC — Tumour Triage Coordinator</strong></th>
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<tbody>
<tr>
<td>Brain Metastases Clinic</td>
<td>403-521-3811</td>
</tr>
<tr>
<td>Breast Tumour Group</td>
<td>403-521-3512</td>
</tr>
<tr>
<td>Cutaneous Tumour Group</td>
<td>403-521-3231</td>
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<tr>
<td>Dyspnea Clinic</td>
<td>403-521-3511</td>
</tr>
<tr>
<td>Gastrointestinal (GI) Tumour Group</td>
<td>403-521-3144</td>
</tr>
<tr>
<td>Genitourinary (GU) Tumour Group</td>
<td>403-521-3148</td>
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<tr>
<td>Gynecological Tumour Group</td>
<td>403-521-3083</td>
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<tr>
<td>Head &amp; Neck Tumour Group</td>
<td>403-521-3587</td>
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<tr>
<td>Hematology Tumour Group</td>
<td>403-521-3779</td>
</tr>
<tr>
<td>Lung Tumour Group &amp; Fast Track</td>
<td>403-521-3811</td>
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<tr>
<td>Lung Radiotherapy Clinic</td>
<td></td>
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<tr>
<td>Neuroendocrine / Endocrine Tumour Group</td>
<td>403-521-3815</td>
</tr>
<tr>
<td>Neurology Tumour Group</td>
<td>403-521-3971</td>
</tr>
<tr>
<td>Sarcoma Tumour Group</td>
<td>403-521-3176</td>
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**Cancer Patient Navigators (Southern Alberta)**

| Bow Valley (Canmore)                  | 403-493-4867             |
| Drumheller                            | 403-820-6011             |
| High River                            | 403-652-0131             |
| Central Alberta Cancer Centre (Red Deer) | 403-406-5524          |
| Jack Ady Cancer Centre (Lethbridge)   | 403-388-6840             |
| Margery E. Yuill Cancer Centre (Medicine Hat) | 403-502-8648    | Ext. 1022
1) Counselling

Tom Baker Cancer Centre — Psychosocial Oncology
We are a team of psychologists, psychiatrists, clinical social workers and resource counsellors who specialize in helping patients and their families cope with the distress that can come with a diagnosis of cancer and its treatment. We offer individual and family counselling, financial help, classes on how to cope and professionally lead support groups.

- You can call us directly for an appointment — no referral is necessary.
- There is no charge for our services.
- We are available to you throughout your journey: at the time of your diagnosis, during treatment, during survivorship and if you have a recurrence, through to end of life.
- We can offer some services by telephone or videoconference.

Please call 403-355-3207 for information and for an appointment. Psychosocial Oncology can also be reached by fax at 403-355-3206 or at www.psychosocial.ca.

Canadian Cancer Society — Cancer Connection
Cancer Connection is a support network that offers peer-to-peer support to cancer patients and their caregivers. You can speak with caregivers or current and former patients with your same type of cancer. Call 1-866-939-3333 or visit www.cancerconnection.ca.
2) Support Groups

Support Groups at the Cancer Centre
Some Cancer Centres offer support groups. You can contact Psychosocial Oncology to find out if they offer support groups that would be appropriate for you. Call 403-355-3207.

Cancer Chat Canada
This organization offers professionally-led online support groups where you can connect with others who are having similar experiences. Visit www.cancerchat.desouzainstitute.com.

Wellspring Calgary
Wellspring Calgary offers one-on-one sessions for those diagnosed with cancer and/or caregivers to meet with trained volunteers who have experience with cancer. Wellspring also hosts meetings for several support groups. Call 403-521-5292 or visit www.wellspringcalgary.ca for more information.
3) Community Support

Many community organizations offer in-person, online or telephone support. This includes peer support, discussion forums, and support groups for people with different types of cancer and their families. Below is a list of some of the community organizations that have these kinds of services:

• Bladder Cancer Canada  bladdercancercanada.org
• Breast Cancer  cbcf.org
• Colorectal Cancer Association of Canada  colorectal-cancer.ca
• Kidney Cancer Canada  kidneycancercanada.ca
• Leukemia & Lymphoma Society of Canada  llscanada.org
• National LGBT Network  cancer-network.com
• Melanoma Network of Canada  melanomanetwork.ca
• Ovarian Cancer Canada  ovariancanada.org
• Prostate Cancer Canada  prostatecancer.ca
• Prostaid Calgary  pccncalgary.org
• Testicular Cancer Canada  testicularcancercanada.ca

4) Arts in Medicine

Healing Arts Program — Tom Baker Cancer Centre

Creative expression can help patients and family members face feelings that come with a diagnosis of cancer. Supports available through the Healing Arts program include both individual and group art therapy, as well as arts-based groups designed to provide a safe space to express and play. Please pick up an “Healing Arts” pamphlet from the racks for more information on upcoming opportunities or call 403-521-3369. Classes are also listed in the “Classes for Patients and Families” booklet.
Wellspring Calgary

Wellspring Calgary provides a wide range of expressive programs intended to provide opportunities for exploration and empowerment while building meaningful, supportive relationships. All programs are free of charge. Call 403-521-5292 or visit www.wellspringcalgary.ca for more information.

5) Spirituality

Spiritual Care helps patients and families explore their beliefs, values and emotions, keeping the feelings of hope and purpose strong in their lives. It offers support to all, whether religious or non-religious and individual counselling is available by appointment. There is a multi-faith chapel available on the main floor of the Foothills Medical Centre. Call 403-521-3352 for more information.

Wellspring Calgary

Wellspring Calgary offers programs intended to address the needs of caregivers as well as the needs of the diagnosed, including those who have a more advanced or metastatic diagnosis, including a chaplain in residence. All programs are free of charge. Call 403-521-5292 or visit www.wellspringcalgary.ca for more information.

6) Support for Children

Cancer in My Family

This website is designed for children to help them explore their feelings, worries and questions about having cancer in the family, visit www.cancerinmyfamily.ca.
7) Support for Young Adults

Survive & Thrive Cancer Programs
Survive & Thrive Cancer Programs uses adventure expeditions, film, healthy living, experiential education and research to encourage and inspire those touched by cancer to live well. Visit www.survivethrive.org.

Cancer Fight Club
Cancer Fight Club aims to provide young adult patients, caregivers, family and friends, instant access to the resources and support services that help guide you through your cancer experience. Visit www.cancerfightclub.ca.

Stupid Cancer
Stupid Cancer is a non-profit organization that empowers those affected by young adult cancer through innovative programs, forums and services. Visit www.stupidcancer.org.

Young Adult Cancer Canada
Young Adult Cancer Canada’s mission is to support young adults as they move through and beyond cancer, as well as to be the connection to peers, to help be a bridge out of isolation, and to be a source of inspiration. Visit www.youngadultcancer.ca.

Wellspring Calgary
A broad range of programs are offered to young adults focusing on relevant young adult issues such as: financial challenges, concerns about returning to work, relationships and addressing feelings and fears. All programs are free of charge. Call 403-521-5292 or visit www.wellspringcalgary.ca for more information.
8) Support for LGBT

Cancer’s Margins

National LGBT Cancer Network
The National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk by:

• Educating the LGBT community about our increased cancer risks and the importance of screening and early detection;

• Training health care providers to offer more culturally-competent, safe and welcoming care; and

• Advocating for LGBT survivors in mainstream cancer organizations, the media and research.

Visit www.cancer-network.com for more information
9) Support for Caregivers

Caregivers are those who are working hard to take care of a loved one with cancer, or other health issues. Caring for someone with cancer can be difficult. There is support that can help provide relief for caregivers.

Wellspring Calgary

Wellspring Calgary offers programs for caregivers. All programs are free. Call 403-521-5292 or visit www.wellspringcalgary.ca for more information.

Family Caregiver Centre

The Family Caregiver Centre has information about health care and the most helpful places to get support in your community. It also offers education sessions and personal support for caregivers. Call 403-955-1674.
10) Support for Seniors

Government of Alberta
The Government of Alberta provides a number of programs and services to support seniors in Alberta. For more information on benefits including Retirement Benefits, Canada Pension Plan, Widow’s Pension Program, Survivor Benefits and others, visit www.seniors.gov.ab.ca.

Alberta Caregivers Association
This organization provides support for people who provide unpaid care for a loved one living with a disability, illness or aging. The organization offers information, education, support, and advocacy for caregivers and help caregivers to connect with others. For more information on the Alberta Caregivers Association, please phone 780-453-5088 or visit www.albertacaregivers.org.

Home Care
Alberta’s Home Care Program provides medical and non-medical support for patients. Services include nursing, physiotherapy, occupational therapy and personal care.

For Home Care in the Calgary zone, call Community Care Access at 403-943-1920 or 1-888-943-1920. Anyone can call between 8:00am and 6:00pm Monday to Friday and 8:00am and 4:15pm Saturday and Sunday.

For more information, or for services in other areas of Alberta, visit www.albertahealthservices.ca/cc/Page13336.aspx.
Wellspring Calgary
Wellspring Calgary’s Money Matters program is a solution-focused program that assists those who have had cancer and or their caregivers by providing financial, insurance, employment, housing, drug coverage, vocational and estate information. Call 403-521-5292 or visit www.wellspringcalgary.ca for more information.

Childcare
- **Calgary Family Services**: urgent care services to help you with childcare, housekeeping and meal preparation. The cost depends on your ability to pay. Call 403-269-9888 or visit www.caryacalgary.org.

- **Children’s Cottage**: urgent or emergency childcare for kids who are 8 and under for a maximum of 3 days. It also offers short term care for children up to age 12 in day homes for free. Call 403-233-2273 or visit www.childrenscottage.ab.ca.

Sources of Food
- **Calgary Interfaith Food Bank**: boxes of food for those who are unable to meet their needs and those of their families. Call 403-253-2059 or visit www.calgaryfoodbank.com.

- **Community Kitchen Program of Calgary**: fresh fruit and vegetables each month at a reduced cost. Call 403-275-0258 or visit www.ckpcalgary.ca.
Housing

• **Calgary Housing Company:** helps Calgarians find safe and affordable housing when they need help. Call 587-390-1200 or visit www.calgaryhousingcompany.org.

• **Calgary Accessible Housing Society:** helps connect people with disabilities or who use a wheelchair with barrier-free housing through a specific housing registry. Call 403-282-1872 or visit www.accessiblehousing.ca.

• **Silvera for Seniors:** provides seniors with affordable, safe and secure housing options. Call 403-276-5541.

• **Additional Websites:**
  - Kerby Centre: kerbycentre.com 403-265-0661
  - Low Cost Rent: lowcostrent.org

**More Information:** refer to the How to Find Accommodation in Calgary booklet that you can find in the information racks at the Tom Baker Cancer Centre. You can also call Psychosocial Oncology at 403-355-3207.
2) Government of Alberta Resources

- **Alberta Adult Health Benefit**: supports low income Albertans by paying for prescription drugs and other medical supplies. This service may help pay for health services that are not covered by the Alberta Health Care Insurance Plan. Call 1-877-644-9992 or visit [www.humanservices.alberta.ca](http://www.humanservices.alberta.ca) and search for Adult Health Benefit.

- **Income Support**: financial help for Albertans who do not have the resources to meet their basic needs. If you cannot work because of chronic health problems or other problems, you may qualify for income support. Call 1-866-644-5135 or visit [www.humanservices.alberta.ca](http://www.humanservices.alberta.ca) and search for Income Support.

- **Assured Income for the Severely Handicapped (AISH)**: financial and health-related support to adults with a disability. For information, call 1-877-644-9992 or visit [www.humanservices.alberta.ca](http://www.humanservices.alberta.ca) and search for AISH.

- **Child Care Subsidy**: funds to help lower income families get professional childcare services. Families must qualify for this subsidy and the rates will be different for each family. For more details, call 1-877-644-9992 or visit [www.humanservices.alberta.ca](http://www.humanservices.alberta.ca) and search for Child Care Subsidy.
• **Alberta Seniors Benefit**: a monthly income supplement to federal income sources including Old Age Security and Guaranteed Income Supplement for seniors with low incomes. For more information, call 1-877-644-9992 or visit [www.seniors.alberta.ca](http://www.seniors.alberta.ca) and search for Alberta Seniors Benefit.

• **Alberta Works**: helps unemployed people find and keep jobs, employers meet their need for skilled workers, Albertans with low incomes cover their basic costs of living. Visit [www.humanservices.alberta.ca](http://www.humanservices.alberta.ca) and search for Alberta Works.

• **Special Needs Assistance for Seniors**: a lump-sum payment to low-income seniors who qualify for the Alberta Seniors Benefit. This program helps with some of the cost of appliances, minor home repairs and some health and personal supports. For more information, call 1-877-644-9992 or visit [www.seniors.alberta.ca](http://www.seniors.alberta.ca) and search for Special Needs Assistance.
3) Government of Canada Resources

Employment Insurance Benefits

- **Employment Insurance Sickness Benefit**: benefits for a certain number of weeks for people who have contributed to the program. To find out if you qualify, call 1-800-206-7218 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Sickness Benefits.

- **Employment Insurance Compassionate Care Benefit**: up to 26 weeks of benefits for people who need to take time off work to care for a family member who is not expected to live long. For details, call 1-800-206-7218 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Compassionate Care.

Canada Pension Plan (CPP) Benefits

- **Canada Pension Plan (CPP) Disability Benefit**: support for people who have a long-term disability and have contributed to the plan. For more information, call 1-800-277-9914 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Disability Benefit.

- **Canada Pension Plan (CPP) Children’s Benefit**: provides a monthly pension to the dependent children of a disabled or deceased contributor to the Canada Pension Plan. For details, call 1-800-277-9914 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Children’s Benefit.
• **Canada Pension Plan (CPP) Survivor’s Pension:** a monthly benefit for widows or widowers of a legal or common law marriage who have little or no other income. You must be 60 to 64 years of age and have lived in Canada for a certain period of time to qualify. Call 1-800-277-9914 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Survivor’s Pension.

• **Old Age Security Pension:** a monthly income for most people, 65 years of age or older, who live in Canada. For more information call 1-800-277-9914 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Old Age Security Pension.

**Veterans’ Affairs**

Veterans’ Affairs Canada offers a wide range of services and benefits to qualified veterans, Canadian Forces members, some members of the RCMP, and certain civilians and their families. For more information on the services and benefits offered call 1-866-522-2122 or visit [www.veterans.gc.ca](http://www.veterans.gc.ca).

**4) Canadian Cancer Society Resources**

**Canadian Cancer Society Compassionate Financial Assistance Program**

For end-of-life costs, the Compassionate Financial Assistance Program provides modest support to those who have been diagnosed as palliative and have used up all other possible financial supports. For more information on the Compassionate Financial Assistance Program, call 1-800-661-2262 or visit [www.cancer.ca](http://www.cancer.ca) and search for Financial Assistance.
5) Medical and Health Insurance

Alberta Health Care pays for the costs of your chemotherapy and radiation therapy. However, it does not cover pain and anti-nausea medicines. It is important that you have some type of private or provincial health insurance because some medicines are expensive.

If you have no drug coverage, we encourage you to apply for Alberta Blue Cross Non Group coverage as soon as possible. It will take 3 to 4 months before Alberta Blue Cross starts covering your medicines. For more information visit www.health.alberta.ca and search for Non Group Coverage or call Alberta Blue Cross at 1-800-661-6995.

If you have private or public insurance find out:

- If you have a yearly maximum for prescriptions
- What is your co-pay portion
- If your plan is a direct bill plan or a reimbursement plan
- What level of coverage you have i.e., full or partial coverage

You may need to get more coverage. If you need help with drug coverage or need more information about Alberta Blue Cross Non-Group, contact your Cancer Patient Navigator.

Alberta Blue Cross

AB Blue Cross plans provide practical benefits you’ll use on a regular basis, as well as affordable protection against the high cost of unexpected illness, accidents or medical conditions. Visit www.ab.bluecross.ca or call 1-800-661-6995.
Alberta Palliative Coverage Program
This insurance plan covers most of the costs for prescription drugs for those who are dealing with a terminal illness. For information on how to qualify for this plan, visit www.health.alberta.ca and search for Palliative Coverage or call Alberta Blue Cross at 1-800-661-6995.

Drug Access Coordinator
Many supportive medications, such as antiemetic's or blood thinners, are not covered by Alberta Health Care. Without a drug plan, these prescriptions can be very expensive and patients can face thousands of dollars’ of medication costs. Your Drug Access Coordinator can talk with the drug company to see if there are any programs that cover, or share the cost of the drug. Please call 403-521-3656 from 8am to 4pm, Mon – Fri.
6) Medical Equipment and Supplies

Alberta Aids to Daily Living (AADL)
Alberta Aids to Daily Living helps Albertans with a long-term disability, chronic illness or terminal illness. They give financial assistance to buy medical equipment and supplies, such as home oxygen. Alberta Aids to Daily Living can also help with mastectomy prostheses. You will need a medical assessment to determine what equipment and supplies you can receive. For more information visit www.health.alberta.ca and search for Aids to Daily Living or call 310-0000, then 780-427-0731 (toll-free).

Canadian Red Cross Health Equipment Loan Program (HELP)
This program gives short-term loans of basic medical equipment to people recovering from surgery or injury, or who have problems moving on their own. To get this service, you will need a referral from a health care professional. For more information on this service visit www.redcross.ca and search Health Equipment Loan Program.
1) Better Choices, Better Health® Program

If you are concerned about symptoms you are having, talk with your nurse, family doctor or oncologist. They can refer you to other health care professionals if needed. You can also call Health Link at 811, 24 hours a day, 7 days a week. If you are having a medical emergency, call 911 right away.

This program is offered by Alberta Health Services. It provides free online or in-person workshops that support people with ongoing chronic health conditions, including cancer, learn how to better manage their health. This free, 6 week program includes information on how to:

- Make healthy lifestyle changes
- Deal with difficult emotions
- Develop communication skills
- Use medications
- Work with your health care team

Find out more at www.albertahealthservices.ca/bcbh.asp.

2) Fatigue

Video: Dr. Mike Evans – Cancer Related Fatigue

Search on www.youtube.ca to learn about cancer and fatigue.
3) Hair Loss and Appearance

Cross Cancer Institute Wig Services
The Wig Service is on the Lower Level, Room 0102, by the elevators. For more information, call 780-432-8334.

Look Good Feel Better
Look Good Feel Better is a special program designed to boost the confidence of women with cancer. This free 2 hour workshop is hosted by the Canadian Cosmetic, Toiletry and Fragrance Association Foundation. Each woman receives a free kit of cosmetic products and learns simple make-up tips to manage their appearance-related side effects. Women also receive tips on hair and headwear techniques. These sessions are held in Edmonton, Calgary, Red Deer, Lethbridge, and Medicine Hat. To register for this program or get more information, call 403-521-5292 or 1-800-914-5665, or visit www.lgfb.ca.

Canadian Cancer Society Wig Rooms
The Wig Rooms can lend you new and used wigs, head coverings and other accessories to use while you are dealing with cancer. There is no fee to this service. To find a wig room close to you, call 1-888-939-3333 or visit www.cancer.ca and search for Find a Wig.
4) Rehabilitation Oncology

This program provides cancer patients with physiotherapy, occupational therapy, and speech therapy outpatient services for issues related to their cancer or cancer treatments. The program can also help with managing lymphedema (swelling of a body part) that can sometimes happen after the removal of lymph nodes or radiation treatment. You need a doctor’s referral to access these services. If you think this is something you need, please ask your doctor or nurse at your clinic visit for a referral. If you need more information, please call 403-698-8169.

Physical Therapy
Physical therapy may help you regain, maintain or increase strength and movement in key parts of your body after cancer.

Occupational Therapy
Occupational therapy helps you with skills that you use every day. It may help solve problems that get in the way with your ability to do the things that are important to you such as bathing, toileting or dressing, and leisure activities. These specialists can help make suggestions on how to make your home and workplace more functional.

Speech Therapy (and Swallowing)
Speech therapy may help you if you have trouble speaking or swallowing. Our therapists can help you with things like speaking more clearly, voice quality, and swallowing food and drink safely. If you are experiencing symptoms, then early referral is important. Getting an early start on managing the side effects of cancer will help you heal more quickly.
1) Better Choices, Better Health® Program

This program is offered by Alberta Health Services. It provides free online or in-person workshops that support people with ongoing chronic health conditions, including cancer, learn how to better manage their health. You can find out more at www.albertahealthservices.ca/bcbh.asp.

2) Sexuality and Fertility

For intimacy or sexuality concerns, talk to your doctor or call Tom Baker Cancer Centre Psychosocial Oncology at 403-355-3207. Psychosocial Oncology can also be reached by fax at 403-355-3206 or at www.psychosocial.ca.

The Canadian Cancer Society

The Canadian Cancer Society provides information about sexuality, fertility and cancer. Visit www.cancer.ca and search for Sexuality or Fertility.

Oncology And Sexuality, Intimacy & Survivorship (OASIS) Program

OASIS Multi-Disciplinary Sexual Health Clinic is a clinic where you (and your partner) can receive both medical and psychological treatment for sexual concerns following a cancer diagnosis. (Starting in early 2017)

- Calgary (Starting in early 2017) 403 355-3246
- Edmonton: 780-643-4303

Fertile Hope

This website helps inform people about fertility issues and options related to cancer and treatment. For more information visit www.fertilehope.org.
Regional Fertility Program Calgary
This program provides various services for fertility issues related to cancer and cancer treatment, including sperm banking. You will need a referral to access these services. Please visit www.regionalfertilityprogram.ca or call 403-284-5444.

3) Eating Well
Registered Dietitians at the Tom Baker Cancer Centre can help you to eat well. You can make an appointment or attend a patient education class. Appointments can be held over the phone if necessary. Call 403-521-3719 to find out more.

Meals on Wheels
Meals on Wheels is an organization that prepares and delivers meals for seniors and housebound residents. For more information on this service, call 403-243-2834 or visit www.mealsonwheels.com.
4) Being Active

University of Calgary Health and Wellness Lab:

- The Thrive Program: fee-based, customized exercise programs to help empower and improve the quality of life of individuals who have been diagnosed with cancer.

- The Thrive Centre: provides a safe and supportive fitness facility for people affected by cancer. They offer various programs and open gym times supervised by trained personnel at no charge.

- Yoga Thrive: a fee-based and research-based, therapeutic yoga program for cancer survivors and their support persons. This gentle, 12-week yoga program has been modified for cancer survivors; especially those who are experiencing stiffness, pain, stress or fatigue. Yoga Thrive classes are now offered in Calgary, as well as a number of locations across Alberta including Cochrane, Edmonton, Jasper, Lethbridge, Medicine Hat, and St. Albert. For more information please call 403-210-8482, or email wellnesslab@ucalgary.ca.

- Numerous community-based physical activity programs, and some specifically for breast (B.E.A.U.T.Y.), prostate (TrueNTH), head/neck, neuro-oncology and pediatric cancer populations. Please check out the lab website for further information.

Visit [www.ucalgary.ca/healthandwellnesslab](http://www.ucalgary.ca/healthandwellnesslab) for more information.

Wellspring Calgary

Wellspring Calgary offers a variety of exercise and movement programs to help improve physical function, fatigue and overall quality of life. All programs are free. Call 403-521-5292 or visit [www.wellspringcalgary.ca](http://www.wellspringcalgary.ca) for more information.
5) Smoking Cessation

If you want to quit smoking, Alberta Quits can help. Operated by experts, AlbertaQuits.ca gives you:

- Support from trained cessation counsellors
- Access, day and night, to community chat forums
- Information on medications to help you quit
- Fact sheets on various tobacco-related topics
- An “ask the expert” section where tobacco experts answer all your questions
- E-quit tips, as well as an interactive texting service

Call 1-866-710-7848, or visit www.albertaquits.ca.
6) Finding a Family Doctor

Family doctors are important members of your health care team. Your family doctor can help you manage your health before, during and after treatment. If you don’t have a family doctor, call Health Link Alberta at 811 or visit the College of Physicians and Surgeons of Alberta website at www.cpsa.ab.ca to find a doctor accepting new patients in your area.

Primary Care Networks

A PCN (Primary Care Network) is a network of doctors and other health providers such as nurses, dietitians and pharmacists working together to provide primary health care to patients in their home communities. These Networks help improve our health by bringing together teams who focus on health promotion, disease and injury prevention, care of the patients and patients with chronic diseases. To find a Primary Care Network in your community, visit www.pcnpmo.ca.
1) Help at Home

Alberta Health Services — Home Care

Alberta’s Home Care Program provides medical and non-medical support for patients. Services include nursing, physiotherapy, occupational therapy and personal care services.

For Home Care in the Calgary zone, call Community Care Access at 403-943-1920 or 1-888-943-1920, 24 hours a day and 7 days a week. If you’re calling for someone else, you must have their consent.

For more info, or for services in other areas of Alberta, visit www.albertahealthservices.ca/cc/Page13336.aspx.

Private Home Care Services

These organizations provide nurses and other care providers to help in your home. There are costs for these services.

- Bayshore Home Health 877-289-3997  
  bayshore.ca
- CBI Home Health 866-732-8770 
  cbi.ca/web/homehealth
- Classic Life Care 403-242-2750 
  classiclifecare.com
- Comfort Keepers 403-228-0072 
  calgary.comfortkeepers.ca
- Revera Home Health 877-929-9222 
  reveraliving.com
- Enhanced Health Services 403-547-5859 
  enhancedhealthservicesinc.com
- Victorian Order of Nurses 403-640-4765 
  vonhomecicarecalgary.com
- We Care Home Health Services 866-729-3227 
  wecare.ca
2) Palliative and End of Life Care

Palliative Care supports people who have a progressive cancer that cannot be cured and their families. The focus is to help people fulfill their wishes for quality of life and to support families with caregiving and the loss of a loved one. Palliative care services also help with end of life matters to ensure loved ones die as peacefully and comfortably as possible. When possible, the individual may choose the location of his or her care. To find out more about palliative and end of life care in general, visit www.myhealth.alberta.ca and search for Palliative Care.

Alberta Health Services — Palliative Care
Alberta Health Services Palliative and End of Life care provides health care services to people needing palliative health care, and their families. Care is provided by a team of specially trained nurses and other health care professionals along with the help of a doctor. For information on palliative care services offered by Alberta Health Services, call 403-943-1920, or 1-855-371-4122 or visit www.myhealth.alberta.ca and search for Palliative Care.

Alberta Health Services — Advance Care Planning
Advance Care Planning is a way to help you think about, talk about, and document your wishes for health care. It’s a process that can help you make health care decisions now and for the future. Find out more at www.myhealth.alberta.ca and search for Advance Care Planning.
Alberta Health Services — Hospice Care
Hospice Care provides health care and other services to people nearing the end of life in a specialized setting like a hospice. For more information on hospice care, talk to your doctor.

Hospice Calgary: Sage Centre/Rosedale Hospice
This organization offers much more than a hospice for end of life care. It also offers:

- Group Support
- Child and Family Services
- End of Life Support
- Workshops
- Grief Counselling

Call 403-263-4525 or visit www.hospicecalgary.ca.
Wellspring Calgary
Wellspring Calgary offers programs to help with the needs of caregivers, and the needs of the patient, including those who have a more advanced or metastatic diagnosis. They also have a chaplain in residence. All programs are free. Call 403-521-5292 or visit www.wellspringcalgary.ca for more information.

Alberta Hospice Palliative Care Association
The Alberta Hospice Palliative Care Association provides a list of resources and services specific to palliative care. They can help you find resources in your community. For more information call 403-206-9938 or visit www.ahpca.ca.

Canadian Virtual Hospice
The Canadian Virtual Hospice has on-line information and support on palliative and end-of-life care, loss and grief. A team of experts can answer your questions about life-threatening illness and loss. For more information, go to www.virtualhospice.ca.

Living My Culture
Quality palliative care that helps you honour your culture, spirituality and traditions. Stories and wisdom about living with serious illness, end of life, and grief to support others. Visit www.livingmyculture.ca.
Grief Support Services
Alberta Health Services offers grief counselling to adults 18 and older who have faced the death of a loved one. The program offers individual and group services on a self-referral basis. Call 403-955-8011.

My Grief
Can help you understand grief and work through some of the difficult issues you may be facing. It is not meant to replace professional counselling or other health care services. Visit www.mygrief.ca.
1) Knowledge Centre (Cancer Library)

Library and information services are available for patients, families and friends. The Library in the Tom Baker Cancer Centre has books and journals on cancer care, treatments, research and supportive care. Library staff are happy to help you search and find cancer information. You may borrow books, DVDs, videos and CDs. The Centre is on the main floor near the elevators. Call 403-521-3765 for hours and for more information.

2) Patient Education Specialist (Calgary)

The role of this specialist is to help you get the right information, at the right time, and in the right way. The specialist provides help in several ways:

- Patient Education Classes. Check the Tom Baker Cancer Centre Classes for Patients and Families booklet for times and dates. The brochure is available in the pamphlet racks at the Cancer Centre or online at www.albertahealthservices.ca/9613.asp.
- Call 403-476-2765 if you need help getting the information you need.
3) Canadian Cancer Society

This is a national free service provided by the Canadian Cancer Society. Information Specialists take time to answer your questions about cancer in a clear way in English or French. They also help connect you with other types of support. Call 1-888-939-3333 visit www.cancer.ca or email info@cis.cancer.ca.

4) Wellspring (Calgary)

Educational programs for people with cancer that address issues such as: financial challenges, concerns about returning to work, managing cognitive changes, and feelings and thoughts. Call 403-521-5292 or visit www.wellspringcalgary.ca for more information.
## 5) Recommended Resources

**Alberta Health Services**
- Alberta Prevents Cancer: [albertapreventscancer.ca](http://albertapreventscancer.ca)
- CancerControl Alberta: [albertahealthservices.ca/cancer/cancer.aspx](http://albertahealthservices.ca/cancer/cancer.aspx)
- Palliative and End of Life Care: [myhealth.alberta.ca](http://myhealth.alberta.ca)
- Health Link Alberta: [albertahealthservices.ca/info/Page12630.aspx](http://albertahealthservices.ca/info/Page12630.aspx)

**General Cancer Information**
- American Cancer Society: [cancer.org](http://cancer.org)
- Canadian Cancer Society: [cancer.ca](http://cancer.ca)
- Canadian Cancer Survivor Network: [survivornet.ca](http://survivornet.ca)
- Cancer’s Margins: [lgbtcanada.ca](http://lgbtcanada.ca)
- BC Cancer Agency: [bccancer.bc.ca](http://bccancer.bc.ca)
- Oncolink: [oncolink.org](http://oncolink.org)
- People Living with Cancer: [plwc.org.za](http://plwc.org.za)
- Wellspring Calgary: [wellspringcalgary.ca](http://wellspringcalgary.ca)
- Wellspring Edmonton: [wellspringedmonton.ca](http://wellspringedmonton.ca)
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<thead>
<tr>
<th>Specific Cancer Information</th>
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<tr>
<td>Bladder Cancer Canada</td>
<td>bladdercancercanada.org</td>
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<tr>
<td>Brain Tumour Foundation</td>
<td>braintumour.ca</td>
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<tr>
<td>Canadian Breast Cancer Foundation</td>
<td>cbcf.org</td>
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<tr>
<td>Canadian Skin Cancer Foundation</td>
<td>canadianskincancerfoundation.com</td>
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<tr>
<td>Carcinoid Neuroendocrine Canada</td>
<td>cnetscanada.org</td>
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<td>Colon Cancer Awareness</td>
<td>coloncancercanada.ca</td>
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<tr>
<td>Colorectal Cancer Association of Canada</td>
<td>colorectal-cancer.ca</td>
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<tr>
<td>Foundation for Women’s Cancer</td>
<td>foundationforwomenscancer.org</td>
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<td>Gastric Cancer Foundation</td>
<td>gastriccancer.org</td>
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<td>Head and Neck Cancer Alliance</td>
<td>headandneck.org</td>
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<td>Kidney Cancer Canada</td>
<td>kidneycancercanada.ca</td>
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<td>Leukemia &amp; Lymphoma Society of Canada</td>
<td>llcanada.org</td>
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<td>Life Beyond Lymphoma</td>
<td>lifebeyondlymphoma.ca</td>
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<td>Lung Cancer Canada</td>
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<td>Pancreatic Cancer Canada</td>
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<td>Prostate Cancer Canada</td>
<td>prostatecancer.ca</td>
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<td>Sarcoma Cancer Foundation</td>
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<td>Thyroid Cancer Canada</td>
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<td>Testicular Cancer Canada</td>
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<tr>
<td>Ovarian Cancer Canada</td>
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6) Alberta 211

Alberta 211 connects you to a full range of non-emergency social, health and government services in Edmonton and other large cities. You can get information in many languages by phoning 211 or online at: www.ab.211.ca.

7) Alberta Public Libraries

Most Alberta communities have one or more public libraries. Public libraries can help you access website information.

Service information can change. Please send updates to:

cancerpatienteducation@ahs.ca