



## How do I access these specialists?

Call your cancer centre:

### Comprehensive (Tertiary) Cancer Centres

Arthur J.E. Child Comprehensive Cancer Centre (Calgary)  
587-231-3570

Cross Cancer Institute  
(Edmonton — Westmount location)  
780-643-4303

### Regional Cancer Centres – Ask to speak with a social worker

Grande Prairie Cancer Centre  
825-412-4200

Jack Ady Cancer Centre  
(Lethbridge)  
403-388-6800

Margery E. Yuill Cancer Centre  
(Medicine Hat)  
403-529-8817

Central Alberta Cancer Centre  
(Red Deer)  
403-343-4526



### Community Cancer Centres – Ask for a referral to a social worker

Barrhead 780-305-3304

Bonnyville 780-826-3311

Bow Valley (Canmore) 403-493-4867

Camrose 780-679-2822

Drayton Valley 780-621-4888

Drumheller 403-820-7985

Fort McMurray 780-791-6217

High River 403-652-0139

Hinton 780-865-3333

Lloydminster 306-820-6144

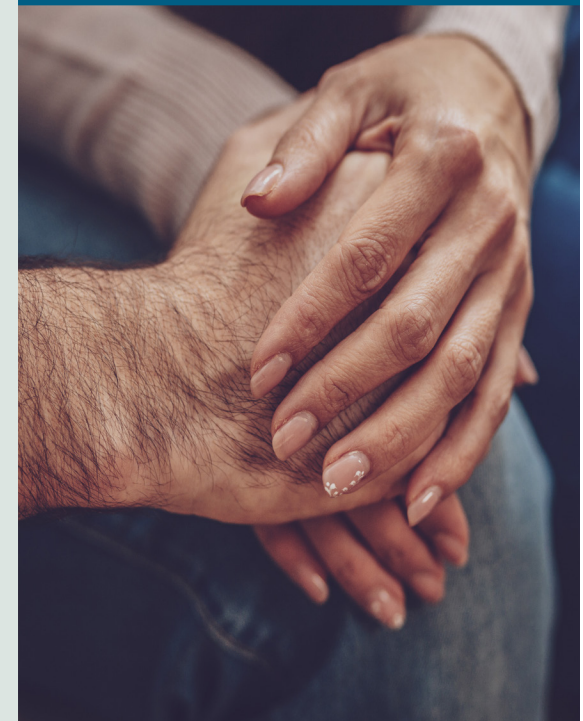
Peace River 780-624-7593



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Information for patients & families

## Counselling and Support



Psychosocial Oncology

## What is psychosocial oncology?

We are a department of professionals from psychology, social work, spiritual care and psychiatry, specializing in cancer care. We are available to help you and your family cope with the stress that often comes with a cancer diagnosis and treatment. Taking care of your emotional, social, spiritual and practical well-being is an important part of your treatment plan and coping.

We are part of your oncology treatment team. We offer different types of programs and services to support your well-being:

- individual, couple and family counselling
- counsellor-led support groups
- practical support for your finances and other basic needs
- classes and programs

Availability of programs and services depends on the cancer centre.

## Why should I call?

Dealing with life changes that come with a cancer diagnosis can be difficult. Many patients and caregivers feel uncertain, depressed, helpless, anxious, alone or pressured to be “positive.”

It can be helpful to have a professional to talk to on your own, with your family, or in a support group. We use different approaches to help you improve your quality of life and well-being.

Getting help and support can:

- reduce stress
- help you sleep better
- reduce anxiety and depression
- improve relationships
- improve your mood
- improve your physical functioning (in some cases)



Many of our programs are available to family members and friends as well.

There is **no cost** for our programs and services. You don't need a referral — just call!

Some services may be available through Virtual Health (by phone or video).

## Counselling

Counselling can help you explore:

- cancer-related quality of life issues
- coping strategies for managing stress
- anxiety and low moods
- meaning of life questions

Through compassionate listening and support, patients and families consider the meaning of hope, spirituality, well-being and empowerment as they live with cancer.

Short-term grief support may also be available at some centres.



## Classes and Support Groups

Professionally-led classes and support groups provide a safe environment for sharing and learning. We offer different groups and classes at different locations on a regular basis.

Support groups may be for:

- specific types of cancer
- advanced cancer
- families/caregivers

Class topics may include:

- sleep
- memory
- mindfulness

Call to find programs offered at your centre.



## Practical Support

Having cancer may create financial challenges for you and your family. You may have concerns with benefits, personal or legal questions, drug coverage, accommodations, transportation, government benefits, and loss of income. We can often help you with these and connect you with other sources of help.