## Get in Touch

Call to speak with someone and find out what services are available at the centre closest to you, or where you will have your appointments.


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

<table>
<thead>
<tr>
<th>Centre</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barrhead</td>
<td>780-305-3304</td>
</tr>
<tr>
<td>Bonnyville</td>
<td>780-826-3311</td>
</tr>
<tr>
<td>Bow Valley (Canmore)</td>
<td>403-493-4867</td>
</tr>
<tr>
<td>Camrose</td>
<td>780-679-2822</td>
</tr>
<tr>
<td>Drayton Valley</td>
<td>780-621-4888</td>
</tr>
<tr>
<td>Drumheller</td>
<td>403-820-7985</td>
</tr>
<tr>
<td>Fort McMurray</td>
<td>780-791-6217</td>
</tr>
<tr>
<td>High River</td>
<td>403-652-0139</td>
</tr>
<tr>
<td>Hinton</td>
<td>780-865-3333</td>
</tr>
<tr>
<td>Lloydminster</td>
<td>306-820-6144</td>
</tr>
<tr>
<td>Peace River</td>
<td>780-624-7593</td>
</tr>
</tbody>
</table>

### Comprehensive (Tertiary) Cancer Centres

#### Calgary

**Department of Psychosocial Oncology**
- Tom Baker Cancer Centre
- Holy Cross Centre
  - 403-355-3207
  - calgarypsychosocial@ahs.ca

#### Edmonton

**Department of Psychosocial and Spiritual Resources**
- Cross Cancer Institute
- Westmount location
  - 780-643-4303

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

<table>
<thead>
<tr>
<th>Centre</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grande Prairie</td>
<td>780-538-7588</td>
</tr>
<tr>
<td>Grande Prairie Cancer Centre</td>
<td>780-538-7588</td>
</tr>
<tr>
<td>Lethbridge</td>
<td>403-388-6800</td>
</tr>
<tr>
<td>Jack Ady Cancer Centre</td>
<td>403-388-6800</td>
</tr>
<tr>
<td>Medicine Hat</td>
<td>403-529-8817</td>
</tr>
<tr>
<td>Margery E. Yuill Cancer Centre</td>
<td>403-529-8817</td>
</tr>
<tr>
<td>Red Deer</td>
<td>403-343-4526</td>
</tr>
<tr>
<td>Central Alberta Cancer Centre</td>
<td>403-343-4526</td>
</tr>
</tbody>
</table>
**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 changes depending on the cancer centre.

**Why should I call?**

Facing 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 any of our programs or services and you don’t need a referral — just call!

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

**Classes and Support Groups**

Our 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 out what programs are available at your site.

**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 sites.

**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.