

Prostate Cancer Resources

Being diagnosed with prostate cancer can be life-changing. **But you are not alone.**

Use these links to find support, information, and connection.

Reach out to find hope and support

Finding Support for You, Your Family, and Friends

Wellspring Cancer Support Alberta (CANADA) <https://wellspringalberta.ca/> 1-866-682-3135

Complementary programs from fitness to finances to help people with cancer and their loved ones cope and live well.

Canadian Cancer Society (CANADA) www.canadiancancersociety.ca

Peer support, practical supports (like help getting to cancer treatment and managing appearance changes), community resource locator, and more.

Prostate Cancer Centre (ALBERTA) prostatecancercentre.ca/

Malecare (USA) malecare.org/

National Cancer Institute (USA) cancer.gov/types/prostate

American Cancer Society (USA) cancer.org/cancer/prostate-cancer.html

Mayo Clinic (USA) bit.ly/ProstateCa

OncoLink (USA) bit.ly/OncoLinkProstate

National Comprehensive Cancer Network (USA) bit.ly/nccn-patientresources

Urology Care Foundation (USA) <https://bit.ly/urology-prostate>

Macmillan Cancer Support (UK) bit.ly/UKProstate

Prostate Cancer Research Institute (USA) pcri.org

ZERO. The End of Prostate Cancer (USA) zerocancer.org

If you are typing these, please note that bit.ly links are case sensitive

Learn About Prostate Cancer Research

Alberta Cancer Clinical Trials (CANADA) albertacancerclinicaltrials.ca

Canadian Cancer Trials (CANADA) canadiancancertrials.ca

Alberta Prostate Cancer Research Initiative: (CANADA) apcari.ca

Coalition to Cure Prostate Cancer: (CANADA) bit.ly/CTCPC-research

Testing Prostate Cancer: (CANADA) testingprostatecancer.ca

TrialJectory: (USA) bit.ly/prostate-trials

Staying Active

Alberta Cancer Exercise (ACE) Program www.albertacancerexercise.com

ACE is a free, 12-week community-based exercise program for people receiving or recovering from cancer treatment. ACE exercise instructors have cancer-specific education and training.

THRIVE Health thrivehealthservices.com

Thrive Health provides evidence-based exercise resources for cancer survivors. Download a free exercise manual and get exercise how-to's and tips to start and keep you on your exercise journey.

Alberta Information on Cancer, Treatment, and Support

Cancer Care Alberta (AHS) www.cancercarealberta.ca

Alberta specific information to support you, your family, friends, and the people who support you, as you are newly diagnosed, in treatment, after treatment, and beyond. Resources that your cancer care team give you can all be found here, as well. We encourage you to explore these web pages to find resources, education, and support.



www.ahs.ca/cancerclasses (for treatment, exercise, and nutrition classes, support groups, and more)

Knowledge Resource Service (AHS) krs.libguides.com/cancer/patientresources

Access to reliable, evidence-based resources and health information.



Counselling and Mental Health Support

Cancer Care Alberta Counselling and Support (Psychosocial Oncology; AHS)

Psychosocial Oncology has many healthcare specialists who can help support your cancer-related concerns and people in your circle of care. They can help with things such as communication, stress, coping with treatment side effects, mood changes, quality of life, body image, loneliness, financial concerns, or practical support.

www.ahs.ca/cancersupportivecare > Psychosocial Oncology or ask for a brochure

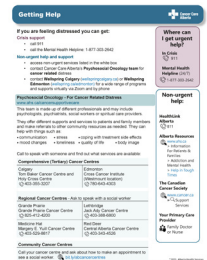
Supports for People with Cancer (AHS) bit.ly/ccagettinghelp

Where to find urgent and non-urgent help in Alberta.

Mental Health Helpline (ALBERTA) 1-877-303-2642

Start the Talk (CANADA) startthetalk.ca/en/home

A resource for educators, healthcare professionals, patients, and those close to them to support children and teens when a family member has cancer.



www.cancercarealberta.ca

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