

## Cancer Information and Supports

It is stressful to find out you have cancer. You may have a lot of questions and concerns. You may be unsure what to expect or what to do next. This handout offers information on the cancer supports available to you and your family members or care partners. Ask to talk to a cancer centre social worker if you have questions or concerns about any of the information in this handout.

This list is for information only. The Central East Regional Cancer Program does not represent or support any organization or individual on this list. The organizations are listed alphabetically.

### Canadian Cancer Society

Cancer Information Service: A free telephone line or live chat offering cancer information. Information can also be mailed to you. There is information on topics such as: cancer and cancer treatment, research and other resources and organizations. Call 1-888-939-3333 to talk to an information specialist or go to the website at [cancer.ca](http://cancer.ca).

#### Cancerconnection.ca

Offers an online community to connect people with cancer and their caregivers with others who know what they are going through. Email [cancerconnection@cancer.ca](mailto:cancerconnection@cancer.ca) or go to the website found at [cancer.ca/en/living-with-cancer/how-we-can-help/connect-with-our-online-community](http://cancer.ca/en/living-with-cancer/how-we-can-help/connect-with-our-online-community) for more information.

Community Services Locator: The Community Services Locator can help you find services and programs closest to you. Go to the website at [csi.cancer.ca](http://csi.cancer.ca).

LGBTQI+ communities: Cancer support services, general health information and community resources for 2SLGBTQI+. Go to the website at [cancer.ca/en/about-us/2slgbtqi](http://cancer.ca/en/about-us/2slgbtqi)

**Cancer Support Centres** offer you and your family member or care partner supports, education and resources.

| Organization                                                                                                 | Phone number |
|--------------------------------------------------------------------------------------------------------------|--------------|
| Gilda's Club (Greater Toronto)<br>Website: <a href="http://gildasclubtoronto.org">gildasclubtoronto.org</a>  | 416-214-9898 |
| Hearth Place Cancer Support Centre (Durham)<br>Website: <a href="http://hearthplace.org">hearthplace.org</a> | 905-579-4833 |
| Wellspring Cancer Support Network (Toronto)<br>Website: <a href="http://wellspring.ca">wellspring.ca</a>     | 416-961-1928 |

**Community Care** can help you with transportation, meals and caregiver relief.

| Organization                                                                                                                               | Phone number |
|--------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Community Care Durham<br>Website: <a href="http://communitycaredurham.on.ca">communitycaredurham.on.ca</a>                                 |              |
| • Ajax Pickering                                                                                                                           | 905-837-0017 |
| • Brock                                                                                                                                    | 705-432-2900 |
| • Clarington                                                                                                                               | 905-623-2261 |
| • Oshawa/Whitby                                                                                                                            | 905-668-6223 |
| • Scugog                                                                                                                                   | 905-985-8461 |
| • Uxbridge                                                                                                                                 | 905-852-7445 |
| Community Care Northumberland<br>Website: <a href="http://commcare.ca">commcare.ca</a>                                                     |              |
| • Brighton                                                                                                                                 | 613-475-4190 |
| • Cobourg                                                                                                                                  | 905-372-7356 |
| • Colborne                                                                                                                                 | 905-355-2989 |
| • Port Hope                                                                                                                                | 905-885-9860 |
| • Trent Hills: Campbellford                                                                                                                | 705-653-1411 |
| • Trent Hills: Hastings                                                                                                                    | 705-696-3891 |
| Community Care Kawartha Lakes: includes Bobcaygeon, Fenelon Falls, Kirkfield, and Lindsay<br>Website: <a href="http://cckl.ca">cckl.ca</a> | 705-324-7323 |
| Community Care Peterborough                                                                                                                | 705-742-7067 |
| HHHS-Community Support Services (Haliburton)                                                                                               | 705-457-2941 |
| Scarborough Centre for Healthy Communities                                                                                                 | 416-642-9445 |

### **Cleaning for a Reason**

- This is a **free** service.
- The service is available to any person receiving cancer treatment.
- The service offers you 1 general house cleaning once a month for up to 2 months.
- You need to apply for this service online.
- They may not find a match for you in your area right away. Keep applying!
- The cleaning service in your area will call to plan for your first cleaning.

Call 1-877-337-3348 or go to: [cleaningforareason.org](http://cleaningforareason.org) for more information.

### **Counselling**

| Organization                                                  | Phone number |
|---------------------------------------------------------------|--------------|
| Catholic Family Services Durham                               | 905-725-3513 |
| Community Counselling Centre Northumberland                   | 905-372-6318 |
| Community Counselling and Resource Centre (CCRC) Peterborough | 705-743-2272 |
| Family Services Durham                                        | 905-666-6240 |

For private counseling services you can contact the Employee Assistance Program (EAP) at your place of work. Your school may also offer support. You can also look for counsellors on this website: [psychologytoday.com](https://www.psychologytoday.com) or talk to your family doctor about being referred to someone.

### Home care – Ontario Health atHome

A Care Coordinator will help you plan for the care and services you need at home. Call 1-800-263-3877 or 310-2222 or go to the website at [ontariohealthathome.ca](https://ontariohealthathome.ca) for more information.

### Indigenous Navigator for the Central East Regional Cancer Program

Can offer support to you if you:

- Identify as having Indigenous ancestry,
- Identify as having First Nation, Metis or Inuit heritage.
- Have Indigenous cultural needs.

Call 905-576-8711 extension 32554, email [kmacleodbeaver@lh.ca](mailto:kmacleodbeaver@lh.ca) or go to the Lakeridge Health website at [lh.ca](https://lh.ca) and search Indigenous Navigator for more information.

### NanKind

Throughout a parent's cancer journey, from diagnosis to bereavement, NanKind offers free childcare, counselling support and meal programs giving parents time to rest, knowing their kids will be supported. Call 416-730-0025, email [info@nankind.com](mailto:info@nankind.com) or go to the website at [nankind.com](https://nankind.com) for more information.

**Peer Support Programs** can connect you with someone who has had a similar experience with cancer. Many organizations offer online and in-person peer support.

| Type of cancer        | Organization                            | For more information                                                                                                                |
|-----------------------|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Bladder               | Bladder Cancer Canada and Wellspring    | Call 1-866-674-8889<br>Website: <a href="https://bladdercancercanada.org/en/get-support">bladdercancercanada.org/en/get-support</a> |
| Breast                | Canadian Breast Cancer Network          | Website: <a href="https://cbcn.ca">cbcn.ca</a>                                                                                      |
| Leukemia and Lymphoma | Leukemia and Lymphoma Society of Canada | Website: <a href="https://bloodcancers.ca/i-have-blood-cancer">bloodcancers.ca/i-have-blood-cancer</a>                              |
| Lung                  | Lung Cancer Canada                      | Website: <a href="https://lungcancercanada.ca/en-CA/Resources/Support.aspx">lungcancercanada.ca/en-CA/Resources/Support.aspx</a>    |
| Myeloma               | Myeloma Canada                          | Website: <a href="https://myelomacanada.ca/en/find-support/peer-support">myelomacanada.ca/en/find-support/peer-support</a>          |

| Type of cancer | Organization             | For more information                                                                                                              |
|----------------|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Ovarian        | Ovarian Cancer Canada    | Website: <a href="http://ovariancanada.org/resources/peer-support-programs">ovariancanada.org/resources/peer-support-programs</a> |
| Pancreas       | Pancreatic Cancer Canada | Website: <a href="http://pancreaticcancercanada.ca/peer-support">pancreaticcancercanada.ca/peer-support</a>                       |
| Prostate       | Truenth                  | Website: <a href="http://peernavigation.truenth.ca">peernavigation.truenth.ca</a>                                                 |
|                | Movember                 | Website: <a href="http://ca.movember.com">ca.movember.com</a>                                                                     |
| Testicular     | Movember                 | Website: <a href="http://ca.movember.com">ca.movember.com</a>                                                                     |

#### African Cancer Support Group

Offers mental, emotional, financial and educational supports to African/Caribbean/Black Canadians and their family members or care partners. Go to the website at [africancancer.ca](http://africancancer.ca) for more information.

#### Queering Cancer

Offers resources and supports to individuals and their care partners from LGBTQ2+ communities. Go to the website at [queeringcancer.ca](http://queeringcancer.ca) for more information.

#### Look Good Feel Better

Offers virtual and in-person workshops to women and men on how to manage the effects of cancer and treatments on your physical appearance. These workshops offer information on skin care and hair alternatives. Go to the website found at [lgfb.ca](http://lgfb.ca) for more information.

#### Muslim Women with Cancer Support Group

A free support group for Muslim women to connect, help and learn from each other while navigating all stages of cancer. Offered as an online Zoom meeting on the 1<sup>st</sup> Monday of each month at 7 pm. Email Sheylina at [shelyna@rogers.com](mailto:shelyna@rogers.com) to register and receive the Zoom link.

#### Safe Haven Cancer Support Centre and Safe Haven Cancer Society

Offers information, encouragement and hope to individuals of African descent living with cancer. Email [safehavencs.01@gmail.com](mailto:safehavencs.01@gmail.com) or go to the website found at [safehavencss.org](http://safehavencss.org) for more information.

#### Young Adults Cancer Canada

Offers online supports and resources to young adults. You will find a list of activities and retreats on the website that can help you connect with other young adults. Call 1-877-571-7325 or go to the website found at [youngadulthoodcancer.ca](http://youngadulthoodcancer.ca) for more information.

**Community Health Centres (CHC)** offer a variety of free programs. Contact the CHC closest to you.

| Organization                                   | Phone number                |
|------------------------------------------------|-----------------------------|
| Haliburton Highlands Family Healthcare Team    | 705-455-9220                |
| Kawartha Lakes Community Health Centre         | 705-324-7323                |
| Carea Community Health Centre (Oshawa)         | 905-723-0036                |
| North Durham Family Health Team                | 905-985-2895 extension 6070 |
| Peterborough County – City Health Unit         | 705-743-1000                |
| Port Hope Community Health Centre              | 905-885-2626                |
| Scarborough Centre for Healthy Communities     | 416-847-4101                |
| Taibu Community Health Centre<br>(Scarborough) | 416-644-3536                |
| Trent Hills Family Health Team                 | 705-653-1801                |

## **211 Ontario**

211 is a helpline offering information on services, programs and supports in your community. Call or text 211 or go to the website found at [211ontario.ca](https://211ontario.ca) for more information.

If you are between the ages of 18 and 39, ask for a copy of the “[Information and Supports for Young Adults With Cancer](#)” handout if you did not already receive a copy.

*This handout was created by the Patient Education Program at the Durham Regional Cancer Centre/Lakeridge Health. It was last reviewed in October of 2025.*