

## Breast Health Centre

### Online Resources

1. Canadian Breast Cancer Network
  - [Canadian Breast Cancer Network - Home](#)
  - Canadian Breast Cancer Network has a support network you can join (facebook group- ([www.facebook.com/groups/CanadianBreastCancerPatientNetwork](http://www.facebook.com/groups/CanadianBreastCancerPatientNetwork) )
  - Never too Young- Practical Support for Young Women with Breast Cancer ([https://cbcn.ca/en/never\\_too\\_young](https://cbcn.ca/en/never_too_young))
2. Canadian Breast Cancer Society
  - [Breast cancer | Canadian Cancer Society](#)
3. A Guide for Women Diagnosed with Breast Cancer (Government of Saskatchewan)
  - [A Guide for Women Diagnosed with Breast Cancer | Cancer | Government of Saskatchewan](#)
4. Saskatchewan Cancer Agency
  - [Saskatchewan Cancer Agency | Breast, Cervical and Colorectal Cancer Agency](#)
5. Dense Breasts Canada
  - [Home | Dense Breasts Canada | Breast Density Matters.](#)
6. Canadian Association of Genetic Counsellors
  - [CAGC - Canadian Association of Genetic Counsellors](#)
7. Canadian Association of Psychological Oncology
  - [Canadian Association of Psychological Oncology](#)
8. Canadian Cancer Society – CancerConnection Online Community
  - [www.cancerconnection.ca](http://www.cancerconnection.ca)
  - 1-888-939-3333
9. Rethink Breast Cancer
  - <https://rethinkbreastcancer.com/>
  - 1-800-563-0238

### Contacts

1. Medication Education (Allen Blair Cancer Centre-ABCC)
  - 306-766-2816
2. Cancer Patient Lodge (4104 Dewdney Ave, Regina)
  - 306-359-3166
  - \$40 per person, per night (includes accommodation, meals and snacks; bag lunches provided if guest is required to spend all day at the cancer centre)
  - \$5 parking charge per day
3. Saskatchewan Cancer Agency
  - Phone: 639-625-2010
  - Fax: 639-625-2191
4. Canadian Cancer Society

- Phone: 1-888-939-3333
- Email: [info@cancer.ca](mailto:info@cancer.ca) (cancer information and support) or [connect@cancer.ca](mailto:connect@cancer.ca) (general inquiries)

## Community Resources

### Financial Resources

- [FinancialNavigator Database - Canadian Breast Cancer Network](#)
- The Pink Wig: The Pink Wig Foundation - Helping Women With Cancer
  - Financial assistance to patients and families in need.
  - Based out of Saskatoon.
  - Serving patients 16- 50 years old.
  - Residents of the province of Saskatchewan, who identify as female, and who are currently undergoing cancer treatment both curative and non-curative, or who are in remission/or recovery phase.

### Lymphedema Resources

- Finding Out About Lymphedema
- Saskatchewan Breast Cancer Network
  - Phone: 613-230-3044 or toll free 1-800-685-8820
  - Email: [cbcn@cbcn.ca](mailto:cbcn@cbcn.ca)
- Lymphedema Association of Saskatchewan- [LAS – Lymphedema Association of Saskatchewan](#)
- Lymphedema Management Today- [Home | JOBST USA](#)
- National Lymphedema Network Position Papers
  - [National Lymphedema Network](#)
- Lymphedivas & Lymphedudes (sleeves, gauntlets, gloves, socks)
  - <https://www.lymphedivas.com/>

### Mastectomy Bras, Prostheses and Other Products

- Canadian Cancer Society: <https://cancer.ca/en/living-with-cancer/how-we-can-help/wig-and-breast-prosthesis-service>
  - Free Wig and Breast accessories for those that cannot afford to cost of a wig or prostheses.
- Allen Blair Cancer Centre- Patient Support Centre
  - Provide wigs, headwear and books free of charge to cancer patients.
  - Located at ABCC level 1, Mon-Fri 0800-1600
- Knitted Knockers- <https://www.knittedknockersab.com/>
  - Provides a free, comfortable alternative breast prosthetic to any Canadian who requests one.

### Breast Cancer Education Class

- Pasqua Hospital Therapies
  - 306-766-8600



## Saskatchewan Health Authority

- ABCC Programs & Services (306-766-2973 to register)
  - Free programs for patients of the ABCC
  - A Life Worth Writing (4 week virtual expressive writing group)
  - Body Image Group (6 week group)
  - Dignity Therapy Service (brief intervention)
  - One Breath (5 week anticipatory grief group for patients and their loved ones)
  - Writing Group (9 week writing group)
  - Androgen Deprivation Therapy (ADT) Class (one class for patients and their partner/families on the fourth Thursday of every month)
  - Cancer Transitions Program (6 week program for patients who have completed treatment)

### Support Groups

- Breast Cancer Action Saskatchewan
- Ovarian Cancer Awareness & Treatment in Saskatchewan (Regina, SK)
- Women's Metastatic Cancer Support Group
- Victoria's Quilts Canada- [Victoria's Quilts Canada-Home page](#)
  - Free quilt for cancer patients in Canada (one per patient and can take several weeks)

### Psychological/Psychosocial Supports

- Canadian Association of Psychosocial Oncology- [Coping with Cancer](#)
  - Free resources.

### Online Support Groups

- Breastcancer.org
  - <https://community.breastcancer.org/en>
- YSC Young Survival Coalition
  - <https://youngsurvival.org/>
- BRCA Sisterhood Canada
  - <https://www.facebook.com/groups/1375541046006651>
- Canadians with Metastatic Breast Cancer Support Group
  - <https://www.facebook.com/groups/791178644292315/>
- Online Community (Canadian Cancer Society)
  - <https://cancer.ca/en/living-with-cancer/how-we-can-help/connect-with-our-online-community>
- Saskatchewan Breast Cancer Connect
  - <https://www.facebook.com/p/Saskatchewan-Breast-Cancer-Connect-100066659675771/>

### Wellness, Fitness, Rehab and Yoga

- Inspire Health- <https://inspirehealth.ca/>
  - Non-profit with all services being free of charge.



- Extensive selection of classes, workshops, and programs and receive individual support from clinical team of supportive care physicians, counsellors, dieticians, and exercise therapists.
- Inpower- [INPOWER - Inpower Regina](#)
  - Offers social events for breast cancer patients to connect with others facing similar circumstances (Crave and Connect, brunch and pool party, u-pick flower night)
  - Free fitness programs
- Look Good feel Better- <https://lgfb.ca/en/>
  - Complimentary workshops
    - Skincare and Cosmetics
    - Wigs and Hair alternatives
    - Breast Prostheses, Bras, and more
- EXCEL Study- <https://kinesiology.ucalgary.ca/labs/health-and-wellness/research/research-studies/exercise-cancer-enhance-living-well-excel>
  - Free online 8-12 week exercise program for people living with and beyond cancer in rural and remote areas across Canada
  - [Wellnesslab@ucalgary.ca](mailto:Wellnesslab@ucalgary.ca)

## Research Opportunities

1. Breast Cancer and MSK Health- Shoulder Health and Ergonomics Research Lab
  - a. <https://research-groups.usask.ca/ergolab/our-research/breast-cancer-and-msk-health.php>