



MANITOBA  
Breast & Women's  
Cancer Network

We connect people with breast and women's health/cancer information.

We link them to the services and support they need - no matter where they live in Manitoba.

We are health professionals and trained volunteers who represent organizations that provide support; we are your neighbours.

We are a network of people who care.

Many of us have been there.

We're all here for you.

### Taking the first step...

- Phone your local Community Contact Volunteer
- Find out how you can link to programs and services
- Find out where to get answers to your questions

Reprinted October 2010

WESTMAN  
Breast & Women's  
Cancer Network



Members are from Brandon and Assiniboine Regions and meet every two months from September - June.

[www.brandonrha.mb.ca](http://www.brandonrha.mb.ca)

#### Regional Coordinators

<b>Fiona Jeffries</b>	<b>578-2192</b>
<b>Merle Teetaert</b>	<b>747-1832</b>



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## Community Supports

### Community Contacts

Trained volunteers working in breast and women's cancer. They are dedicated to providing information and guidance that empowers and comforts. This is a confidential service.

Brandon	Helena Neustater	726-8315
Carberry	Pat Duncan	834-3040
Deloraine	Vicki Caldwell	747-2683
Glenboro	Christine Jefferies	827-5311
Killarney	Susan Blixhavn	523-8620
Neepawa	Mary Ellen Clark	476-2635
Rivers	Marilyn Dickson	328-7891
Sandy Lake	Helen Lewandoski	585-2636
Shoal Lake/Hamiota	Margaret Brewer	764-2208
Virden	Deb Cosgrove	748-3485
	Jackie Holmberg	748-6865
Wawanesa	Jan McDonald	824-2157

A volunteer program of CancerCare Manitoba  
Funding Support provided by:



### Waves of Hope 726-8315

Western Manitoba's Breast Cancer Dragon Boat Team offers support, fitness and fellowship.  
[www.wavesofhope.ca](http://www.wavesofhope.ca)

### Women with Cancer Support Group Brandon 728-3044

Meets the third Wednesday of each month

### Neepawa Cancer Support Group 476-8635

Meets the third Wednesday of each month.

### Virden Women with Cancer Support Group 748-3485

Meets the third Monday every 2nd month

### Look Good Feel Better 848-2163 or 726-8315

A half-day workshop for women experiencing any type of cancer. Offered monthly, includes free make-up kit.



## National & Provincial Services

### Canadian Cancer Society (CCS)

**Westman Area 1-888-857-6658 or 571-2804**

**Cancer Information & Support: 1-888-939-3333**

A national cancer information service that provides information to patients, their families, general public and health care professionals. **CancerConnections** is a peer support program offering support for people living with cancer, their caregivers, family and friends. Services are confidential and available in most languages.

**Transportation services: 1-888-857-6658 or 571-2805**

The CCS provides subsidized rides for cancer patients to radiation therapy, chemotherapy and related medical appointments. [www.cancer.ca](http://www.cancer.ca)

### Ovarian Cancer Canada 1-866-591-6622

A national organization who support women living with ovarian cancer and their families and raise awareness in the general public and with health care professionals.

[www.ovariancancer.org](http://www.ovariancancer.org)

### CancerCare Manitoba (CCMB)

**Psychosocial Oncology 1-888-561-1026 or 787-2109**

A group of professionals that help people with cancer cope with the emotional, psychological, social and spiritual issues. Individual, couples and family counseling and support groups are available.

**CCMB Breast Cancer Centre of Hope 1-888-660-4866**

A resource centre providing information on breast health/breast cancer. Services include consultations with a Nurse Educator, lending library, peer support, information sessions and Our Voice newsletter.

[www.cancercare.mb.ca/hope](http://www.cancercare.mb.ca/hope)

### Winnipeg Regional Health Authority

**Breast Health Centre 1-888-501-5219**

Offers assessment and diagnosis of breast symptoms (e.g. breast lumps or abnormal mammograms); breast cancer risk assessment, counseling and genetic testing; and lymphedema treatment related to breast surgery. Doctor's referral recommended.

[www.wrha.mb.ca/community/bhc](http://www.wrha.mb.ca/community/bhc)

### Helping Hands for Manitobans with Breast Cancer

Provides assistance to those experiencing financial difficulties while undergoing treatment and follow up for breast cancer.

[www.helpinghands4mbwbc.com](http://www.helpinghands4mbwbc.com)



## Regional Services

### Manitoba Breast Screening Program

**1-800-903-9290**

Provincial breast screening services for women aged 50 and over. Mobile screening visits Westman communities every two years. Onsite screening in Brandon (578-2040)

### Manitoba Cervical Screening Program

**1-866-616-8805**

Provincial registry and cervical screening services for all Manitoba women ages 18 - 69.

### Health Resource Centre

**578-4082**

### (Brandon Regional Health Centre)

Books and videos on breast and women's cancer for loan at the Health Library. Inter-library loan also available.

### Women's Wellness Clinics

**859-5304**

Assiniboine RHA: Cervical screening and clinical breast examinations by Clinic nurses. Barb Kostas, Regional Primary Care Practice Manager

### Sexual Health Program

**578-2513**

Information on women's health issues including breast health and women's reproductive health. Cervical screening and clinical breast exams available for program clients.

### CancerCare Manitoba

### Community Cancer Program

CCP sites provide chemotherapy closer to home for patients who are eligible. CCP sites are located in Brandon, Deloraine, Hamiota, Neepawa, Russell

The **Western Manitoba Cancer Centre** will be open in Brandon in 2011 to provide radiation treatment, chemotherapy treatment, and patient support services to

Westman residents under one roof.

**578-2222**

### Regional Palliative Care Coordinators

Offers clinical assistance and support for individuals and families for end-of-life planning.

**Brandon:**

**578-2340**

**Assiniboine:**

**747-1832 or 834-3047**

### Spiritual Support & Information

**Brandon:**

**578 - 4000**