

The **Patient & Family Resource Centre** can help you find information and community services to support you on your journey to better health and wellbeing. The following are some materials and health and social services that are available to you.

Web sites/Online Resources

Breastcancer.org

www.breastcancer.org

Explains the disease and treatment options, and all side effects and possible late effects.

Canadian Cancer Society

www.cancer.ca

Find information about different cancers, cancer treatments and living with cancer. Look up services in your community, including transportation, financial help, home care and places to stay during treatment.

Cancer Care Ontario

www.cancercare.on.ca

Find a listing of Regional Cancer Programs, where they are located and how long you may have to wait for cancer treatments.

www.cancercare.on.ca/symptoms

You can also find patient guides on how to manage your symptoms.

Cancerview

www.cancerview.ca

Brought by the Canadian Partnership Against Cancer, this site offers information about as clinical trials, as well as resources such as videos, support groups, a cancer encyclopedia, palliative care resources.

Chemocare.com

www.chemocare.com

Information on chemotherapy, side effects and drug information from the Cleveland Clinic Cancer Center.

ChemoReady.ca

www.chemoready.ca

Provides tools information and support for people going through chemotherapy.

Lymphedema Association of Ontario

www.lymphontario.ca

Provides information on lymphedema, including reducing your risk, treatment and guidelines.

National Cancer Institute

www.cancer.gov

General site for cancer information, plus clinical trials and other treatment strategies. Also has a dictionary of cancer terms.

National Institute of Health Clinical Research Trials and You (US)

www.nih.gov/health-information/nih-clinical-research-trials-you

Learn what a clinical trial is and how to participate.

Ontario Cancer Trials

www.ontario.canadiancancertrials.ca

If considering taking part in clinical trials of new treatments, find a cancer trial in Ontario.



Books/e-Books



After cancer care: The definitive self-care guide to getting and staying well for patients after cancer / Lemole, G.M. (2015).

Bone metastasis: What you need to know now / American Cancer Society (2008).

The breast cancer survivor's fitness plan: Reclaim health, regain strength, live longer / Kaelin, C.M. (2007).

Everyone's guide to cancer survivorship: A road map for better health / Rosenbaum, E.H. (c2007).

Goes down easy: Recipes to help you cope with the challenge of eating during cancer treatment / Mecklinger, E. (2006).

Life after cancer treatment: A guide for cancer survivors / Canadian Cancer Society (2013).
www.cancer.ca/en/cancer-information/cancer-journey/life-after-cancer

Nature's cancer-fighting foods: Prevent and reverse the most common forms of cancer using the proven power of whole food and self-healing strategies / Varona, V. (2014).

Pilates for breast cancer survivors: A guide to recovery, healing, and wellness / Aaronson, N., Turo, A.M. (2014).

The total cancer wellness guide: Reclaiming your life after diagnosis / Thiboldeaux, K. (2007).

What to eat if you have cancer: Healing foods that boost your immune system / Keane, M. (2007).

Videos / DVDs / CDs



Cancer, confidence and you. (Video)

Cancer: embracing the healing journey / Hopps, N. (2006). (CD)

Chemotherapy: a healing solution / Hopps, N. (2006). (CD)

Radiation: removing the dross / Hopps, N. (2006). (CD)

Find Cancer Information in Other Languages

American Cancer Society

<https://www.cancer.org/cancer-information-in-other-languages.html>

Canadian Cancer Society

www.cancer.ca/en/support-and-services/resources/publications/?region=on

Toll-free: 1 (888) 939-3333

TTY: 1 (866) 786-3934

Publications on the web site are available in English, French and Chinese only. To request information in 100 different languages, you can call the toll-free line to speak with an Information Specialist.

Cancer Index

www.cancerindex.org/clinks13.htm

EthnoMED

ethnomed.org/patient-education/cancer

Health Information Translations

www.healthinfotranslations.com/languages.php

Healthy Roads Media (videos)

<https://store.healthyroadsmedia.org/allvideobuynopreview.htm#cancer>

SPIRAL: Selected Patient Information Resources in Asian Languages

spiral.tufts.edu/topic.shtml#cancer

Home Support



Homemaking, services for seniors, day programs, respite care, support to children, volunteer visiting services and volunteer transportation support.

See also: Hospices

Doorways to Care

www.doorwaystocare.ca

Toll-free: 1 (866) 626-0222

Health Links (Central LHIN)

www.centrallhin.on.ca/goalsandachievements/healthlinks/informationforpatients.aspx

Humber Community Seniors Services

humber seniors.org

Tel: (416) 249-7946

Lumacare

(formerly Downsview Services to Seniors)

lumacare.ca

Tel: (416) 398-5511

Red Cross Community Health Services

www.redcross.ca

Tel: (416) 480-2500 (Toronto Branch)

York West Active Living Centre

www.ywalc.ca

Tel: (416) 245-4395

Support Groups



Canadian Cancer Society

www.cancer.ca

Toll-free: 1 (888) 939-3333 (Information Services)

Tel: (416) 488-5400

Cancer Chat Canada

<https://cancerchat.desouzainstitute.com>

Gilda's Club Greater Toronto

www.gildasclubtoronto.org

24 Cecil St., Toronto, ON, M5T 1N2

Tel: (416) 214-9898

Offers support and networking groups, lectures, workshops and social activities in a non-residential, home-like setting, no charge.

Wellspring

www.wellspring.ca

Tel: (416) 480-4440 (Wellspring Sunnybrook)

Tel: (905) 257-1988 (Wellspring Halton-Peel)

Provides individual and group cancer support, expressive therapies, energy work, education and coping skills, free of charge.

Canadian Breast Cancer Foundation - Canadian Cancer Society

(formerly Willow)

support.cbcf.org

Toll-free: 1 (888) 778-3100

A support organization that provides free information and emotional support for those impacted by breast cancer.

Drug Benefit Programs

Ontario Drug Benefit (ODB)

<https://www.ontario.ca/page/get-coverage-prescription-drugs>

Toll-free: 1 (866) 532-3161

TTY: (416) 327-4282

Trillium Drug Program

<https://www.ontario.ca/page/get-help-high-prescription-drug-costs>

Tel: (416) 642-3038

Toll-Free: 1 (800) 575-5386

TTY: 1 (800) 387-5559

E-mail: trillium@ontariodrugbenefit.ca



Home and Community Care Services

(Provided by the Local Health Integration Networks (LHIN); formerly provided by the Community Care Access Centres (CCAC))

The Local Health Integration Networks (LHIN) provide home and community care services, which include in-home support service such as nursing, personal care assistance, and respite support. For more information, contact your nurse or hospital home care coordinator.

Web: healthcareathome.ca

General Tel: 310-2222 (no area code required)

Central LHIN

(York Region, South Simcoe, North York and areas of northern Toronto)

Toll-free: 1 (888) 470-2222

Tel: (416) 222-2241

Tel: (905) 895-1240

Central West LHIN

(Peel and Dufferin regions)

Toll-free: 1 (888) 733-1177

Tel: (905) 796-0040

Mississauga-Halton LHIN

Toll-free: 1 (877) 336-9090

Tel: (905) 855-9090

Toronto Central LHIN

Toll-free: 1 (866) 243-0061

Tel: (416) 506-9888

Transportation



Ambutrans

Tel: (416) 423-2323

Toll-free: 1 (888) 569-2323 (outside Toronto)

Canadian Cancer Society - Wheels of Hope

(One time registration fee)

Tel: 1 (800) 263-6750

Canadian Red Cross (Fee for service)

Tel: (416) 236-3180 (Toronto)

Tel: (416) 267-5697 (Scarborough)

Tel: (905) 890-8740 (Peel, Mississauga)

CHATS - Community & Home Assistance to Seniors

www.chats.on.ca/transportation

Tel: (905) 713-6596

Toll-free: 1 (877) 452-4287

ESS Support Services

Tel: (416) 243-0127 ext. 555

SPRINT Assisted Transportation for Seniors

(Fee for service)

Tel: (416) 481-6411

St. Clair West Services for Seniors (Fee for service)

Tel: (416) 787-2114

Toronto Ride (Fee for service)

Tel: (416) 481-5250

WheelTrans (TTC)

Tel: (416) 393-4222

Other Community Support Agencies and Community Health Centres

Afghan Women's Organization

Tel: (416) 588-3585

Black Creek Community Health Centre

Tel: (416) 249-8000

Canadian Italian Family Assistance Association

Tel: (416) 588-8042

Unison Health & Community Services

Tel: (647) 436-0385 (Bathurst-Finch site)

Tel: (416) 645-7575 (Jane-Trethewey site)

Tel: (416) 653-5400 (Keele-Rogers site)

Tel: (416) 787-1661 (Lawrence Heights site)

unisonhcs.org

Prepared Meals, Food Banks and Grocery Shopping Help

Daily Bread Food Bank

www.dailybread.ca

Tel: (416) 203-0050

Grocery Gateway

(On-line grocery shopping and home delivery)

www.grocerygateway.com

Toll-free: 1 (877) 447-8778

Heart To Home Meals

<https://www.hearttohomemeals.ca>

Toll-free: 1 (800) 786-6113

Humber Community Seniors' Services

(Meal delivery)

humber seniors.org

Tel: (416) 249-7946

Lumacare (Meal delivery)

(formerly Downsview Services to Seniors)

lumacare.ca

Tel: (416) 398-5511

Meals on Wheels (Meal delivery)

www.mealsonwheels.ca

North York Harvest Food Bank

northyorkharvest.com

Tel: (416) 635-7771

Ontario Medical Supply

(Order nutritional supplements for home delivery)

Toll-free: 1 (800) 267-1069 ext. 5000

Villa Columbo Services for Seniors

(Meal delivery)

www.villacharities.com

Tel: (416) 780-0407



Financial and Legal Services

Advocacy Centre for the Elderly

www.advocacycentreelderly.org

Tel: (416) 598-2656

Centre for Spanish Speaking Peoples Legal Clinic

www.spanishservices.org/en/programs-and-services/legal-clinic

Tel: (416) 533-0680

Downsview Community Legal Services

Tel: (416) 635-8388

Income Securities Program

(Canada Pension Plan and Old Age Security)

www.hrsdc.gc.ca/eng/retirement/index.shtml

Toll-free: 1 (800) 277-9914

Ministry of the Attorney General

(Estate Planning)

https://www.attorneygeneral.jus.gov.on.ca/english/justice-ont/estate_planning.php

North York Legal Aid Office

Tel: (416) 730-1588

OHIP (Health Card information)

www.health.gov.on.ca/en/public/programs/ohip/default.aspx

Toll-free: 1 (866) 532-3161

Ontario Works

www.mcsc.gov.on.ca/en/mcss/programs/social/ow

Tel: (416) 392-2956 (Toronto)

Tel: (416) 397-9450 (North York Central)

Tel: (416) 397-9450 (North York West)

South Etobicoke Community Legal Services

Tel: (416) 252-7218

Veterans Affairs Canada Financial Services and Benefits

Tel: (416) 973-3971



Bereavement and End-of-Life Care Support

Bereaved Families of Ontario

(Toronto Grief Support)

Tel: (416) 440-0290

Provincial Care Coordination Service to Support

Patient Access to End of Life Options

[www.health.gov.on.ca/en/news/bulletin/2017/](http://www.health.gov.on.ca/en/news/bulletin/2017/hb_20170529.aspx)

[hb_20170529.aspx](http://www.health.gov.on.ca/en/news/bulletin/2017/hb_20170529.aspx)

Toll-free: 1 (866) 286-4023

TTY: (844) 953-3350

Temmy Latner Centre for Palliative Care and Max & Beatrice Wolfe Children's Grief and Palliative Care

Tel: (416) 586-4800 ext. 7884



Hospice Programs

Hospice programs offer visiting hospice volunteers, day programs, complementary therapies, respite care, emotional and spiritual support, and support to children, and transportation to appointments, bereavement support and coordination of services.

Alliance Hospice

www.alliancehospice.ca

Tel: (416) 385-8885

Hospice Toronto

www.hospicetoronto.ca

Tel: (416) 364-1666

Canadian Virtual Hospice

www.virtualhospice.ca

Circle of Care Hospice

www.circleofcare.com

Tel: (416) 635-2860

Dorothy Ley Hospice (Etobicoke)

www.dlhospice.org

Tel: (416) 626-0116

Jewish Hospice Program

www.jfandcs.com

Tel: (416) 638-7800

Hazel Burns Hospice (City of York)

hbhospice.com

Tel: (416) 782-5915

Hope House

(formerly Hospice King-Aurora)

<https://www.hopehousehospice.com>

Tel: (905) 727-6815

Hospice Vaughan

www.hospicevaughan.com

Tel: (905) 850-6266

Philip Aziz Centre for Home Hospice Care

www.philipazizcentre.ca

Tel: (416) 363-9196

Heart House Hospice (formerly Hospice of Peel)

www.hearthousehospice.com

Tel: (905) 712-8119

St. Elizabeth Health Care

www.saintelizabeth.com

Tel: (905) 940-9655

Victorian Order of Nurses Toronto-York Region

Hospice Scarborough

www.von.ca

Tel: (416) 498-8126

Fertility Programs

Mount Sinai Fertility

www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program_Services/Pages/mount_sinai_fertility.aspx

Joseph and Wolf Lebovic Health Complex
250 Dundas St. W., 7th fl., Toronto, ON, M5T 2Z5
Tel: (416) 586-4748

Adolescent & Young Adult (AYA) Oncology Program

www.uhn.ca/PrincessMargaret/PatientsFamilies/Clinics_Tests/Adolescent_Young_Adult_Oncology

Tel: (416) 946-4501 ext. 5579

Fertility Preservation for Women Starting Cancer Treatment (pdf)

www.uhn.ca/PrincessMargaret/PatientsFamilies/Clinics_Tests/Adolescent_Young_Adult_Oncology/Documents/Fertility_Preservation_for_Women_Starting_Cancer_Treatment.pdf

Fertility Preservation for Men Starting Cancer Treatment (pdf)

www.uhn.ca/PrincessMargaret/PatientsFamilies/Clinics_Tests/Adolescent_Young_Adult_Oncology/Documents/Fertility_Preservation_for_Men_Starting_Cancer_Treatment.pdf

Wigs

The Princess Margaret Hospital

Wig Salon & Accessories Boutique

190 Elizabeth St., Toronto, ON, M5G 2C4
3rd Floor, Room 642
Tel: (416) 946-4501 ext. 6596

Canadian Cancer Society

Wig Boutique

PMH Lodge, 545 Jarvis St.,
Toronto, ON, M4Y 2H8
Tel: (416) 413-7412



Important Telephone Numbers:



Notes:



The **Patient & Family Resource Centre** offers staff and residents in the community free access to our electronic, print and audiovisual collection on health and wellness matters. The items listed in this resource are a selection of some of the materials available to you.

To reserve any of the print items from the list, please contact us.

Patient & Family Resource Centre
Humber River Hospital
1235 Wilson Ave., Toronto, Ont. M3M 0B2
Tel: (416) 242-1000 ext. 81200 | Fax: (416) 242-1047
Web: <http://www.hrh.ca/FindHealthInformation> | Email: pfrc@hrh.ca
Hours: Monday to Thursday, 8:00 a.m. - 7:00 p.m.
Friday, 8:00 a.m. - 4:00 p.m.
We are located on Level 0, in front of the Food Court.

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

English: This information is important! If you have trouble reading this, ask someone to help you.

Italian: Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish: ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.