

Information on Local Breast Cancer Supports

Look Good – Feel Better

Free programs that can help bolster self-esteem of recovering women in active cancer treatment. The 2-hour monthly clinics are conducted by volunteer cosmeticians who receive certification in the special beauty techniques used in the program. Participants learn simple techniques and receive a complimentary kit of cosmetic products. They also offer videos, magazines and information on workshops designed to help women with cancer redefine their self-image during and after chemo and radiation.

Date & Time: **3rd Monday of each month, 1:30-3:30pm.**

(Please call to register prior to attendance).

Location: Sessions are run at the Saint John Regional Hospital.

Contact: *Oncology Dept. 648-6885*

New Brunswick Breast and Women's Cancer Partnership (NBBWCP)

At the time of diagnosis, patients are provided with the Purple Violet kit. This is an information packet intended to provide patients and their families with current information about breast cancer. It also provides information about diagnosis and treatment options.

Contact: phone 506 858 8252

Email: NBwomenscancer@gmail.com

New Brunswick Breast Cancer Network *Retreats*** www.breastcancernetwork.nb.ca**

Mandate for this group is to support people affected by breast cancer and to provide hope through education, public awareness and partnering with others.

President Linda Saulnier email lindacsaulnier@gmail.com phone 696-7604

Breast Ahoy: Saint John Breast Cancer Survivor Dragon Boat Team

Breast Ahoy is a group of breast cancer survivors. These survivors help us to see that you can lead a full and active life, despite your diagnosis or physical limitations imposed by the disease – to grow stronger as individuals and as a team and have fun in the process – to celebrate being alive. To find out more about becoming a member: contact@breastsahoy.com

Breast and Women's Cancer Support Groups

Support groups for women who are currently experiencing or have survived breast or gynecological (ovarian, cervical, and uterine) cancers. These meetings create an atmosphere where breast and gynecological cancer patients and survivors can share feelings and provide support and information about living with a cancer diagnosis.

Saint John

Date & Time: **2nd Wednesday of each month, 6:30 – 8:00pm**

Location: 9th floor St. Joseph's Hospital, Resource Room

Contacts: Janet Kyle 654 1075

Sussex

Time & Date: 4th Tuesday of each month, 6:00-8:30pm.

Location: Fairview Banquet Room.

Contacts: Brenda Brown 433-5028 or Joyce Bean 433-5652

CBCF toll free helpline 1 888 778 3100 or email support@cbcf.org or
Website support.cbcf.org.

Canadian Cancer Society - provide *free wigs*

Cancer patients experiencing financial difficulties with no access to other sources of income may be able to acquire some practical assistance from the society. Confidential Patient Profile and Financial Statement forms can be completed with the help of a Cancer Society trained volunteer, a hospital social worker or Extra Mural Social Worker. This is necessary to determine eligibility for partial coverage of costs associated with transportation. The purpose of this program is to ensure access to treatment and comfort of the patient. Further information can be obtained by contacting the Canadian Cancer Society Office (Saint John) 634-6272 or the Social Work Department at your local hospital.

Community Programs & Services 634-6274 Located at 133 Prince William Street Saint John, N.B.

Information Line: 1 (888) 939-3333 www.cancer.ca

The Breast Health Program Trust Fund

This program was established to provide patients with funding for items that they could not otherwise afford during breast cancer treatment and recovery. Items included are: wigs, support garments (lymphedema sleeves and gloves, compression bras), breast prosthesis, and transportation costs to and from treatments. For further information contact Kathy Woodhouse 632-5620.

The Breast Health Program, St Joseph's Hospital

Nurse Case Manager: Kathy Woodhouse 632-5620

New Brunswick Breast Cancer Network

Menopause Clinic, Community Health Centre

Physician referral needed 632-5454

Oncology Social Worker (SJRH)

Isabelle Chiasson 648-6636

Oncology Medical Reimbursement Officer (SJRH)

Mildred Heans 649-2599

On line support- www.breastcancersupport.org ; www.cbcf.org ; www.cbcn.ca/en/ ;
www.rethinkbreastcancer.com ; www.breastcancer.org/community ; www.pink-link.org ;
www.bccancer.bc.ca

Head Scarves: www.hairandbeautycanada.ca ; www.headcovers.com

Lymphedema Program

Saint John 632-5606 (physiotherapy) Andrea Tilley
Sussex 432-3103

Massage Therapy

Saint John Darlene Mapp 693-1118
St. Stephen Nicole Dufour 466-1405

Diana Leitch

Intimacy and Sexuality Relationship Therapist 506 647 2463 call for appointment

Second Sight Coaching & Counseling

Margaret Totten email: margaret@secondsightcoaching.com ; phone 639 - 7972

Prosthetic Supplies

**** Most health plans cover prosthetics but generally require a prescription stating Hair Prosthetic or Breast Prosthetic**

Canadian Cancer Society have free wigs and turbans at 133 Prince William Street, Saint John, NB

Complete Sense Salon & Day Spa, Sussex - Wigs & head scarfs, breast prosthesis - Shelley Doyle
506-432-3602

Hairacy's – wigs – Quispamsis

Mobile Medical – Breast Prosthesis, Bathing Suits and Bras - Carmel Sullivan 657-7325 or cell phone 636-1450, email thesullivans@rogers.com, Fax 214-0154

Shoppers Drug Mart, Crown St, Saint John – Heather Savoy 636-9610

Guardian Drug, St. Stephen – Laurie Rideout 506-466-4447

Lawton's Drugs, Sussex - Cindy Creighton 506-432-6789

Lawton's Drugs 107 Catherwood Street, Saint John 506-635-1126

Sensitive Directions for Creative Inspiration - mastectomy products and bras call Karen Jennings 506-645-0213

The Bra Room - mastectomy styles in everyday sport and swim wear, as well as breast forms for everyday and swim. We have trained fitters ready to help you find a comfortable fit. Location 47 Clark Rd. Unit 2, Rothesay, NB Phone: **849-0600**. Contacts Katherine Crilley and Teresa Goldsmith