

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.

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 or go to the website found at 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 csl.cancer.ca.

2SLGBTQI+ communities: Cancer support services, general health information and community resources for 2SLGBTQI+. Go to the website at 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
Brooksong Retreat and Cancer Support Centre (Haliburton) Website: brooksong.ca	705-754-2966
Hearth Place Cancer Support Centre (Durham) Website: hearthplace.org	905-579-4833
Wellspring Cancer Support Network (Toronto) Website: wellspring.ca	416-961-1928

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

Organization	Phone number
Community Care Durham Website: communitycaredurham.on.ca	
• 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 Website: commcare.ca	
• 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 Website: ccckl.ca	705-324-7323
Community Care Peterborough Website: commcareptbo.org	705-742-7067
HHHS-Community Support Services (Haliburton) Website: hhhs.ca/community-programs	705-457-2941
Scarborough Centre for Healthy Communities Website: schcontario.ca	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 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 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 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 Connie Spencer at 905-576-8711 extension 32554 or go to the Lakeridge Health website at 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 or go to the website at 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 Website: bladdercancercanada.org/en/get-support
Breast	Canadian Breast Cancer Network	Website: cbcn.ca
Leukemia	Leukemia and Lymphoma	Website:

Type of cancer	Organization	For more information
and Lymphoma	Society of Canada	bloodcancers.ca/i-have-blood-cancer
Lung	Lung Cancer Canada	Website: lungcancercanada.ca/en-CA/Resources/Support.aspx
Myeloma	Myeloma Canada	Website: myelomacanada.ca/en/find-support/peer-support
	Durham Region Myeloma & Amyloidosis Support Group	Email: durhamregion@myeloma.ca
	Peterborough and Kawartha Lakes Myeloma Support Group	Email: peterborough-kawartha@myeloma.ca
Ovarian	Ovarian Cancer Canada	Website: ovariancanada.org/resources/peer-support-programs
Pancreas	Pancreatic Cancer Canada	Website: pancreaticcancernorthamerica.ca/our-support-programs
Prostate	Prostate Cancer Support Durham Region	Website: PCSDurham.ca Call George at 905-426-7494
	Truenth	Website: peernavigation.truenth.ca
	Movember	Website: ca.movember.com
Testicular	Movember	Website: ca.movember.com

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 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 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 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 1st Monday of each month at 7 pm. Email Sheylina at 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 or go to the website found at 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 youngadultcancer.ca for more information.

Community Health Centres (CHC) offer a variety of free programs. Contact the CHC closest to you. Your primary care physician or nurse practitioner may belong to a [Family Health Team](#) that offers programs and services that may be of help to you.

Location	Organization	Contact information
Brock Township	Brock Community Health Centre (Beaverton)	Call: 705-432-3322 Website: brockchc.ca
	Brock Community Health Centre – Primary Health Care (Cannington)	Call: 705-432-3388 Website: brockchc.ca
Haliburton	Haliburton Highlands Family Healthcare Team	705-455-9220
Kawartha Lakes	Community Care City of Kawartha Lakes (Lindsay)	705-324-7323 Website: ccckl.ca
Durham Region	Durham Community Health Centre - Oshawa South	Call: 905-723-0036 Website: durhamchc.ca
	Durham Community Health Centre - Oshawa North	Call: 905-743-9960 Website: durhamchc.ca

	Durham Community Health Centre - Pickering	Call: 905-420-0333 Website: durhamchc.ca
Peterborough	Peterborough County – City Health Unit	705-743-1000
Northumberland County	Northumberland Community Health Centre (Port Hope)	905-885-2626 Website: chcnorthumberland.ca

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 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 do 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 September 2026