South Coast Community Caring for Cancer

Resources for You…

Website: https://cccsouthcoast.ca/
Facebook: https://www.facebook.com/groups/2781918938745891/

Welcome to our resource page. We have organized these resources by region including Norfolk & Haldimand, Hamilton, hospitals and other organizations.

NORFOLK & HALDIMAND COUNTIES

Cancer Resource & Support Program, Norfolk
Email: info@csrp.ca Phone: 519-426-0219
Cancer Support and Resource Program - Norfolk (CSRP)

CRSP Supports 4 groups, follow this link for information also listed below:
https://www.csrp.ca/support-groups-and-agencies

1. Support group for women with any type of cancer and their caregivers if they wish to bring them If they are having difficulties with their treatments or just have questions or concerns, we meet at Hazel Place 645 Norfolk St. N Simcoe from 7:00 p.m. to 9:00 p.m. on the first Tuesday of every month. The meetings are free. If you need more information, contact Joan Davidson at 519-582-4202 or joan@ajd.ca.

2. Luncheon on the 2nd Thursday of each month 12:00 p.m. – 2:00 p.m. at The Simcoe Arms, 140 Queensway East, Simcoe, ON Open to all women dealing with ANY type of cancer or long-term effects of treatment, as well as survivors. Facilitated by a peer support volunteer with training in peer support and group facilitation. You may order from the menu if you wish but feel free to come even if you are unable to eat. Studies show the benefits of support group encouragement. Telephone or email support is provided and regular check ins. You are not alone. We are here to help in any way we can. Contact the CSRP at 519-426-0219 for any questions or to RSVP.

3. Port Dover Breast Cancer Support Group (Bossom Buddies) Group meets the 3rd Tuesday of every month except August and December. We share information on local services and telephone support. Speakers are invited to give short presentations encouraging positive healing and healthy lifestyles. We meet at 2:00 p.m. at 25 Cardinal Lane, Port Dover. Meetings are informal, confidential and provide friendly support. If you need more information, contact Susan Bond at 519-583-3091 or smbond44@gmail.com.

4. Hope “One day you will tell your story of how you overcame what you went through, and it will be someone else’s survival guide.” Support group for 55 and under. A group of women getting together to support each other. Meets once a month. Email ashleyvanwynsberghe77@gmail.com to register.

Wheels of Hope - Volunteer Driving Program

Organization:	Canadian Cancer Society - Hamilton Brant-Norfolk Community Office
Toll-Free:	1-888-939-3333 (Cancer Information Service)
TTY:	1-866-786-3934
Email:	transportation@cancer.ca
Website:	csl.cancer.ca/en/Detail/db51b318-81fe-e811-a98d-00...

PLEASE CONTACT 1-888-939-3333 FOR MORE INFORMATION

The Canadian Cancer Society's ***Wheels of Hope Transportation Program*** provides people living with cancer rides to and from their cancer treatment appointments. Dedicated volunteer drivers donate their time and use their own (or Society owned) vehicles to help people living with cancer get to the hospital or cancer centre. New patients who register are required to pay an annual registration fee. Patients under the age of 18 are exempt.

Clients will need a referral from a member of their treatment team at their treatment location to register.

Registration and trip requests can be taken with 3 business days' notice to book a trip.

Registration Eligibility

• Referred by a member of their healthcare team with client permission
• Has received a cancer diagnosis
• Is receiving treatment for cancer, or has received treatment in the last 12 months and is attending follow-up appointments
• Has no other means of transportation available
• Annual $100 registration fee paid, with compassionate program available if they are unable.

Haldimand-Norfolk Community Senior Support Services

www.seniorsupport.ca Phone: 519-426-6060 Fax: 519-426-4108
220 Victoria St. Unit B, Simcoe, ON, N3Y 4K2
Toll Free: Norfolk – 1-866-529-0849 Haldimand – 1-800-265-2818
Supports for older adults, and adults with disabilities, helps people remain independent in their own homes for as long as possible. Services and programs include: meal on wheels, transportation, diner's club, friendly visiting, telephone reassurance, adult day program, hospice palliative care outreach, safety at home and home maintenance.

Healthline – Health Services for Haldimand and Norfolk

Click this link for information and links to health services:
Health Services for Haldimand Norfolk - hnhbhealthline.ca

Paramedic Services – Norfolk

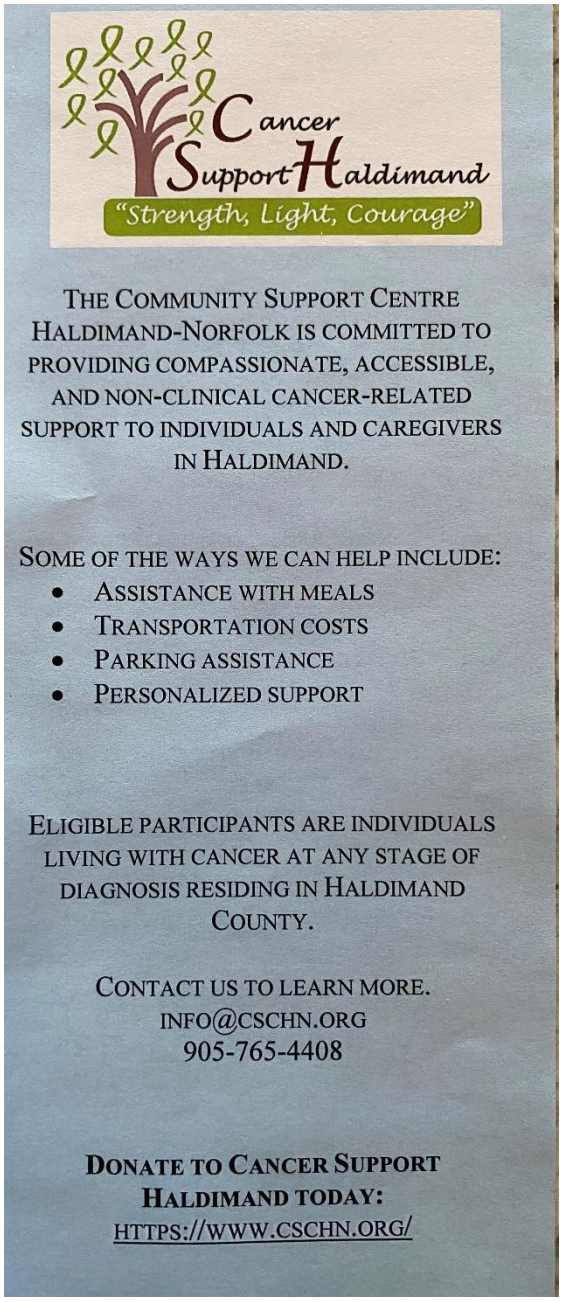
Click this link for information on ambulance services.
Paramedic Services | Norfolk County
Norfolk County - Paramedic Services - hnhbhealthline.ca

Haldimand County Community Paramedics

communityparamedics@haldimandcounty.on.ca
Paramedic Services
11 Thorburn St S Cayuga
Our community paramedics can provide the following: care, education, support, questions and info, wellness clinic. Referrals form required from the community office contact for further info.

Community Support Centre Haldimand-Norfolk

www.cschn.org
103 Inverness St, Caledonia ON, N3W 1B1
Email: info@cschn.org Phone: (905) 765-4408



The Community Support Centre Haldimand-Norfolk strives to provide comprehensive client-driven community support and services. Individualized services and information are available for those living in Haldimand and Norfolk.

Mission
The Community Support Centre Haldimand-Norfolk is a not-for-profit organization whose mission is to enhance quality of life in our community through partnerships, promotion and the provision of health, social, community and recreation services.



Norfolk Haldimand Community Hospice

https://norfolkhaldimandhospice.ca/
No matter where you are in your journey, The Norfolk Haldimand Hospice is here to provide comfort, support, and understanding every step of the way. Reach out to us today to learn more about how we can help.

Wellspring Cancer Support

Homepage - Wellspring
If you have cancer, you need Wellspring. At Wellspring, you will find a range of specialized programs designed to provide connection and belonging; ease pain, fatigue and distress; build strength and mobility; and support financial and workplace challenges. Wellspring programs are available across Canada online, and through locations in Alberta, Ontario and New Brunswick, all at no charge, and without referral.

Pharmacies in Haldimand & Norfolk

Click the following link to see all of the pharmacies in the region:
Pharmacies - Haldimand Norfolk - hnhbhealthline.ca

Roulston's Wellness Centre, Simcoe

Brooke Armstrong, Home Health Care Manager and Certified Fitter
https://roulstons.com/
519-426-8011 ext. 264
Wellness Centre 65 Donly Drive North Simcoe, ON N3Y 0C2
Downtown Simcoe17 Norfolk St. South N3Y 2V8 - 519-426-1731
Port Dover 414 Main Street Port Dover N0A 1N0 – 519-583-2100
Delhi 123 King Street Delhi N4B 1X9 – 519-582-1800
Tillsonburg 671 Broadway Street Tillsonburg N4G 3T1 – 519-688-7372

Hauser's Pharmacy, Simcoe, Hagersville, Dunnville

www.hausershealthcare.com
Pharmacy info@hauserspharmacy.com
Mobility/Home Healthcare - 1-855-440-8500 info@hausershhc.com
In-Home Private Care – Support Services - 1-844-447-4757 care@hausersss.com
Simcoe 150 West St. N3Y 5C1 - 519-428-0871
Hagersville 30 Main St N N0A 1H0 - 1-905-768-1144
Dunnville 140 Broad St. E N1A 1E9 - 1-855-440-8500

My Top Drawer, Simcoe

My Top Drawer is proud to offer a comfortable and dignified setting for your prosthetic fitting in our boutiques. We have available pre-and post surgical garments. Our trained fitters have a number of great products as well as the compassion and know-how to help you live comfortably with a natural look. Bras, forms, swimwear and loungewear. 25% off with purchase of $100
Lisa Engelhardt Robinson, Owner
519-428-1757
www.mytopdrawer.com

Who Did It Club, Simcoe
519-428-0271
36 Hillcrest Rd
Simcoe, ON N3Y4K6
Community service club providing short-term supply of medical equipment free of charge such as wheelchairs, commodes, walkers, canes, hospital beds, crutches etc.

Florian Clinic & Day Spa - New Day New Me Makeover Session, Simcoe
Free mini-spa days for cancer patients and survivors. Held twice a year at the Florian Clinic in Simcoe.
Call 519-426-0219 to reserve your spot.
www.florianclinic.ca

Marie Mitchell, New Leaf Hypnosis Centre
Hypnotherapist 519-420-7911
marie@newleafhypnosiscentre.ca
www.newleafhypnosiscentre.ca

Julie Maltby, The Loss Art
Certified Creative Grief Coach and Thanatologist
www.thelossart.com or julie@thelossart.com

Campfire Circle
https://campfirecircle.org/
Campfire Circle is a privately funded charity that brings laughter and joy to kids affected by childhood cancer or serious illness and their families. Year-round community, in-hospital and overnight camp programs deliver fun, friendship and a sense of community at any stage of a childhood cancer journey.

Haldimand County Public Library
(905) 318-5932
https://www.haldimandcounty.ca/haldimand-county-public-library/branches-hours/

Norfolk County Public Library
519-426-3506
www.ncpl.ca

The H.A.C. – Health, Activity, Community
Alzheimer's Society Brant, Haldimand, Norfolk, Hamilton, Halton
42 Main Street S, Hagersville, ON
P: 905-768-4488 ext.100
www.hac.alzda.ca
www.hac.alzda.ca/about-us/#our-team
www.hac.alzda.ca/programs/
HA.C. offers a variety of programs to keep you active, engaged, and connected. From social gatherings and wellness activities to skill-building workshops, tech support, and memory games, there's something for everyone. Programs are available in-person and online, including focused support for those with dementia, acquired brain changes, or vision challenges.

Young Caregivers Initiative - Powerhouse Project

c/o Haldimand Abilities Centre
42 Main Street
Hagersville, ON N0A 1H0
Phone: 905-768-4488
Alicia Blake, Team Lead & Program Coordinator
P: 905-317-6623 E: aliciab@youngcaregivers.ca
Powerhouse™ is an evidence informed program developed to teach YOUNG CAREGIVERS life and personal development skills, provide opportunity to connect with other caregiving kids, bring caregiving families together, and reinforce self-care. Powerhouse™ programs are delivered throughout the Haldimand, Norfolk and Niagara Regions and are geared towards ages 5 to 25 and have supported hundreds of YOUNG CAREGIVERS over the years. All of our Powerhouse™ services aim to build the resilience of YOUNG CAREGIVERS and their families.

Wildflowers North, Shannon McConnell





Inclusions Developmental Services Haldimand

This is an adult day program and respite care for developmentally challenged family members
info@inclusionscaledonia.com
www.inclusionsdayprogram.com

Right at Home Canada – Haldimand, Norfolk & Brantford

Home Health Care & Assistance
Sharlene Hogeterp Louden - care office owner
103 Inverness St Unit 2, Caledonia, On N3W1B1
Haldimand-Norfolk - 289-860-1606
Brantford - 226-680-1750
carehaldimand@rightathomecanada.com
Aging, disability, illness or injury can make home a challenge. We believe that no one should have to face the long list of complex decisions and unforeseen changes alone. We are experts, providing not just care, but coaching and experience to help navigate every step. Our trained caregivers are passionate about helping clients because they know with each life we impact, we are changing the world.

Kaley's Restaurant

www.kaleysrestaurant.com
33 Robinson Street, Simcoe, Ontario
226-440-3444
Our prepared meals are made in house with the best locally sourced ingredients and no preservatives. Individual and family meal sizes available. Fully cooked and frozen.

Wholesome Pickins

www.wholesomepickins.ca
500 Church St E, Delhi ON N4B 1V3
(519) 582-1114
Wholesome Pickins Savory Market offers a variety of delicious and convenient ready-made meals, salads (potato, pasta, coleslaw, etc.), dips, and lunches, all prepared fresh in-house using local ingredients.

Austin's Farm Market

www.austinspickyourown.com
2587 Cockshutt Rd
Waterford, ON N0E 1YO
Contact: 519-443-4909
Email: austinspickyourown@gmail.com
We are pleased to offer a variety of fresh-made baked goods and ready-to-eat meals made right here at our farm stand. Explore our wide range of fruits, vegetables, preserves, and snacks.

KrisJens 2.0 Contact: Lana

226-802-1328
Home cooked meals delivered to your door. Weekly menu. Contact Lana to be added to their mailing list.



Rebecca Orr, End of Life Doula Services

Liminality End of Life Doula Services Haldimand/Norfolk
905-978-1606
www.liminalitydoula.ca
rebecca@liminalitydoula.ca
Liminality symbolizes the sacred and transformative journey of navigating the end of life. The essence of my work involves companioning individuals and families through the profound transition at life's end. With a background in counselling services, healthcare and the funeral industry, I bring both expertise and empathy to my practice. I believe in honouring life stories and facilitating meaningful conversations about dying and death. Through my services, I aspire to create a supportive and safe space for reflection, healing, and connection, ensuring that each person's end-of-life experience is approached with dignity and care.

Tai Chi Classes in Simcoe - Fund Loy Kok Institute of Taosim

Address: 25 Peel St., Simcoe, ON N3Y 1S1
Phone: 519-428-0313
Fung Loy Kok Institute of Taoism | Simcoe
https://www.taoist.org/locations/simcoe/

Two Jax Cleaning Co Haldimand & Norfolk

289-244-398
Provides high-quality residential cleaning services designed to make your life easier and make your home feel calm. Will work with your needs and your schedule

The Elder Care Company Ltd. - Haldimand

Provides personalized home care - Medical and Non-Medical Home Care Services
Respite care - relief and support for families
Whether it's a few hours, days, or longer professional caregivers step in to ensure professional care
833-378-3225
caring@theeldercarecompany.com

Open Arms Haldimand & Norfolk

Respite Care Services
openarmsrespiteservices@gmail.com
519-755-6509
www.openarmsrespitecareservices.ca

Canadian Tai Chi Academy - Simcoe

https://www.canadiantaichiacademy.org/location_on_simcoe.html
Trinity Anglican Church Hall Tuesday & Friday 9:00 – 10:30 am
80 Colborne Street South
Simcoe, Ontario
Contact: 519-428-0202 Pam
Contact: 519-426-9478 Sandra
Email: simcoe@canadiantaichiacademy.org

Inspirational Hearts

www.inspirationalhearts.ca
Inspirational Hearts Mastectomy and Wig Boutique is dedicated to helping improve the quality of life of those living with cancer.
84 Charing Cross Street, Brantford, Ontario N3R 2H6
519-753-5320 or email: inspirationalhearts@bellnet.ca
Hours: Tuesday to Saturday: 10 am to 2 pm, Sunday and Monday: CLOSED

HAMILTON

Cancer Assist Program

555 Concession Street, Main Floor
Hamilton, ON L8V 1A8
905-383-9797
info@cancerassist.ca
Cancer Assistance Program – Help when you really need it.
The services offered by CAP are practical and tangible in nature. They have a focus on creating access and removing barriers, promoting personal safety, reducing or eliminating financial burden and offering individuals with cancer the opportunity to live more comfortably, with dignity and improved emotional health. The Mission of CAP is to support, educate and empower individuals and families touched by cancer through programs and services provided free of charge.

Canadian Cancer Society

If you need support or have any questions, talk to us1-888-939-3333 or fill out the email form on our website https://cancer.ca/en/

Wellwood Cancer Centre

501 Sanitorium Road, Hamilton, ON L9C 0C3
https://www.wellwood.ca/
Phone: 905-667-8870
Program Registration Information: wellwoodzoom@gmail.com
Wellwood empowers you to LIVE WELL with cancer. Everything we provide (virtual or in-person) is available at NO COST to anyone who has received a diagnosis of cancer, loved ones, and caregivers. As an accessible and inclusive space, we strive to be barrier-free for all. We continue to offer programs, groups, self-help resources and one-on-one peer mentoring online, providing support to everyone who is unable or prefers not to physically attend programs onsite. Wellwood's community and hospital sites are open Monday to Thursday, 10 to 3. You are welcome to stop by either of our locations for information, resources and support. If you wish to visit outside of these hours, please connect with us to book an appointment.

Jennifer Ripley

Hummingbird Herbals Inc.
905-730-7927
https://www.facebook.com/profile.php?id=61581141486098

hummingbird_herbals2
(905) 730-7927
jennifer.ripley@hummingbirdherbalhealong.com
Hummingbird Herbals Inc.

Hamilton Health Sciences, Jurvanski Cancer Hospital
https://www.hamiltonhealthsciences.ca/about-us/our-organization/our-locations/juravinski-hospital/

Hamilton Health Sciences Foundation Office
www.hamiltonhealth.ca/about-hhsf/

HOSPITALS & OTHER ORGANIZATIONS

Norfolk General Hospital
Click this link to connect to the website - Norfolk General
365 West St.
Simcoe, ON N3Y 1T7
(519) 426-0130

West Haldimand General Hospital
Click this link to connect to the website - West Haldimand General
75 Parkview Road
Hagersville, ON NOA 1HO
905-768-3311

Brantford General Hospital Cancer Care Clinic
Cancer Clinic | Brant Community Healthcare System

London Health Sciences Verspeeten Family Cancer Centre
https://www.lhsc.on.ca/verspeeten-family-cancer-centre/about-verspeeten-family-cancer-centre

Woodstock Hospital
Woodstock Hospital – Woodstock Hospital
Parking at the Woodstock Hospital is $4.00. Cancer patients may be eligible for a reduced rate. Pleae check with your health care team.

HOSPITAL FOR SICK CHILDREN, Toronto
SickKids | The Hospital for Sick Children

211 Ontario
https://211ontario.ca/
211 is a free and confidential service that easily connects people to the critical social and community supports they need. Our helpline is answered by real people 24/7. Service is available in 150+ languages.

By Phone: Dial 2-1-1 Toll-Free: 1-877-330-3213
Text: Text 2-1-1 Text is available 24 hours a day, 7 days a week
Live Chat: Live chat service is available Monday to Friday from 7am - 9pm ET.
https://211ontario.ca/contact/ choose live chat from the contact page.
Email: gethelp@211ontario.ca Emails are monitored Monday to Friday from 7am to 9pm ET.

Knitted Knockers of Canada

115 Fiddlehead Cres.
Waterdown, Ontario L8B 0Y1
Knitted Knockers are special handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast. These soft comfortable lightweight prosthesis are available for **FREE** (request yours here). They are knit with love by our wonderful volunteers
For more information: https://knittedknockerscanada.com/

For the Love of BOOBS, custom & one-of-a kind signet rings & Jewellery

Anice, 275 Main Street, Bloomfield, ON K0K 3L0
Contact: 613-799-5526
Email: info@anicejewellery.com
Website: anicejewellery.com
Social Media: @anicejewellery
A portion of the proceeds supports the Breast Cancer Research Foundation



The Kindred Foundation www.kindredfoundation.ca

The Kindred Foundation helping and supporting families with children faced with Childhood Cancer through various initiatives including financial support, mental health support and more. Visit the website for more information or click the link above.

Ontario Trillium Drug Program

Apply to the Trillium Drug Program (TDP)
If you're applying for the first time, the annual deadline is September 30. You can get an application form online, as well as use the guide when filling out your application. You may also get an application form from your pharmacy. Alternatively, you may request an application form by calling:

- 1-800-575-5386 (toll free)
- 1-800-387-5559 (TTY)
- 416-642-3038 (in Toronto area)

Trillium Drug Program Application - Forms - Central Forms Repository (CFR)
https://forms.mgcs.gov.on.ca/en/dataset/014-3693-87

Send your completed application only by mail to the following address:

Trillium Drug Program
Ministry of Health and Long-Term Care
PO Box 337, Station D, Etobicoke, ON M9A 4X3

Canadian Breast Cancer Network (CBCN) is a survivor-directed, national network of organizations and individuals. CBCN is a national link between all groups and individuals concerned about breast cancer, and represents the concerns of all Canadians affected by breast cancer, and those at risk.

Cancer Care Ontario | Cancer Care Ontario (CCO) Provincial agency responsible for overseeing health care planning and spending for cancer services * enacts programs for cancer prevention and screening at the provincial level * develops and enacts improvements and standards by working with medical professionals and organizations * links researchers and transfers knowledge into the cancer care system * resources about wait times and cancer prevention, screening, diagnosis and treatment available on website

Regional Cancer Centres - Located in across Ontario * cancer prevention, screening, diagnostic, treatment and related services

Program:	**Cancer Care Ontario** Fr
Organization:	Ontario Health
Phone Numbers:	416-971-9800
Toll-Free:	Public Inquiry Line: 1-855-460-2647
TTY:	Bell Canada Relay Service: 711 * then 416-971-9800 Voice users: 1-800-855-0511
Fax:	416-971-6888
Email:	info@ontariohealth.ca
Website:	www.cancercareontario.ca/en
Address:	525 University Ave, Unit 500 Toronto, ON M5G 2L3 Map
Intersection:	University Ave and Elm St
Location:	Toronto (Yonge-Bay Corridor)

Cancer Care Ontario (CCOMouthCareCancerTreatment.pdf)

Cancer Treatment Centres - Haldimand Norfolk - hnhbhealthline.ca
Cancer treatment centres provide prevention, screening, diagnostic and treatment services as well as supportive care to patients and their families. These services are located outside of Haldimand Norfolk but provide service to Haldimand Norfolk.

Hamilton Niagara Haldimand Brant Regional Cancer Program | Cancer Care Ontario
The Hamilton Niagara Haldimand Brant Regional Cancer Program oversees the quality and delivery of cancer services for the areas of Brant, Burlington, Haldimand, Hamilton, Niagara and Norfolk.

Canadian Cancer Society is a national, community-based organization of volunteers, whose mission is the eradication of cancer, and the enhancement of the quality of life of people living with cancer.

Childhood Cancer Canada Foundation is a national, volunteer governed, charitable organization dedicated to improving the quality of life for children with cancer, and thei

Colorectal Cancer Canada | Cancer Awareness & Patient Advocacy Canada is dedicated to increasing awareness of colorectal cancer, supporting patients, and advocating for population-based screening, and timely access to effective treatments.

Screen Colons Canada mandate is to raise awareness about the prevalence and the preventability of colon cancer and to promote screening for it.

Leukemia and Lymphoma Society of Canada (LLSC) is a voluntary health agency dedicated to blood cancer. LLSC funds lifesaving blood cancer research across Canada, and provide free information, and support services.

Lymphoma Canada - Get Information, Help And Hope provides education and support for individuals with lymphoma, and their support network. They fund medical research to find a cure for lymphatic cancer, and advocate for the best treatment and care for lymphoma patients. They promote further research, new treatments and, rapid access to new developments in lymphoma.

Ontario Breast Screening Program (OBSP) | Cancer Care Ontario (OBSP) provides mammography screening for women at *average risk* of developing breast cancer aged 50 years and older. Now, women aged 30-69 who are found to be at *high risk* for developing breast cancer will also have access to OBSP services including annual mammography, and breast MRI screening.

Ovarian Cancer Canada is a registered Canadian charitable organization whose mission is to overcome ovarian cancer, providing leadership by supporting women living with the disease and their families, raising awareness in the general public and with health care professionals, and funding research to develop early detection techniques, improved treatment and, ultimately a cure.

Prostate Cancer Canada provide services at the grass roots level, through monthly peer meetings, special educational events, outreach programs and presentations to service clubs, community health fairs, and more.