



## South Coast Community Caring for Cancer

### Resources for You...

#### **Cancer Resource & Support Program, Simcoe**

Email: [info@csrp.ca](mailto: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](tel:519-582-4202) or [joan@ajd.ca](mailto: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](tel: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](mailto: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](mailto:ashleyvanwynsberghe77@gmail.com) to register.

#### **Canadian Cancer Society**

If you need support or have any questions, talk to us 1-888-939-3333 or fill out the email form on our website <https://cancer.ca/en/>

#### **Wheels of Hope - Volunteer Driving Program**

|                      |                                                                                                                                   |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <b>Organization:</b> | <a href="#">Canadian Cancer Society - Hamilton Brant-Norfolk Community Office</a>                                                 |
| <b>Toll-Free:</b>    | 1-888-939-3333 (Cancer Information Service)                                                                                       |
| <b>TTY:</b>          | 1-866-786-3934                                                                                                                    |
| <b>Email:</b>        | <a href="mailto:transportation@cancer.ca">transportation@cancer.ca</a>                                                            |
| <b>Website:</b>      | <a href="https://csl.cancer.ca/en/Detail/db51b318-81fe-e811-a98d-00...">csl.cancer.ca/en/Detail/db51b318-81fe-e811-a98d-00...</a> |

**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

**Senior Support, Simcoe**

[www.seniorsupport.ca](http://www.seniorsupport.ca)

Phone: [519-426-6060](tel:519-426-6060)

Fax: [519-426-4108](tel:519-426-4108)

Postal Address:

220 Victoria St. Unit B, Simcoe, ON, N3Y 4K2

**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](mailto:gethelp@211ontario.ca) Emails are monitored Monday to Friday from 7am to 9pm ET.

**Wellwood Cancer Centre**

501 Sanitorium Road, Hamilton, ON L9C 0C3

<https://www.wellwood.ca/>

Phone: 905-667-8870

Program Registration Information: [wellwoodzoom@gmail.com](mailto: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.

**Roulston's Wellness Centre, Simcoe**

Brooke Armstrong, Home Health Care Manager and Certified Fitter

<https://roulstones.com/>

519-426-8011 ext. 264

### **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](http://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](http://www.florianclinic.ca)

### **Marie Mitchell, New Leaf Hypnosis Centre**

Hypnotherapist

[marie@newleafhypnosiscentre.ca](mailto:marie@newleafhypnosiscentre.ca)

[www.newleafhypnosiscentre.ca](http://www.newleafhypnosiscentre.ca)

519-420-7911

### **Julie Maltby, The Loss Art**

Certified Creative Grief Coach and Thanatologist

[www.thelossart.com](http://www.thelossart.com) or [julie@thelossart.com](mailto: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.

### **Norfolk County Public Library, Simcoe**

[NCPL.ca](http://NCPL.ca) or call [519-426-3506](tel:519-426-3506)

### **Haldimand County Public Library**

(905) 318-5932

<https://www.haldimandcounty.ca/haldimand-county-public-library/branches-hours/>

### **Kaley's Restaurant**

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

33 Robinson Street, Simcoe, Ontario

[226-440-3444](tel: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](http://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.

## **Haldimand Abilities Centre**

Lindy Dougherty, Team Lead  
Tel: 905-768-4488 ext. 108  
Web: [www.alzda.ca](http://www.alzda.ca)

## **Powerhouse Project**

Young Caregivers Initiative

**Haldimand-Norfolk Centre**

c/o Haldimand Abilities Centre  
42 Main Street  
Hagersville, ON N0A 1H0  
Phone: [905-768-4488](tel:905-768-4488)

Alicia Blake, Team Lead & Program Coordinator Ages 5-12 (HN)  
P: 905-317-6623  
E: [aliciab@youngcaregivers.ca](mailto:aliciab@youngcaregivers.ca)

Jenna Miller, Young Caregiver & Family Counsellor (HN, Hamilton, Brant & Virtual)  
P: 905-932-0799  
E: [jennam@youngcaregivers.ca](mailto:jennam@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.

## **Inspiration Hearts**

[www.inspirationalhearts.ca](http://www.inspirationalhearts.ca)

Please visit our store located at:

84 Charing Cross Street, Brantford, Ontario N3R 2H6

If you have any questions please give us a call at

519-753-5320 or email: [inspirationalhearts@bellnet.ca](mailto:inspirationalhearts@bellnet.ca)

Hours: Tuesday to Saturday: 10 am to 2 pm, Sunday and Monday: CLOSED

Inspirational Hearts Mastectomy and Wig Boutique is dedicated to helping improve the quality of life of those living with cancer.

## **Rebecca Orr, End of Life Doula Services**

[www.liminalitydoula.ca](http://www.liminalitydoula.ca)

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](tel:519-428-0313)

[Fung Loy Kok Institute of Taoism | Simcoe](https://www.taoist.org/locations/simcoe/)

<https://www.taoist.org/locations/simcoe/>

## **Canadian Tai Chi Academy - Simcoe**

[https://www.canadiantaichiacademy.org/location\\_on\\_simcoe.html](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](mailto:simcoe@canadiantaichiacademy.org)

## **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/>

## **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](tel:1-800-575-5386) (toll free)
- [1-800-387-5559](tel:1-800-387-5559) (TTY)
- [416-642-3038](tel: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) is the provincial agency responsible for continually improving cancer services. As the government's cancer advisor, it works to reduce the number of people diagnosed with cancer, and make sure patients receive better care every step of the way.

Cancer Care Ontario ([CCOMouthCareCancerTreatment.pdf](#))

### [Cancer Treatment Centres - Haldimand Norfolk - hnhbhealthline.ca](http://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 their

[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.

### **The Kindred Foundation** [www.kindredfoundation.ca](http://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.

### **Cancer Assist**

Cancer Assistance Program  
555 Concession Street, Main Floor  
Hamilton, ON L8V 1A8  
[905-383-9797](tel:905-383-9797)  
[info@cancerassist.ca](mailto:info@cancerassist.ca)

November 6, 2025

[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.

**[Hamilton Health Sciences, Jurvanski Cancer Hospital](#)**

<https://www.hamiltonhealthsciences.ca/about-us/our-organization/our-locations/jurvanski-hospital/>

**[Hamilton Health Sciences Foundation Office](#)**

P.O. Box 739 LCD1, Hamilton, ON L8N 3M8

<https://www.hamiltonhealth.ca/network-of-care>

**[Brantford General Hospital Cancer Care Clinic](#)**

<https://www.bchsys.org/en/care-services/cancer-clinic.aspx>

**[London Health Sciences Verspeeten Family Cancer Centre](#)**

<https://www.lhsc.on.ca/verspeeten-family-cancer-centre/about-verspeeten-family-cancer-centre>

**[HOSPITAL FOR SICK CHILDREN](#), Toronto**

[SickKids | The Hospital for Sick Children](#)