



South Coast Community Caring for Cancer

Resources for You...

Cancer Resource & Support Program, Simcoe

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](tel: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](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.

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.

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/>

Senior Support, Simcoe

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

Roulston's Wellness Centre, Simcoe

Brooke Armstrong, Home Health Care Manager and Certified Fitter

<https://roulstons.com/>

519-426-8011 ext. 264

My Top Drawer, Simcoe

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

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/>

Norfolk County Public Library, Simcoe

Cancer Library Materials Book List - A great resource for books pertaining to cancer (list attached).
NCPL.ca or call [519-426-3506](tel:519-426-3506)

Haldimand County Public Library

(905) 318-5932
Visit the website for branch locations: <https://www.haldimandcounty.ca/haldimand-county-public-library/branches-hours/>

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)
Fax: [905-768-1034](tel:905-768-1034)

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

Jenna Miller, Young Caregiver & Family Counsellor (HN, Hamilton, Brant & Virtual)
P: 905-932-0799
E: 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.

Examples of Powerhouse™ Programs:

- summer camp
- weekly respite
- life skills
- counselling (group and individual)
- teen programs
- young adult programs

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.

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

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

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)
<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](#)

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.

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.

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](#)