

## Cancer Support Services

For patients and caregivers from the North Simcoe Muskoka Area who would like more information about support services



### In this document you will find:

Local places and organizations you can contact for:

- Places to stay during treatment
- Emotional support
- Help with paying for cancer-related costs such as transportation, medical supplies, equipment and prosthesis (financial support)
- Hospice and palliative support
- Medical equipment and supplies
- Transportation
- In-home services
- And more!

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## Can't find what you're looking for?

Directories such as this one are great for browsing through, but they are hard to search and get outdated quickly. Try these other options:



**Talk to a social worker** at the Cancer Centre. They can help you find help and resources that you might not have thought of. They can also help you fill out application forms for social and financial help.

Call (705) 728-9090 ex. 43520 to book your appointment.



The **Indigenous Patient Navigator** at the Cancer Centre can help people of aboriginal ancestry find resources and support. Call (705) 728-9090 ex. 43133.



Call: Canadian Cancer Society 1 (888) 939-3333.

**NSM Healthline** 310-2222 (no area code needed).

**211 Ontario.** Dial 211 (no area code needed)

You can talk to a live person at each of these free hotlines.



**Search online:**

**Canadian Cancer Society** Community Services Locator [www.info.cancer.ca/CSD](http://www.info.cancer.ca/CSD)

**211 Ontario** [www.211ontario.ca](http://www.211ontario.ca)

**NSM Healthline** [www.nsmhealthline.ca](http://www.nsmhealthline.ca)

**Yellowpages** [www.yellowpages.ca](http://www.yellowpages.ca)

**Don't have a computer? Don't know how to search online? The RVH Health Library can help.**

Call (705) 728-9090 ex. 42631 or visit the library in person.

Disclaimer: The Simcoe Muskoka Regional Cancer Centre is not responsible for the quality of the information or services provided by other organizations mentioned in this booklet, nor do we endorse any service, product, or therapy. We strive to provide the most up-to-date information but cannot guarantee that it is error-free or complete.

## Accommodation

### Rotary House (Barrie)

Located on RVH campus.  
Starting at \$15/night + HST.  
(705) 739-5662  
[www.rvh.on.ca](http://www.rvh.on.ca)



### Princess Margaret Hospital Lodge

(Toronto)  
(416) 413-7400 or  
(416) 413-7402  
[www.theprincessmargaret.ca](http://www.theprincessmargaret.ca)

### Daffodil Terrace Lodge

(Sudbury)  
(705) 523-7333 or  
1 (800) 465-6343  
[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

Need more accommodation options?

Call **Canadian Cancer Society**: 1 (888) 939-3333.

**NSM Healthline**: 310-2222 (no area code needed).

**211 Ontario**: dial 211. All numbers are toll-free.

## Cancer Information

### Canadian Cancer Society

*Simcoe-Muskoka Unit*  
(705) 726-8032 or  
1 (800) 338-6610  
[www.cancer.ca](http://www.cancer.ca)

### Cancer Care Ontario

(416) 971-9800  
[www.cancercareontario.ca](http://www.cancercareontario.ca)

### Telehealth Ontario

Toll-free 1 (866) 797-0000  
*Free advice from a health professional.*  
*Available 24 hours a day.*

### Virtual Hospice

[www.virtualhospice.ca](http://www.virtualhospice.ca)  
*Online information and support on palliative/end-of-life care, loss, & grief*

For disease-specific information, call

**Canadian Cancer Society**: 1 (888) 939-3333.

You can talk to a live person. Interpreters are available.

## Cancer Screening

### Telehealth Ontario

Toll-free 1 (866) 797-0000; [www.ontario.ca/screenforlife](http://www.ontario.ca/screenforlife)

*Talk to a health professional about cancer screening and find out how to get started.*

### Simcoe Muskoka Cancer Screening Hotline

1-866-608-6910

*Call the hotline to get up-to-date on colorectal, cervical, and breast screening.*

## Counselling - Individuals and Families

<p><b>Patient and Family Support Program</b>          Simcoe Muskoka Regional Cancer Centre          (705) 728-9090 ex. 43520  <a href="http://www.rvh.on.ca">www.rvh.on.ca</a></p>	<p><b>Cancer Chat</b>  <a href="http://www.cancerchatcanada.ca">www.cancerchatcanada.ca</a>  <i>Professionally-led online group counselling for Canadians affected by cancer</i></p>
<p><b>Mental Health Crisis Line</b>          Simcoe County          (705) 728-5044 or 1 (888) 893-8333  <i>24/7 crisis services</i></p>	<p><b>Catholic Family Services</b>          (705) 726-2503  <a href="http://www.cfssc.ca">www.cfssc.ca</a>  <i>Counselling service in Simcoe County</i></p>
<p><b>Barrie Community Health Centre</b>          (705) 734-9690 ex. 281  <a href="http://www.bchc.ca">www.bchc.ca</a></p>	<p><b>New Path Youth and Family Services of Simcoe County</b>          (705) 725-7656 or 1 (866) 566-7656  <a href="http://www.newpath.ca">www.newpath.ca</a></p>
<p><b>Canadian Mental Health Association (Simcoe)</b>          (705) 726-5033  <a href="http://www.cmha.ca/branches/simcoe-county-branch">www.cmha.ca/branches/simcoe-county-branch</a></p>	<p><b>Athena's Sexual Assault, Counselling and Advocacy Centre</b>          Crisis Line: (705) 737-2008          or 1 (800) 987-0799</p>
<p><b>Hospices</b> also offer counselling services. See page 9 to find a hospice close to you.</p>	

## Counselling – Individuals and Families cont.

<p><b>Base Borden Mental Health Services</b>          (705) 424-1200  <a href="http://www.cg.cfpsa.ca/cg-pc/borden">www.cg.cfpsa.ca/cg-pc/borden</a>  <i>Available to military staff and their families.</i></p>	<p>For more counselling options:</p> <ul style="list-style-type: none"> <li>• Call <b>NSM Healthline</b> 310-2222 or <b>211</b> (no area code) to find a Family Health Unit.</li> <li>• For a <b>private social worker</b>: <a href="http://www.oasw.org">www.oasw.org</a>, (416) 923-4848.</li> <li>• Your <b>employer</b> may also offer free counseling.</li> </ul>
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## Fertility Clinics

<p><b>Fertile Future Fund &amp; Power of Hope Program</b>          1 (877) HOPE-066  <a href="http://www.fertilefuture.ca">www.fertilefuture.ca</a>  <i>Financial assistance for fertility preservation information &amp; support</i></p>	<p><b>IVF Canada</b>          (Toronto)          1 (855) 754-1010  <a href="http://www.ivfcanada.com/">www.ivfcanada.com/</a></p>
<p><b>Barrie Fertility Centre</b>          (705) 728-7784  <a href="http://www.barriefertilitycentre.com">www.barriefertilitycentre.com</a></p>	<p><b>Orillia Fertility Associates</b>          1 (800) 294-0642</p>
<p><b>TRIO Fertility</b>          (Toronto)          (416) 506-0804  <a href="http://www.triofertility.com">www.triofertility.com</a></p>	<p><b>Mount Sinai Centre for Fertility</b>          (Toronto)          (416) 586-4748  <a href="http://www.mountsinai.on.ca/care/fertility">www.mountsinai.on.ca/care/fertility</a></p>
<p><b>ONE Fertility</b> (Burlington)          1 (877) 663-0223  <a href="http://www.onefertility.com">www.onefertility.com</a></p>	<p><b>Procrea Fertility</b> (Newmarket)          1 (877) 967-0852  <a href="http://www.procreanewmarket.com">www.procreanewmarket.com</a></p>
<p>For more fertility options, visit          Fertile Future: <a href="http://www.fertilefuture.ca">www.fertilefuture.ca</a>          Infertility Awareness Association of Canada          1 (800) 263-2929</p>	

## Financial Support



### Helpful tip: keep your receipts!

For example: parking, medical supplies

It may be helpful to you when you're filing your taxes. Talk to a social worker for more info. Call 705-728-9090 x43520 for an appointment.



<p><b>Fertile Future Fund</b> 1 (877) 467-3066 <a href="http://www.fertilefuture.ca">www.fertilefuture.ca</a> <i>Financial assistance for fertility preservation information &amp; support.</i></p>	<p><b>LEAP Program</b> 1 (877) 632-2727 <a href="http://www.ontarioenergyboard.ca">www.ontarioenergyboard.ca</a> <i>Low-income energy assistance program.</i></p>
<p><b>Kelly Shires Breast Cancer Foundation</b> 1 (877) 436-6467 <a href="http://www.kellyshiresfoundation.org">www.kellyshiresfoundation.org</a> <i>Financial help for patients with breast cancer.</i></p>	<p><b>Rainy Day Fund</b> 1-866-753-0303 <a href="http://www.shinethroughtherain.ca/">http://www.shinethroughtherain.ca/</a></p>
<p><b>Drug &amp; Special Access Navigator, Simcoe Muskoka Regional Cancer Centre</b> (705) 728-9090 ext. 43373 <i>Helps patients to find funding to pay for cancer-related medications.</i></p>	<p><b>Breast Cancer Support Fund</b> <a href="https://breastcancersupportfund.ca/">https://breastcancersupportfund.ca/</a></p>
<p><b>Wellspring Money Matters Program</b> <a href="https://wellspring.ca/online-resources/money-matters/">https://wellspring.ca/online-resources/money-matters/</a> <i>A Money Matters Case Manager can help you navigate the financial challenges of cancer.</i></p>	 <p><small>Business vector created by freepik - www.freepik.com</small></p>
<p style="text-align: center;"><b>Other financial help options:</b></p> <p style="text-align: center;">Speak to a social worker at the Cancer Centre (705) 728-9090 ext. 43520</p> <p style="text-align: center;">Call Canadian Cancer Society 1 (888) 989-3333</p> <p style="text-align: center;">Contact service clubs in your area (for example, Lion's Club, Rotary Club) as they may help individual community members</p>	

## Financial Support—Government

<p><b>Employment Insurance</b> 1 (800) 206-7218 <a href="http://www.servicecanada.gc.ca">http://www.servicecanada.gc.ca</a></p>	<p><b>Ontario Works</b> (705) 722-3132 (Barrie) <a href="http://www.mcass.gov.on.ca">www.mcass.gov.on.ca</a> <i>Temporary financial and employment assistance.</i></p>
<p><b>Income Security Programs</b> 1 (800) 277-9914 <a href="http://www.servicecanada.gc.ca">http://www.servicecanada.gc.ca</a> <i>Including Canada Pension Plan and Old Age Security</i></p>	<p><b>Veterans Affairs</b> 1 (866) 522-2122 <a href="http://www.veterans.gc.ca">www.veterans.gc.ca</a> <i>Financial, health care and long term care benefits and services for veterans.</i></p>
<p><b>Ontario Disability Support Program</b> (705) 737-1311 or 1 (800) 461-7551 (Barrie) <a href="http://www.mcass.gov.on.ca">www.mcass.gov.on.ca</a> <i>Helps people with disabilities in financial need pay for living expenses, such as food and housing.</i></p>	<p><b>Canada Revenue Agency - Disability Tax Credit</b> (Federal) 1 (800) 387-1193 <a href="http://www.cra-arc.gc.ca/disability/">www.cra-arc.gc.ca/disability/</a> <i>Helps people with physical disabilities pay less tax by claiming expenses such as ostomy and medical supplies.</i></p>
<p><b>Compassionate Care Benefits</b> 1 (800) 206-7218 <a href="http://www.esdc.gc.ca">http://www.esdc.gc.ca</a> <i>Up to 26 weeks of Employment Insurance (EI) benefits paid to people who have to be away from work to provide care to a family member who is gravely ill.</i></p>	<p><b>Assistive Devices Program (Ontario)</b> 1 (800) 268-6021 <a href="http://www.ontario.ca/page/assistive-devices-program">www.ontario.ca/page/assistive-devices-program</a> <i>Provides funding to those who use medical devices such as ostomy supplies, oxygen, breast prosthesis.</i></p>
<p><b>Family Caregiver Benefits</b> Search "<a href="#">Family Caregiver Benefits Canada</a>" on your web browser. <i>Up to 15 weeks of Employment Insurance (EI) paid to people who have to be away from work to care for an adult family member who is critically ill</i></p>	<p><b>Ontario Ministry of Health</b> 1 (800) 268-1153 <a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a> <i>OHIP, Assistive Devices &amp; Home Oxygen Programs, Ontario Drug Benefit Plan, Trillium Drug Benefit Program</i></p>
<p><b>Canadian Customs and Revenue Agency</b> 1 (800) 959-8281 <a href="https://www.canada.ca/en/revenue-agency.html">https://www.canada.ca/en/revenue-agency.html</a> <i>Information on medical expenses/disability tax credits</i></p>	



## Dietitian Services & Nutritional Support

<p><b>Barrie Community Family Health Team</b> Dietitian Services (705) 721-0370 ext. 3 <a href="http://www.barriefht.ca/nutrition/">www.barriefht.ca/nutrition/</a></p>	<p><b>Barrie Community Health Centre</b> (705) 734-9690 <a href="http://www.bchc.ca/">www.bchc.ca/</a></p>
<p><b>Loblaws Dietitian Services</b> 472 Bayfield Street, Barrie, ON (705) 735-6689 <a href="http://www.loblaws.ca">www.loblaws.ca</a></p>	<p><b>Zehrs Dietitian Services</b> 620 Yonge St, Barrie (705) 722-3606 <a href="http://www.zehrs.ca">www.zehrs.ca</a></p>
<p><b>Dietitians of Canada</b> <a href="http://www.dietitians.ca">www.dietitians.ca</a></p>	

## Food Banks

<p><b>Barrie Food Bank</b> (705) 725-1818 <a href="http://www.barriefoodbank.org">www.barriefoodbank.org</a></p>	<p><b>Midland Community Food Bank</b> The Salvation Army (705) 526-2751 <a href="http://www.salvationarmy.ca">www.salvationarmy.ca</a></p>
<p><b>The Sharing Place</b> Orillia &amp; District Food Bank (705) 327-4273 <a href="http://www.sharingplaceorillia.org">www.sharingplaceorillia.org</a></p>	<p><b>Manna Food Bank</b> Muskoka region (705) 646-0114 <a href="http://www.mannafoodbank.ca">www.mannafoodbank.ca</a></p>
<p><b>Collingwood Food Bank</b> The Salvation Army (705) 445-9222 <a href="http://www.salvationarmycollingwood.ca">www.salvationarmycollingwood.ca</a></p>	<p>Also see <b>in-home services</b> (page 10) for fresh and frozen meal delivery services.</p> 

## Hospice & Palliative Support

<b>North Simcoe Muskoka Palliative Care Network</b> (705) 325-0505 or 1 (877) 235-2224 <a href="http://www.palliativecarenetworksm.ca">www.palliativecarenetworksm.ca</a>		<b>Hospice Georgian Triangle</b> (Collingwood) (705) 444-2555 <a href="http://www.hospicegeorgiantriangle.com">www.hospicegeorgiantriangle.com</a>	
<b>Hospice Simcoe</b> (Barrie) (705) 722-5995 <a href="http://www.hospicesimcoe.ca">www.hospicesimcoe.ca</a>		<b>Matthews House</b> (Alliston) (705) 435-7218 <a href="http://www.matthewshousehospice.ca">www.matthewshousehospice.ca</a>	
<b>Hospice Huronia</b> (Midland/Penetanguishene) (705) 549-1034 <a href="http://www.hospicehuronia.ca">www.hospicehuronia.ca</a>	<b>Hospice Orillia</b> (Orillia) 705-325-0505 <a href="http://www.hospiceorillia.ca">www.hospiceorillia.ca</a>	<b>Hospice Huntsville</b> (Muskoka) (705) 789-6878 <a href="http://www.hospicehuntsville.com">www.hospicehuntsville.com</a>	
For other hospices or palliative care units: <a href="http://www.nsmhealthline.ca">www.nsmhealthline.ca</a> or call 310-2222			

## In-home Services (Private Home Care, Meal Delivery)

<b>Home and Community Care</b> (705) 721-8010 ext. 6100 <a href="http://www.healthcareathome.ca">www.healthcareathome.ca</a> <i>In-home health services, information, and referrals</i>	<b>Meals on Wheels</b> (705) 721-3313 or 1(800) 387-2251 (Barrie) <a href="http://www.redcross.ca">www.redcross.ca</a> <i>Fresh and frozen meal service</i>
<b>With Open Arms</b> (Barrie, Orillia, Bradford) (705) 737-5215 or 1-800-268-8199 <a href="http://www.homemeals.ca">www.homemeals.ca</a> <i>Frozen Meal Service</i>	<b>Helping Hands</b> (Orillia) (705) 325-7861 <a href="http://www.helpinghandsorillia.ca">www.helpinghandsorillia.ca</a> <i>Personal care, homemaking, assisted living, meal delivery</i>
<b>Heart to Home Meals</b> 1 (888) 444-0741 <a href="http://www.hearttohomemeals.ca">www.hearttohomemeals.ca</a> <i>Frozen meal service</i>	To hire private caregiving services: look in the Yellowpages under Home Care, search in <a href="http://www.nsmhealthline.ca">www.nsmhealthline.ca</a> or call (705) 310-2222

## Medical Equipment, Supplies, Wigs and Prostheses

<p><b>Shoppers Home Health Care</b> (various locations) 1 (800) 746-7737 <a href="http://www.shoppershomehealthcare.ca">www.shoppershomehealthcare.ca</a> Rental mobility aids, breast prosthesis, and home care supplies</p>	<p><b>Maximum Mobility &amp; Access Centre</b> (Orillia) (705) 326-8157 or 1(888) 232-1063 <a href="http://www.maximumaccesscentre.com">www.maximumaccesscentre.com</a> <i>For medical supplies and mobility aids</i></p>
<p><b>Pure Health Pharmacy</b> (Barrie, inside RVH) (705) 797-3070 <a href="http://www.purehealthpharmacy.com">www.purehealthpharmacy.com</a> <i>Ostomy and home care supplies</i></p>	<p><b>Ontario March of Dimes</b> (705) 797-4858 or 1 (800) 567-0315 (Barrie) <a href="http://www.marchofdimes.ca">www.marchofdimes.ca</a> <i>Help for adults with physical disabilities</i></p>

## Medical Equipment and Supplies cont.

<p><b>Naturally You</b> (Barrie)          (705) 719-4515 or          1 (866) 493-2844  <a href="http://www.naturallyyou.ca">www.naturallyyou.ca</a>  <i>Mastectomy supplies, breast prostheses</i></p>	<p><b>Heather's Home Healthcare</b> (Bracebridge)          (705) 645-7572  <a href="http://www.heathershomehealthcareon.com">www.heathershomehealthcareon.com</a>  <i>Breast prostheses, home care, ostomy and wound care supplies</i></p>
<p><b>Ontario Ministry of Health Assistive Devices &amp; Home Oxygen Program</b>          1 (800) 268-6021  <a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a>  <i>Financial help on equipment and supplies</i></p>	<p><b>Easter Seal Society</b>          (705) 797-2675 or          1 (800) 461-3391 (Simcoe County)  <a href="http://www.easterseals.org">www.easterseals.org</a>  <i>Financial help with services and equipment for children under 19</i></p>
<p><b>Wig Boutique Barrie</b>          (705) 503-9447  <a href="http://www.wigboutiquebarrie.ca">www.wigboutiquebarrie.ca</a>  <i>Wigs and head coverings. Home appointments available.</i></p>	<p><b>Hair Prosthesis Centre</b> (Barrie)          (705) 722-3849  <a href="http://www.hairprosthesis.com">www.hairprosthesis.com</a>  <i>Wigs and head coverings</i></p>
<p><b>Canadian Cancer Society</b>  <i>Simcoe-Muskoka Unit</i>          (705) 726-8032 or          Toll-Free 1(800) 338-6610  <a href="http://www.cancer.ca">www.cancer.ca</a>  <i>Scarves, turbans and wigs</i></p>	<p><b>ProRESP Home Oxygen and Respiratory Care</b>          RVH location: 705-730-0818 or          1-877-731-0818  <a href="http://www.proresp.com">www.proresp.com</a>  <i>Home oxygen and respiratory care</i></p>

**For additional options:**

Look in the **Yellowpages** under:  
 Hospital Equipment and Supplies  
 Oxygen Therapy Equipment  
 Mastectomy Products

Call **NSM Healthline**: 310-2222 (no area code needed).

**211 Ontario**: dial 211 (no area code needed).

Talk to a live person about your medical equipment and supplies needs.


They can help you find what you're looking for.

## Support for Children

<p><b>Seasons Centre for Grieving Children</b>            (705) 721-5437  <a href="http://www.grievingchildren.com">www.grievingchildren.com</a>  <i>Programs for children and families with a terminally-ill or deceased family member</i></p>	<p><b>Rainbows</b>            (705) 726-7407 or 1 (877) 403-2733  <a href="http://www.rainbows.ca">www.rainbows.ca</a>  <i>Groups for children experiencing loss</i></p>
<p><b>Camp Trillium</b>            1 (888) 999-2267 or (905) 527-1992  <a href="http://www.camptrillium.com">www.camptrillium.com</a>  <i>Year-round recreational experiences to bring children with cancer and their families together</i></p>	<p><b>Camp Oochigeas</b>            1 (888) 464-6624 or (416) 961-6624  <a href="http://www.ooch.org">www.ooch.org</a>  <i>Summer camp and year-round programs for children affected by childhood cancer</i></p>
<p><b>KidsGrief</b>  <a href="http://www.kidsgrief.ca">www.kidsgrief.ca</a>  <i>Online resource to help with discussing dying &amp; death</i></p>	<p><b>Riprap</b>  <a href="http://www.riprap.org.uk">www.riprap.org.uk</a>  <i>Supportive resource for teens who have a parent with cancer</i></p>

## Support for Patients and Families

<p><b>Gilda's Club Simcoe Muskoka (Barrie)</b>            (705) 726-5199  <a href="http://www.gildasclubsimcoemuskoka.org">www.gildasclubsimcoemuskoka.org</a>  <i>Support &amp; activities for patients with cancer and their families</i></p>	<p><b>Georgian Bay Cancer Support Centre</b>            (Midland/Penetanguishene)            (705) 549-6444  <a href="http://www.gbcancersupportcentre.ca">www.gbcancersupportcentre.ca</a></p>
<p><b>Look Good Feel Better (Barrie)</b>            1-800-914-5665 or (705) 728-9090 x.43309  <a href="http://www.lgfb.ca">www.lgfb.ca</a>  <i>Free workshop to help women with cancer feel like themselves again</i></p>	<p><b>Grief Support Group (Orillia)</b>            (705) 326-7351  <a href="http://www.stpaulscentre.ca">www.stpaulscentre.ca</a>  <i>For other grief support groups, contact your local hospice (see previous page)</i></p>
<p><b>Candlelighters Simcoe (Barrie)</b>            (705) 737-4296  <a href="http://www.candlelighterssimcoe.ca">www.candlelighterssimcoe.ca</a>  <i>Helping families affected by childhood cancer</i></p>	<p><b>Smoker's Helpline</b>            1 (877) 513- 5333    <i>Free, confidential, and personalized support to help you quit smoking</i>  <a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a></p>

<p><b>Canadian Cancer Society - Cancer Information Service and Peer Support</b>  1 (888) 939-3333  <a href="http://www.cancer.ca">www.cancer.ca</a></p>	<p><b>Tobacco Support Coach - Simcoe Muskoka Regional Cancer Centre</b>  (705) 728-9090 ext. 43520  <i>One-on-one help with quitting smoking</i></p> 
<p><b>Breast Cancer Support Groups</b>  Orillia (Hospice Orillia) (705) 321-6033  Bracebridge (705) 646-1259</p>	

### Online support

<p><b>Cancer Connection</b>  1-888-939-3333  <a href="http://www.cancerconnection.ca">www.cancerconnection.ca</a></p>	<p><b>Facing Cancer</b>  905-890-5161  <a href="http://www.facingcancer.ca">www.facingcancer.ca</a></p>
<p><b>Lotsa Helping Hands</b>  <a href="http://www.lotsahelpinghands.com">www.lotsahelpinghands.com</a>  <i>Online organizer to help friends and family divide up caregiving tasks</i></p>	<p><b>Cancer Chat Canada</b>  1 844-725-2476  <a href="http://www.cancerchatcanada.ca">www.cancerchatcanada.ca</a></p>
<p><b>My Grief</b>  <a href="http://www.mygrief.ca">www.mygrief.ca</a>  <i>Supportive service provided by Canadian Virtual Hospice</i></p>	

## Online Support Programs

<b>Wellspring Online Programs</b> For more information visit: <a href="https://wellspring.ca/online-resources/">https://wellspring.ca/online-resources/</a>	
<b>Money Matters</b>	<b>Returning to Work Online Sessions</b>
<b>Understanding Long Term Disability (LTD) Benefits</b>	<b>Coping Skills</b>
<b>The Healing Journey</b> Level 1 - Coping With Cancer Stress Level 2 - Skills for Healing Level 3 - Steps Toward Spiritual Healing Level 4 - Becoming Authentic Level 5 - "A New Earth" by Eckhart Tolle Level 6 - "Healing by Expanding the Sense of Self"	<b>Back at Work Online Series</b> 1. Back at Work: Moving Beyond Cancer and Letting Go 2. Back at Work: Managing Stress at Work
	<b>Family Programming</b> 1. When a Parent Has Cancer 2. When a Child Has Cancer

## Support at local hospices

Hospices may offer volunteer visits, individual and group counseling/support, and wellness programs. These programs and services are open to patients and families at all stages of their cancer journey. See page 10 to find a hospice closest to you.

### For additional options:

#### **NSM Healthline**

Dial 310-2222 (no area code needed)

#### **211 Ontario**

Dial 211 (no area code needed)

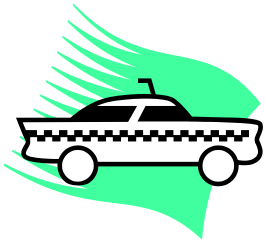
Talk to a live person about your support needs.

## Post-treatment and Survivorship Resources

<p><b>Patient and Family Support Program</b>          Simcoe Muskoka Regional Cancer Centre          (705) 728-9090 ext. 43520  <a href="http://www.rvh.on.ca">www.rvh.on.ca</a></p>	<p><b>Canadian Cancer Society-Cancer Information Service and Peer Support</b>          1 (888) 939-3333  <a href="http://www.cancer.ca">www.cancer.ca</a>  <i>Phone-based info and support service</i></p>
<p><b>Canadian Cancer Society</b>          Simcoe Muskoka Unit          (705) 726-8032 or 1 (800) 338-6610  <a href="http://www.cancer.ca">www.cancer.ca</a>  <i>Local information and support</i></p>	<p><b>Smoker's Helpline</b>          1 (877) 513- 5333  <i>Free, confidential, and personalized support to help you quit smoking</i>  <a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a></p>
<p><b>Gilda's Club Simcoe Muskoka</b>          (705) 726- 5199  <a href="http://www.gildasclubsimcoemuskoka.org">www.gildasclubsimcoemuskoka.org</a></p>	<p><b>Georgian Bay Cancer Support Centre</b>          (Midland/Penetanguishene)          (705) 549-6444  <a href="http://www.gbcancersupportcentre.ca">www.gbcancersupportcentre.ca</a></p>
<p><b>Livestrong Foundation</b>          1 (855) 220-7777  <a href="http://www.livestrong.org">www.livestrong.org</a>  <i>Practical information, support, and tools for cancer survivors</i></p>	<p><b>National Cancer Institute</b>  <a href="http://www.cancer.gov/cancertopics/life-after-treatment">www.cancer.gov/cancertopics/life-after-treatment</a>  <i>Dealing with physical, social, and emotional health after treatment.</i></p>
<p><b>National Coalition for Cancer Survivorship</b>  <a href="http://www.canceradvocacy.org">www.canceradvocacy.org</a>  <i>Free, self-learning audio program to help you thrive beyond cancer treatment</i></p>	<p><b>CancerChat Canada</b>          1 (800) 663-3333 ext. 4965  <a href="http://www.cancerchatcanada.ca">www.cancerchatcanada.ca</a>  <i>Online private chat sessions guided by a professional counselor</i></p>
<p><b>ActiveMatch</b>  <a href="http://www.activematch.ca">www.activematch.ca</a>  <i>Free online service helping women with cancer to find an exercise partner or small group</i></p>	<p><b>Canadian Cancer Society's Cancer Connection</b>  <a href="http://www.cancerconnection.ca">www.cancerconnection.ca</a>  <i>Blogs, discussions, and interest groups to connect you with other people who may have had similar experiences to yours.</i></p>



## Transportation



### Traveling for your appointments?

Keep your receipts.

They might be helpful when it comes to filing your taxes.

In the next few pages we have listed community, non-profit, and private companies that offer transportation services. Listings are arranged by geographical area. There is a cost for transportation services unless listed as free. Call ahead to confirm costs and availability.

Forget driving! **Stay at the Rotary House**, a lodge for patients with cancer. Located across the street from RVH.

**Starting at \$15/night + HST.**

(705) 739-5662

[www.rvh.on.ca](http://www.rvh.on.ca)



## Simcoe Muskoka - Entire Region

### Community Groups

#### Canadian Cancer Society Wheels of Hope



**Volunteer driver program for patients on active treatment.**

Flat rate: \$100-200 (depending on level of service, call to enquire)

Compassionate program available to those with financial difficulties

For information or to register: 1-800-263-6750 (Option 3), or [www.cancer.ca](http://www.cancer.ca)

To book rides: 1-800-263-6750 (Option 1)

Please provide a minimum of 4 business days' notice for all ride requests

#### **Muskoka Seniors** (age 65+)

(705) 789-6676

[www.muskokaseniors.org/transportation](http://www.muskokaseniors.org/transportation)

#### **Canadian Red Cross**

*Simcoe Muskoka Branch*

(age 65+)

(705) 721-3313 [www.redcross.ca](http://www.redcross.ca)

## Simcoe Muskoka - Entire Region cont.

Private Non-Emergency Transfer Services	
<b>A-1 Patient Transfer Services</b> 1 (866) 304-7778	<b>RNR Patient Transfer Services</b> (705) 327-0070 or 1 (866) 567-1001 <a href="http://www.rnrpt.com">www.rnrpt.com</a>
<b>Bellfam Transfer Services</b> (705) 814-9885	<b>Voyageur Transportation</b> 1 (855) 263-7163 <a href="http://www.voyago.ca">www.voyago.ca</a>
<b>If you need to fly to your treatments:</b> <b>Hope Air</b> 1 (877) 346-HOPE (4673) or (416) 222-6335 <a href="http://www.hopeair.org">www.hopeair.org</a>	

## Midland/Penetanguishene

<b>Wheels 4 Wheels</b> <b>Huronians Seniors Volunteer Care Team</b> (wheelchair) (705) 526-5566	<b>Community Reach</b> (705) 528-6999 <a href="http://www.communityreach.ca">www.communityreach.ca</a>
<b>Georgian Bay Métis Council</b> (705) 526-6335 <a href="http://www.georgianbaymetisCouncil.com">www.georgianbaymetisCouncil.com</a>	

## Barrie/Orillia Region

<b>Deluxe Taxi</b> (705) 728-4444 <a href="http://www.deluxtaxi.ca">www.deluxtaxi.ca</a>	<b>Barrie Taxi</b> (705) 721-7777 <a href="http://www.barrietaxi.com">www.barrietaxi.com</a>
<b>Barrie Transit</b> (705) 739-4209 <a href="http://www.barrie.ca">www.barrie.ca</a>	<b>Barrie Specialized Transit</b> (formerly known as BACTS) (705) 726-4242+ <a href="http://www.barrie.ca">www.barrie.ca</a>
<b>All Canadian Taxi</b> (Orillia, have van) (705) 329-3333 or (705) 327-3272 <a href="http://www.acttaxi.com">www.acttaxi.com</a>	<b>Helping Hands</b> (Orillia) (705) 325-7861 <a href="http://www.helpinghandsorillia.ca">www.helpinghandsorillia.ca</a>
<b>Orillia Taxi</b> (705) 325-6666	<b>Able Taxi</b> (Orillia) (705) 325-0632, <a href="http://www.abletaxi.ca">www.abletaxi.ca</a>
<b>Happy at Home</b> (705) 326-9355 or 1 (877) 457-9355 <a href="http://www.happyathome.ca">www.happyathome.ca</a>	<b>Orillia Wheelchair Limo Service</b> (705) 327-0411 <a href="http://www.orillia.ca">www.orillia.ca</a>

## Muskoka/Haliburton

<b>Community Care Haliburton</b> (705) 457-2941 or 1 (855) 285-2944 <a href="http://www.hhhs.ca/community-support-services">www.hhhs.ca/community-support-services</a>
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## Parry Sound

<b>East Parry Sound Community Services</b> (705) 724-6028
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### The Corridor 11 Bus

*Operated by Hammond Transportation*

705-645-5431 x33

[www.corridor11bus.ca](http://www.corridor11bus.ca)

Stops at Huntsville, Bracebridge

(Muskoka Algonquin Healthcare),

Gravenhurst, Washago, Orillia (Orillia

Soldier's Memorial Hospital) and Barrie

(Royal Victoria Regional Health Centre)

**\$22 one-way from Huntsville to Barrie.**

Need more transportation options?

Call **NSM Healthline**: 310-2222. Call **211 Ontario**: dial 211.

No area code needed. All numbers are toll-free.

**Transportation—Government Services/Financial Assistance**

<p><b>Accessible Parking Permit Applications</b>                  1 (800) 267-8097  <a href="http://www.mto.gov.on.ca/english/dandv/">www.mto.gov.on.ca/english/dandv/</a></p>	<p><b>Veteran’s Affairs</b>                  1 (866) 522-2122  <i>If eligible, this covers cost of ride to treatment</i></p>
<p><b>Northern Health Travel Grants</b>                  1 (800) 461-4006 or 705-675-4010  <a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a>  <i>Grants help with travel costs for Northern Ontario residents who travel 100+ km one-way for medical services</i></p>	
<p><b>Indian &amp; Northern Affairs</b>  <i>Financial assistance can be arranged through your Native Friendship Centre. This service is only available to band members currently living on the reserve.</i></p> <ul style="list-style-type: none"> <li>• Beausoleil Family Health Centre, Health Centre, Christian Island (705) 247-2035</li> <li>• Georgian Bay Native Friendship Centre (705) 526-5589</li> <li>• Rama Health Centre (705) 325-3611</li> <li>• Barrie Native Friendship Centre (705) 721-7689</li> <li>• Wahta Mohawks Health Services (705) 762-2354</li> <li>• Moose Deer Point First Nations Health Clinic (705) 375-5209</li> </ul>	
<p><b>Ontario Works &amp; Disability Support Program (ODSP)</b>  <i>Provide funding for medical transportation to anyone receiving social assistance through ODSP or Ontario Works.</i></p> <ul style="list-style-type: none"> <li>• Barrie 1(800) 461-7551</li> <li>• Orillia 1 (800) 565-9871</li> <li>• Muskoka 1 (800) 665-9718</li> <li>• Haliburton &amp; Victoria County 1 (800) 565-3554</li> </ul>	

## Treatment Centres

<p><b>Simcoe Muskoka Regional Cancer Centre</b> (Barrie)          (705) 728-9090 ex. 43333  <a href="http://www.rvh.on.ca">www.rvh.on.ca</a></p>	<p><b>Orillia Soldiers' Memorial Hospital</b>          (Orillia)          (705) 325-2201  <a href="http://www.osmh.on.ca">www.osmh.on.ca</a></p>
<p><b>Georgian Bay General Hospital</b>          (Midland/Penetanguishene)          (705) 526-1300  <a href="http://www.gbgh.on.ca">www.gbgh.on.ca</a></p>	<p><b>Collingwood General and Marine Hospital</b> (Collingwood)          (705) 445-2550  <a href="http://www.cgmh.on.ca">www.cgmh.on.ca</a></p>
<p><b>Sunnybrook Odette Regional Cancer Centre</b> (Toronto)          (416) 480-6100  <a href="http://www.sunnybrook.ca">www.sunnybrook.ca</a></p>	<p><b>Muskoka Algonquin Healthcare</b>          Bracebridge (705) 645-4400          Huntsville (705) 789-2311  <a href="http://www.mahc.ca">www.mahc.ca</a></p>
<p><b>Princess Margaret Cancer Centre</b>          (Toronto)          (416) 946-2000  <a href="http://www.theprincessmargaret.ca">www.theprincessmargaret.ca</a></p>	<p><b>Northeast Cancer Centre</b>          (Sudbury)          (705) 522-6237  <a href="http://www.hsnsudbury.ca">www.hsnsudbury.ca</a></p>

## Wish Granting

<p><b>Cottage Dreams Cancer Recovery Initiative</b>          (705) 457-9100  <a href="http://www.cottagedreams.ca">www.cottagedreams.ca</a>  <i>Weeklong trip for patients with cancer &amp; their families at cottages.</i></p>	<p><b>Dreams2memories</b>          (905) 994-9777  <a href="http://www.dreams2memories.org">www.dreams2memories.org</a>  <i>Assists terminally ill parents with children under 15 with a family wish experience.</i></p>
<p><b>Angels Anonymous</b>          (780) 468-5506 or 1-855-468-5506  <a href="http://www.angelsanonymous.org">www.angelsanonymous.org</a>  <i>Fulfills wish requests for terminally ill adults.</i></p>	<p><b>Victoria's Quilts Canada</b>          (613) 843-9212  <a href="http://www.victoriasquiltsCanada.com">www.victoriasquiltsCanada.com</a>  <i>Provides handmade quilts to people living with cancer in Canada.</i></p>