

Online Resources

- Canadian Cancer Society (www.cancer.ca)
- Cancer Chat Canada (cancerchatcanada.ca)
- Cancer in my Family (cancerinmyfamily.ca)
- Office of Cancer Complementary & Alternative Medicine (cam.cancer.gov)
- Cancer Care (cancercare.org)
- Canadian Pain Coalition (canadianpaincoalition.ca)

Education

Nutrition

- TBCC Nutrition Services (403-521-3719)
- Alberta Healthy Living Program (403-943-2584)

General

- TBCC Classes for Patients & Families (403-471-9373)
- TBCC Knowledge Centre (Library) (403-521-3765)

Psychosocial Resources

- TBCC Department of Psychosocial Resources (403-355-3207)
- Breast Cancer Supportive Care (403-270-2242)
- Grief Support Services (403-955-8011)
- Healing Arts (403-521-3369)
- Spirituality (403-521-3352)
- Breast Cancer Support Groups (403-355-3207)

Miscellaneous Services

- Meals on Wheels (403-243-2834)
- Volunteer Driver Program (1-800-263-6750)
- Fringe Hair (hair donations) (403-245-6232)
- Canadian Cancer Society Wig Rooms "find a wig" at cancer.ca (1-888-939-3333)

Patient Resources

 Resources Available in Calgary



Wellspring Calgary

Wellspring Calgary is a not-profit organization that provides a number of free services for the cancer community. Wellspring offers programs that focus on:

- Stress management
- Health restoration & rehabilitation
- Reducing fear & isolation
- Education & information
- Transitioning back to work
- Financial advice & management

Programs are available to cancer survivors and a support person. Wellspring is opening a new location in South Calgary.

Contact Wellspring for more information about programs or the new location:

1404 Home Road NW, Calgary

T: 403-521-5292

W: wellspringcalgary.ca



Health & Wellness Lab, University of Calgary

Free Programs

Thrive Centre

The Thrive Centre is a safe, free exercise facility for cancer survivors and their support persons. The Centre is supervised by student volunteers and is open 6 days a week. Visit the website for up-to-date hours.

Thriving One on One

Thriving One on One is a personal training program that matches you with a student volunteer. The volunteer will meet with you weekly to ensure you are doing your exercises correctly and safely.

Fee-For-Service Programs

Yoga Thrive

Yoga Thrive is a 12-week, research-based, therapeutic yoga program. The program is run across the City and is based on Hatha yoga. Contact the Health and Wellness Lab for current offerings. Cost: \$90

Thrive Program

Thrive Program provides you with a fitness assessment and customized exercise program based on your results. Meet with a Certified Exercise Physiologist for testing, receive a detailed results package, and learn your new exercise routine! Cost: \$200 + GST

W: www.thriveforcancersurvivors.com

T: 403-210-8482

Symptom Management

- Calgary Aids to Daily Living (403-955-6955)
Provides breast prostheses & compression garments
- Holy Cross Rehabilitation Oncology (403-698-8198) Assists with rehabilitation after surgery
- Tom Baker Cancer Centre (TBCC) Rehabilitation & Lymphedema Clinic
- Alberta Lymphedema Association (403-281-9205)
- Compassionate Beauty (403-686-6936)
Focuses on maintaining comfort & body image
- Look Good...Feel Better (TBCC: 403-355-3207/
Wellspring: 403-251-5292)

