

Resources

CANCER AND WORK

www.cancerandwork.ca

Website designed to address the unique needs of cancer survivors with returning, remaining, changing work or looking **for** work after cancer

www.mentalhealthworks.ca

Mental Health Works – a great resource for tools, tips and information on mental health and the workplace

www.iwh.on.ca

Institute for Health and Work – a non-profit organization dedicated to promoting, protecting and improving the health of workers

www.phac-aspc.gc.ca/chn-rccs

Public Health Agency of Canada

Resources

www.bccancer.bc.ca

BC Cancer website support programs. “Life after Cancer”. Education Sessions Two hour sessions offering information and strategies to manage after treatment. Topics can include sleep, memory and attention, and fear of cancer recurrence

Cancer Chat Canada Free professionally-led online support groups for people affected by cancer. Learn more online or call 1-844-725-2476.

Hope & Cope Wellness Centre **Hope & Cope Wellness Centre** has resources including a booklet called “Talking to Children about Cancer”.

Memorial Sloan Kettering Cancer Centre (US) Resources can be found under “**Living Beyond Cancer**” and “**Resources for Survivors**”. Examples of follow up care plans are available.

Ottawa Hospital Cancer Patient Learning Links for “**Survivorship**” including the Wellness Beyond Cancer Program.

Princess Margaret Cancer Centre Resources and information found under “**The Cancer Journey**”, “**After Treatment**” and “**Getting Back on Track**”.

Wellspring Cancer information and resources are found under “**Understanding long-term disability**” and “Healing Journey”.

Young Adult Cancer Canada Young Adult Cancer Canada has online information.

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CANCER RELATED FATIGUE

Cancer-related fatigue Princess Margaret

https://hncrehab.ca/wp-content/uploads/2015/06/Reclaim_Your_Energy_Coping_with_Cancer_Fatigue.pdf

Reclaim your energy – online education on managing cancer-related fatigue:

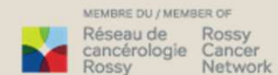
<https://www.youtube.com/watch?v=LO0K-YPpxgM>

BRAIN FOG - CHEMOBRAIN

<https://www.dana-farber.org/health-library/articles/tips-for-managing-chemobrain/>

American Cancer Society

<https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/changes-in-mood-or-thinking/chemo-brain.html>



Resources compiled by Chantal Le Blanc, T.S. MSW M. Service Social