

Where to Start...Life After Cancer Treatment

Suggestions for resources when you **start** to look for information about life after cancer treatment.

Telephone	<p>Canadian Cancer Society Cancer Information Service</p> <ul style="list-style-type: none"> • 1-888-939-3333
Booklets & Pamphlets	<p>Life After Cancer Treatment by the Canadian Cancer Society Publications www.canadiancancersociety.ca</p> <p>Emotional Facts of Life with Cancer by Canadian Association of Psychosocial Oncology https://www.capo.ca/The-Emotional-Facts-of-Life-with-Cancer</p> <p>Manage Cancer Related Fatigue: For People Affected by Cancer Published by Canadian Partnership Against Cancer & Canadian Patient Education Network www.partnershipagainstcancer.ca/topics/cancer-related-fatigue-patients/</p>
Books	<p>Title: 100 Questions and Answers about Life After Cancer: A Survivor's Guide Author: Page Tolbert</p> <p>Title: Picking up the Pieces: Moving Forward After Surviving Cancer Author: Magee, Sherri</p> <p>Title: Everyone's Guide to Cancer Survivorship: A Road Map for Better Health Author: Rosenbaum, Ernest</p> <p>Title: Anticancer: A New Way of Life Author: Servan-Schreiber, David</p> <p>Title: Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain Author: Colleen E. Carney and Rachel Manber</p> <p>Title: Sink Into Sleep – A Step-by-Step Workbook for Reversing Insomnia Author: Judith R. Davidson</p> <p>Title: The Healing Journey: Overcoming the Crisis of Cancer Author: Alastair J. Cunningham</p>

<p>Websites</p>	<p>Canadian Cancer Society</p> <ul style="list-style-type: none"> • www.cancer.ca • www.CancerConnection.ca <p>American Cancer Society</p> <ul style="list-style-type: none"> • www.cancer.org • https://www.cancer.org/cancer/survivorship.html <p>National Cancer Institute</p> <ul style="list-style-type: none"> • www.cancer.gov/cancertopics/coping/survivorship
<p>Support</p>	<p>Canadian Cancer Society Peer Support Program</p> <ul style="list-style-type: none"> • https://cancer.ca/en/living-with-cancer/how-we-can-help/connect-with-our-online-community <ul style="list-style-type: none"> ○ Phone Number: 1-888-939-3333 <p>Wellspring Cancer Support</p> <ul style="list-style-type: none"> • www.wellspring.ca <ul style="list-style-type: none"> ○ Phone Number: 1-877-499-9904 <p>Young Adult Cancer Canada</p> <ul style="list-style-type: none"> • www.youngadultcancer.ca <ul style="list-style-type: none"> ○ Phone Number: 1-877-571-7325



The Carlo Fidani Peel Regional Cancer Centre: **905-813-4471**

Betty and Buster Lockwood Cancer Detection & Treatment Centre: **416-521-4110**

www.thp.ca/patientservices/cancerservices

Important Note: This resource was created by Trillium Health Partners to give patients, families and caregivers general information about resources and support to manage life after cancer treatment. The information in this resource does not replace medical advice. Every effort has been made to ensure information in this resource is complete, correct and up-to-date, but no guarantee is made to that effect. If you have any questions, please talk to your healthcare team. **Updated:** July 2024.