

RESOURCES AND SUPPORT



Breast Cancer Action Kingston
110 - 650 Dalton Ave, Kingston, ON, K7M 8N7
Tel: 613-531-7912 Fax: 613-531-9675
E-mail: admin@bcakingston.ca
Website: www.bcakingston.ca
Office Hours: Tuesdays – Fridays from 12 noon to 4 pm

Breast Cancer Action Kingston is a local volunteer-based organization dedicated to the education, support and empowerment of persons affected by breast cancer in Kingston and the Southeast Ontario Cancer Region.

Resources and support available to breast cancer patients residing in the above mentioned area and to those from other areas who are receiving treatment at the Cancer Centre at KGH:

AT OR THROUGH BCAA:

SUPPORT SERVICES:

Regular Support Group:

Meets on the second Monday of the month at our office from 5:30 to 7:00 pm.

Groups are led by trained facilitators who are breast cancer survivors themselves.

Lymphedema Support:

For those with lymphedema secondary to breast cancer or who want to find ways to help prevent or minimise this condition. Call the office to be put in touch with a facilitator.

One-on-one Support:

Available at any time, call the office to be put in touch with a facilitator.

Exercise and other fitness classes (with membership)

Yoga classes including a Lymphatic yoga class (with membership)

Qi Gong classes (with membership)

Opportunity to paddle with our Chestmates dragon boat team (with membership)

In-house Resource Centre

BCAK Newsletter TODAY, 3 times per year

BCAK Website

Financial Support (for persons with breast cancer residing in and/or receiving treatment within the South East LHIN coverage area)

Prosthesis, bra, wig and turban bank

Crocheted hats and knitted titty-bitties (to pin inside your bra, camisole or swimsuit)

OTHER SUPPORT RESOURCES:

Cancer Centre of Southeastern Ontario at KGH: 613-544-2631

Social Workers and Dietitians: offer counselling and support

Ask a member of your cancer care team for a consult **or call Ext 7305**

Familial oncology program: Ext 2800

Offers counselling for women/men with a family history of breast and/or ovarian cancer. A referral from your family doctor or oncologist is required.

Community resources desk and patient information area on Burr 1:

Information available on all types of cancer for patients, their families and the public.

Look Good... Feel Better Program:

Contact: **613-549-6666 Ext 7480 PLEASE PRE-REGISTER**

Workshops are held on the 2nd Wednesday of the month from 1:30 to 3:30 pm in the Cancer Centre on Burr 0, Supportive Care area

Free workshops provide information on skin care, make-up and wigs.

Canadian Cancer Society (Now incorporating both CBCF and Willow)

Cancer Information Service for Ontario: 1-800-268-8874 (Mon – Fri)

Reliable up to date information on all types of cancer for cancer patients, caregivers, family and friends.

Various publications available for download from their website

Peer Support: 1-800-263-6750

Callers can be connected with a volunteer who has had a similar cancer experience.

Kingston Office: 613-384-2631 located at 496 Days Rd, Kingston K7P 2X1

Covers Frontenac, Lennox and Addington and also Leeds and Grenville counties.

Volunteers provide information for patients.

Wheels of Hope: 1-800-263-6750 volunteer drivers can be called upon to provide drives for cancer patients to their treatment appointments.

Breast Assessment Program, Hotel Dieu Hospital - Johnson 2, Room 267

613-544-3400 Ext 3434

www.hoteldieu.com/programs-and-departments/breast-assessmentprogram

Team members provide supportive care to clients throughout their cancer journey from imaging, to diagnosis, surgery, adjuvant therapy and survivorship.

613-644-3400 Ext 3449: Nurse Navigators are available for clients and their families through a telephone nursing line.

Hospice Kingston

613-542-5013 36 Barrie St, Kingston, ON, K7K 1B8

www.hospicekingston.ca

Provides information and support for individuals and families dealing with a life-limiting illness.

Offers enhanced services in the area of palliative care, facilitators are available.

Client day program Wednesdays from 1:00 – 4:00 pm.

Rides are available if needed to the client day program and also to appointments.

Offers bereavement support services, including trained volunteers who offer one-on-one and group support.

Kingston, Frontenac, Lennox and Addington Public Libraries

Library books on breast cancer and related topics in each of the branches of the KFL&A Public Libraries

Southeastern Community Care Access Centre (CCAC)

Kingston Office 1471 John Counter Blvd, Suite 200

613-544-7090 or 1-800-869-8828

Selby Office 613-388-2488

Northbrook Office 613-336-8310

Provides professional and support services in the home and general information on community resources. Palliative care and supportive housing, retirement homes and assisted living.

Care manager assesses individual needs for admission to the program.

CCAC also refers to other community support services

AREA SUPPORT GROUPS:

Breast Cancer Action Kingston – see page 1

Brockville Breast Cancer Support Group

1-888-939-3333 (Mon – Fri 9 am – 7 pm)

E-mail: brockvillebreastcagroup@yahoo.ca

Meetings are on the 4th Tuesday of the month, from 4:30 to 6:30 pm

Chapel Room, Royal Brock Retirement Living

100 Stewart Blvd, Brockville

(access to parking lot from Perth Rd or Stewart Blvd)

In the Pink Support Group

613-572-1368 (Ann Elvins) or 613-214-1329 (Kim Amey)

Contact one of the above for more information

Meets on the 3rd Thursday of the month at 12 noon for lunch and a meeting (Sept to May)

Riverside United Church, 2 Mill St, Yarker (accessible venue)

Perth & District Breast Cancer Support Group

Butterfly Fan Club 613-812-4474

Contact Carleen for further information

Meets on the 3rd Thursday of the month except July and August from 7 to 9 p.m.

Perth Family Health Centre, 33 Lewis St, Perth

FINANCIAL SUPPORT SERVICES

Breast Cancer Action Kingston Financial Support Program

Details are on our website under programs and services and application forms are available for download. Alternatively please call our office for information and/or to request an application form.

Kelly Shires Breast Cancer Foundation

1-877-436-6467

www.kellyshiresfoundation.org

Forms are available online or at BCAF for those without access to a computer

Private Insurance Plans and Extended Health Benefits

Contact your insurance company and/or employer for your coverage details

Assistive Devices Program (ADP)**1-800-268-6021**www.health.gov.on.ca

Assists with costs of breast prostheses and lymphedema compression garments
Forms are available online or at BCAF for those without access to a computer

Ontario Drug Benefit Plan Section 8**1-800-268-1154**www.health.gov.on.ca

For costs associated with drug costs not on the ODB Formulary (excluding those on Special Drug Plan)
Contact your oncologist for a written request

Ontario Trillium Drug Plan**1-800-575-5386**www.health.gov.on.ca

For those who are eligible, offers co-payment option for drug costs
Application kits are available through pharmacies or the toll-free number

WIGS, TURBANS AND HAIR STYLING**All Hair Alternatives Studio****613-536-0180 or 1-888-331-9928**

1334 Princess St, Kingston K7M 3E2

www.aha-studio.com

Offers a wide selection of wigs, hair pieces (synthetic and human hair which could also be custom made), hats and head coverings, accessories and natural hair care products.
Also provides I Grow unit to use at home.
Professional wig consultants. Privacy and confidentiality assured.
Home and hospital visits available. Free wig and turban bank on site.

Kingston General Hospital Auxiliary Gift Shop**613-549-6666 Ext 4237**

76 Stuart St, Kingston K7L 5P9

Offers turbans and headscarves

Kingston General Hospital Auxiliary Hair Care**613-549-6666 Ext 4235**

76 Stuart St, Kingston K7L 5P9

Hospital visits available

Store open on Thursdays and Fridays

Reconditioned wigs are available for a \$30.00 donation

Also offers donated crocheted hats free of charge

PROSTHESES, BRAS, SWIMWEAR AND LYMPHEDEMA GARMENTS**Health Supports and Fitting Services – NOW CLOSED**~~**613-545-9767**~~~~328 Queen St, Kingston K7K 1B8~~~~www.healthsupports.ca~~

Bea's Mastectomy Boutique**613-547-3262 Fax 613-536-0182**

1334 Princess St Kingston K7M 3E2

Fitting of breast prostheses including custom made.

Wide selection of bras for all types of use & lifestyle, mastectomy swimwear, nightwear, daywear and post-op garments.

Lympha-press pump for home use. ADP approved vendor and professional fitters.

Private rooms. Home and hospital visits available.

Free new and nearly new bras, breast prostheses and swimwear bank on site.

Active Orthopedic Solutions**613-530-2233**info@active-ortho.ca www.active-ortho.ca

1469 Princess St, Suite 4, Kingston K7M 3E9

ADP authorizer on site; certified fitter and authorized ADP vendor on site for lymphedema garments

Medical Arts Pharmacy Home Health Care Centre**613-549-3300 Ext 47**

101A-800 Princess St, Kingston K7L 5E4

Certified fitter on staff. House calls available

Fitting and ordering of prostheses

Wide selection of mastectomy bras, can also order mastectomy swimwear

Offers cotton camisoles for soft prostheses

Shopper's Home Health Care**613-531-4104**

1011 Princess St, Kingston K7L 1H3

Fitting and ordering of bras

Fitting and ordering of compression sleeves for lymphedema

Sand 'n Sea**613-354-3545**www.sandnseaboutique.ca

3 Dundas St W, Napanee K7R 1Z3

Contact: Ellen Johnson

Offers mastectomy swimwear and bras

Milady's Lace**613-308-9499**

9B Dundas St, E, Napanee K7R 1H5

Offers mastectomy bras, prostheses and swim forms

Can also sew pockets into bras to take prostheses

Janac**1-866-290-0821 (toll free)**info@janacmastectomywear.com www.janacmastectomywear.com

Offers prostheses, sports/leisure bras, mastectomy wear and the "Been a Boob"

Order directly on line

Lymphedivas

1-866-411-3482 Pittsfield, MA

info@lymphedivas.com www.lymphedivas.com

Order online for semi-custom fitted lymphedema sleeves and gloves

Lymphediva products are also available through:

www.lymphedemaproducts.com and www.brightlifedirect.com

AREOLA RE-PIGMENTATION

Ink-Tegrity Tattoo Studios 613-541-1113

83 Aberfoyle Rd, Unit 2, Kingston K7M 7B5

www.ink-tegrity.com

Offers areola and scar re-pigmentation for those who have had breast surgery or reconstruction

CERTIFIED LYMPHEDEMA THERAPISTS

For Combined Decongestive Therapy and/or Manual Lymphatic Drainage

The Midtown Clinic & Lymphedema Kingston

613-542-5558 919 Sydenham Rd (Side entrance)

Genee Maurice, RMT, CDT and **Hope Campbell**, RMT, CDT

Registered Massage Therapists, Certified Lymphatic Drainage

Offers combined decongestive therapy including manual lymphatic drainage (Vodder method)

Offers Therapeutic nightwear and extremity pumps

Genee is also a certified fitter and ADP authorized vendor for custom compression garments

www.themidtownclinic.ca www.lymphedemakingston.ca

Marguerite Daubney

613-634-2378 Best Health Physio, 2-1329 Gardiners Rd, Kingston

ADP Authorizer for compression garments. Call for consultation appointment.

Carolyn Cormier

613-900-1955 637 Norris Court, Unit 8, Kingston

mercurymassagetherapy@gmail.com www.mercurymassagetherapy.com

Registered Massage Therapist, Certified Lymphatic Therapist, ADP Authorizer

Jennifer Phillips

613- 340-0306 2131 Parkedale Ave, Unit 5, Brockville

Registered Massage Therapist, Certified Lymphatic Therapist, ADP Authorizer

Beth Stinson

613-354-6474 14 Edgewood Drive, Napanee

Call for information or to book an appointment

Offers manual lymphatic drainage for lymphedema

The Resources listed in this document are compiled by Breast Cancer Action Kingston. They are correct at the time of publication but are subject to change and are provided for information only.

Breast Cancer Action Kingston is unable to endorse specific companies/businesses to our membership. We feel it is up to individuals to make educated decisions regarding services or products available in our community. We use our mailing list strictly for information and communication that pertains to Breast Cancer Action Kingston. Updated July 2018