

# Caregiver Resources

## Canada-wide

### [Canadian Cancer Society](#)

Provides list of Canadian support groups accessible by region:

<https://www.cancer.ca/en/support-and-services/support-services/support-groups-sk/?region=sk>

### [Cancer Chat Canada](#)

Provides free professionally-led online support groups for Canadians affected by cancer, including patients, survivors and family members. Support groups are structured to provide emotional support and a place to safely discuss personal topics. Held as chat groups and typically are once a week for 8 weeks; 90 minute sessions.

1. [Wellspring Calgary](#) is offering virtual mental health support via Zoom.
2. [Gilda's Club](#) is offering group, exercise and mindfulness support programs via Zoom, start by filling out a [membership request form](#).

### [CanSupport](#)

Links to North American resources for caregivers.

<https://cansupport.ca/caregivers/>

### [Carers Canada](#)

A national organization that aims to improve the quality of life of carers through better inclusion in social policy and developing legislation and programs to better meet the needs of family caregivers. Their site contains a great list of resources including links to Caregiver Assistance from the Government of Canada and other financial support resources.

<https://www.carerscanada.ca/resources/>

### [Wellness Together Canada](#)

Many people are concerned about their physical and mental wellbeing. Canadians are being challenged in a number of ways because of isolation, financial and employment uncertainty and disruptions to daily life. Wellness Together Canada provides tools and resources to help get Canadians back on track.

<https://ca.portal.gs/>

## By Province

### British Columbia

*BC Cancer*

Portal to a variety of national caregiver resources (education, practical & emotional support)

<http://www.bccancer.bc.ca/our-services/services/library/recommended-websites/living-with-cancer-websites/caregivers-websites>

### Alberta

*Alberta Health Services*

<https://www.albertahealthservices.ca/assets/info/cca/if-cca-sources-of-help-in-alberta-for-people-with-cancer.pdf>

### Saskatchewan

*Saskatchewan Cancer Agency*

<http://www.saskcancer.ca/patients-and-families-articles>

### Manitoba

*CancerCare Manitoba*

<https://www.cancercare.mb.ca/Patient-Family/support-services/programs-and-support-groups>

### Ontario

*The Ontario Caregiver Organization*

Works collaboratively with caregivers, healthcare providers and other organizations to ease caregiver burn-out and improve the caregiving experience. Access a caregiver helpline, peer support, community supports, as well as curated educational resources.

<https://ontariocaregiver.ca/>

### Quebec

*Fondation Québécoise du cancer/Quebec Cancer Foundation*

This site provides tips on being a successful caregiver (describes various scenarios).

<https://fqc.qc.ca/en/information/being-a-caregiver>

*Hope and Cope Wellness Centre*

Hope & Cope helps people cope with cancer. Guided by professional staff, cancer-experienced volunteers provide psychosocial support and practical resources that help patients regain a sense of control and well-being, reduce isolation and restore hope.

Hope and Cope offers workshops, support groups, and one-to-one peer support (514-340-8222 ext 25531)

<https://hopeandcope.ca/en/i-am-a-caregiver/>

### Atlantic Canada

- Eastern Health: COVID-19 [self-assessment tool](#) and [information page](#)
- Nova Scotia Health Authority: [FAQ page](#)

- New Brunswick: [information page](#)
- PEI Cancer Treatment Centre: [information page](#)

## The Territories

- Yukon: [information page](#)
- Northwest Territories: [information page](#)
- Nunavut: [information page](#)

## US Resources

### [Cancer Hope Network \(CHN\)](#)

By filling out a short form, you can be matched with a trained Support Volunteer who has undergone a similar experience.

Call 1-877-HOPENET to speak to a coordinator directly (8:30am-5:30pm EST).

You can also download the CHN Caregiver Brochure here:

<https://www.cancerhopenet.org/get-support/resources/order-materials.html>

### [Cancer.net – Caregivers Taking Care of Themselves](#)

Excellent resources and self-care tips for caregivers.

<https://www.cancer.net/coping-with-cancer/caring-loved-one/caregivers-taking-care-themselves>

### [American Cancer Society: Caregivers and Family Support](#)

This site provides an excellent resource guide for caregivers to develop skills for coping and caring, better understand what their loved one is going through, and learn how to protect their health and well-being.

The guide is available here:

<https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/american-cancer-society-caregiver-resource-guide.pdf>

The site also provides a video series that offers educational support throughout the caregiving process.

<https://www.cancer.org/treatment/caregivers.html>

### [CancerCare](#)

CancerCare is an American organization that provides free, professional support services and information to help people manage the emotional, practical and financial challenges of cancer.

Their services include counseling, online support groups, educational workshops, and financial assistance.

Call 800-813-HOPE (4673) or visit their website to learn more:

<https://www.cancercare.org/services>

## Books and pamphlets

- [Caring for the Caregiver](#) (US National Cancer Institute)
- [Facing Forward: When Someone You Love has Completed Cancer Treatment](#) (US National Cancer Institute)
- [Family & Friend Caregivers Information and Resource Handbook](#) (United Way)
- [Listen First and 9 Other Ways to Support Someone with Cancer](#) (Canadian Cancer Society)
- [When Someone You Love has Advanced Cancer: Support for Caregivers](#) (US National Cancer Institute)
- [When Someone You Love is Being Treated for Cancer](#) (US National Cancer Institute)

## Videos

Caregiving 101: Cancer Caregivers

<https://youtu.be/Bc9rklrX8uw>

Webinar: Advice for Cancer Caregivers during COVID-19

<https://youtu.be/XYFWUA9DfFA>

Ted Talk: Compassion Fatigue: What is it and do you have it?

<https://youtu.be/v-4m35Gixno>

Ted Talk: Caring for the Caregivers

[https://www.youtube.com/watch?v=duhJHedj82g&ab\\_channel=TEDxTalks](https://www.youtube.com/watch?v=duhJHedj82g&ab_channel=TEDxTalks)