

Breast Cancer Pathfinder

Key Information for Patients & Care Partners

Pathfinders are quick access guides to credible health information. The healthcare team at WRHN Cancer Centre has approved these resources. Find out more by clicking on blue underlined text or scanning QR codes with your cellphone camera.

Websites

Links to key websites for more information about breast cancer.

Breast Cancer Canada breastcancer.ca Offers support, education, and resources for people affected by breast cancer.  	
Canadian Breast Cancer Network cbcnc.ca A patient-directed national breast cancer health charity that provides education, advocacy, and information sharing.  	
Canadian Cancer Society - Breast Cancer cancer.ca/en/cancer-information/cancer-types/breast Offers information on breast cancer treatment options, prognosis, and the importance of supportive care.  	
Canadian Cancer Society - Hair Loss cancer.ca/en/treatments/side-effects/hair-loss Offers information on hair loss as a side effect of cancer treatments and provides resources to support patients.	

Canadian Cancer Society - Scalp Cooling (Cold Caps) csl.cancer.ca/en/Detail/5c55ec8d-64de-ea11-a821-000d3a59103a Provides options and benefits of cold caps.	
National Health Institute - Talking to Family and Friends About Your Advanced Cancer cancer.gov/about-cancer/advanced-cancer/talking#talking-to-loved-ones-about-advanced-cancer Includes tips for talking with your spouse or partner, kids, teenagers, and adult children when given an end-stage cancer diagnosis.	
Rethink Breast Cancer rethinkbreastcancer.com/get-support Offers programs tailored to the different needs of the breast cancer community, from peer support to professional psychosocial support.	
Young Adult Cancer Canada youngadultcancer.ca Provide secure multiple live chat sessions where young adults affected by cancer can connect and share their experiences.	

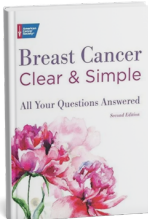
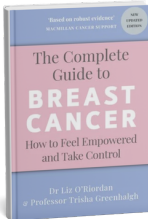
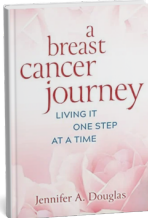
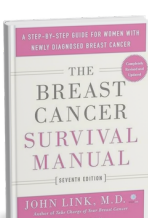
Videos

Videos to support your learning on breast cancer.

Canadian Breast Cancer Network - A Researcher Answers Your Questions about Hereditary Breast Cancer youtube.com/watch?v=y9hNz3Y7nus&t=110s	
Wellspring Cancer Support - Management of Chemo-Induced Peripheral Neuropathy wellspring.ca/resource/management-of-chemo-induced-peripheral-neuropathy/?gad_source=1&gad_campaignid=21207881903&gclid=Cj0KCQjw_b_QBhCSARIsAP6hR4f4PWMtFTSKBxdrKERFIH1MgNbKWa41Yd0lhGDi0hdOiPBsa4rBmJlaAjKAEALw_wcB	

Books

Use the legend at the bottom of this page to see where a book can be found.

	Breast Cancer Clear & Simple: All Your Questions Answered American Cancer Society; 2016 goodreads.com/en/book/show/32068246 This book guides patients through the important decisions they'll need to make, from diagnosis through treatment.  	
	The Complete Guide to Breast Cancer: How to Feel Empowered and Take Control Dr. Liz O'Riordan & Trisha Greenhalgh; 2025 goodreads.com/book/show/219792662-the-complete-guide-to-breast-cancer?ref=nav_sb_ss_2_75 The book you can trust to support you at every stage of your treatment - and beyond.  	
	A Breast Cancer Journey: Living It One Step at a Time Jennifer A. Douglas; 2023 jenniferadouglas.com/books/ The encouraging and empowering book for your breast cancer journey, written by a stage zero breast cancer survivor.  	
	The Breast Cancer Survival Manual John Link; 2023 goodreads.com/book/show/61885074-breast-cancer-survival-manual-seventh-edition Provides essential updates on treatment and care, enhancing the basic information for women diagnosed with breast cancer. 	
	Flat Please, Hold the Shame Ellyn Winters; 2023 goodreads.com/author/list/43886249.Ellyn_Winters A guide to navigating the turbulent waters of diagnosis, doctor's appointments, surgery, treatments and all that lies in between with greater confidence and optimism.  	

LEGEND


Buy Online


**Kitchener
Public Library**


**J. Wesley Graham
Resource Centre**


Audiobook


**Free Electronic
Book**

Print-Friendly Online Resources

All of the links below will lead you to printer-friendly, online handouts. If you don't have a printer, visit or email the J. Wesley Graham Patient & Family Resource Centre to get a free copy.

Canadian Breast Cancer Network - Metastatic Breast Cancer Handbook cbcn.ca/web/default/files/public/Reports/E%20-%20mBC%20Handbook.pdf A guide for individuals living with stage IV breast cancer.	
Canadian Breast Cancer Network - Never Too Young cbcn.ca/en/never_too_young Offers resources and support for young people diagnosed with breast cancer.	
Lymphedema Association of Ontario - Resources lymphontario.ca/LE-Resources/ Offers you a range of current and credible lymphedema resources.	
Sunnybrook Health Sciences Centre - Resources for PYNK: Young Women with Breast Cancer sunnybrook.ca/patient-education-resources/resources-for-pynk-young-women-with-breast-cancer/ Resources and references to support young women with breast cancer.	
Waterloo Wellington Regional Cancer Program - Bras and Breast Prosthetics wrhn.ca/resources/bras-and-prosthetics A guide to bra and breast prosthetic services in Waterloo Wellington.	
Waterloo Wellington Regional Cancer Program - Lymphedema wrhn.ca/resources/lymphedema-an-introduction-for-breast-cancer-patients An introduction for people with breast cancer, including information on early signs and risk of lymphedema.	
Waterloo Wellington Regional Cancer Program - Wig & Head Covering Services wrhn.ca/resources/wig-hair-covering-services Provides a list of businesses and services as an informational resource.	

Programs & Group Classes

In-person or online support groups/classes that help you connect to others with similar experience.

Canadian Cancer Society - Cancer Connection cancerconnection.ca A safe, online, peer support community for people with cancer to connect, learn, and share experiences. Care partners welcome.	
HopeSpring Cancer Support Centre hopespring.ca A community-based, charitable organization dedicated to supporting individuals and families impacted by cancer.	
Look Good Feel Better lgfb.ca A global cancer support program dedicated to restoring the confidence and self-esteem of people during cancer treatment.	
Pink Pearl Canada pinkpearlcanada.org A charitable organization that provides support for self-identifying young women facing cancer in Canada.	
Wellspring Cancer Support wellspring.ca/program/site-specific-breast-cancer/ A Canada-wide network providing programs and services for anyone with cancer, including specialized programs for breast cancer patients.	

J. Wesley Graham Patient & Family Resource Centre

Volunteers can help you find more information about your cancer, symptoms, or care. Get resources in print or by email. Find the resource centre on the 3rd floor (main floor) of WRHN @Midtown, or call/email your questions.

info@jwesleygrahamrc.ca
519-749-4380 x2080

Social Media

Social media can help you find support and connect during your care. Many accounts are run by survivors, patients, and health organizations. *Note: While social media can be a wonderful source of community, be critical about health information shared online. Before acting on any health tips or advice talk to your cancer care team.*

Waterloo Region Breasties facebook.com/groups/491234789835392 A place for women in Waterloo Region on the breast cancer journey from diagnosis, to surgery, to treatment through to survival.		
Dragonflyers Breast Cancer Dragon Boat Team facebook.com/dragonflyersbcdragonboatteam/ A community of women who have experienced breast cancer. They use dragon boating to raise awareness and funds for breast cancer diagnosis and treatment.		
Living Beyond Breast Cancer instagram.com/livingbeyondbc/ Trusted information and a community of support to anyone with breast cancer.		
Susan G. Komen facebook.com/SusanGKomen Breast Cancer Foundation with a mission to lower breast cancer mortality.		
The Breasties instagram.com/the_breasties/ Non-profit working to support those with gynecologic and breast cancer.		
Dr. Liz O’Riordan youtube.com/@DrLizORiordan Breast surgeon with breast cancer who combats cancer misinformation.		

Use this resource for your information only. It does not replace medical advice from your doctor or other healthcare professionals.



cancerpatiented@wrhn.ca



cancerwaterloowellington.ca

