<table>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>13h30–1500</td>
<td>Gérer le cancer au masculin</td>
<td>6:00 pm – 8:00 pm</td>
<td>Aplastic Anemia &amp; Myelodysplasia</td>
<td>Breast Cancer Action Peer Support Group</td>
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<td>6:30pm–8:30pm</td>
<td>Look Good Feel Better – Maplesoft Centre</td>
<td>7pm</td>
<td>Patient Support Group – Maplesoft Centre</td>
<td>Ottawa Regional Cancer Foundation</td>
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<tr>
<td>13h30–1500</td>
<td>Gérer le cancer au masculin</td>
<td>6:30pm – 8:00pm</td>
<td>Meal Planning 101: Nutrition Workshop</td>
<td>Ottawa Regional Cancer Foundation</td>
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<tr>
<td>7 p.m. – 9 p.m.</td>
<td>Colorectal Cancer Support Group</td>
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<tr>
<td>2 pm – 4 pm</td>
<td>Kemptville Cancer Support Group</td>
<td>13h30–1500</td>
<td>Gérer le cancer au masculin</td>
<td>6:15 pm – 9:00 pm</td>
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<tr>
<td>7pm</td>
<td>BBQ for the Bladder Cancer Support Group</td>
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Dates and times subject to change. Please contact the session provider for more information and/or to register

Les dates et heures peuvent changer. Veuillez communiquer avec la personne responsable du groupe pour plus d'information ou pour vous inscrire.
Adult Brain Tumor Support Group
A monthly support group for people with brain tumours, and their families.
Ottawa Regional Cancer Foundation, 1500 Alta Vista Dr. For more information:
1-800-265-5106 ext. 234.

Bladder Cancer Support Group
Meeting once a month to offer support, friendship, information, and contacts.
Maplesoft Centre. Contact 613-247-3527

Breast Cancer Action
Group is comprised of a breast cancer survivor, a breast cancer patient, and a friend.
Meeting once a month to offer support and education. Contact 613-736-9521

Canadian Cancer Society
Connecting patients and caregivers with someone who’s been there with over the phone and online support. Visit www.cancerconnection.ca or call 1-888-333-3334 for more information.

Carcinoid Neuro Endocrine Tumour Society
Support group for patients, family and friends diagnosed with a Carcinoid Neuro Endocrine Tumor. Meets every other month. Ottawa Regional Cancer Foundation, 1500 Alta Vista Dr., 6:30 p.m. For more information: Sherry O’Grady Fox, 613-782-2421, fox.sherry@rogers.com; www.cnete.ca

Cancer Support Network - Carefor Health & Community Services
Provides cancer patients & their families with information, education, resources and support. One to one support and monthly support groups are available. For more information: Christine (613) 932-3451 or 1-800-267-1741.

Colorectal Cancer Action Nationelle (CCAN) - Ottawa Support Group
Provides support and information to those living with colorectal cancer, their families, friends and caregivers. Ottawa Regional Cancer Foundation, 1500 Alta Vista Dr. For more information: Kim, 613-208-4736 kimann.dechamplain@live.ca or Robert, 613-232-4163 robert.hamilton3@icloud.com http://www.colorectal-cancer.ca

Gyne Gals Ottawa
A peer-based support group for women living with gynecological cancer in Ottawa-Gatineau and the surrounding area. Meetings at the Ottawa Cancer Regional Foundation. 1500 Alta Vista Dr on the 2nd Thursday of the month, 6:30pm to 8:00pm. Email contact: gyneagalow@gmail.com

Help Around the Home – Caregiver Support Program
Ottawa Public Health nurses offer people who care for older adults the opportunity to get together for discussion and support. Telephone advice is also available. Contact 613-580-6744 or www.ca.org/health

Kanata & District Breast Cancer Support Group
A support group for women diagnosed with breast cancer. MacAulay Center Hall 2, 2500 Carling Dr., Kanata. For more information: Judy Lees, 613-592-1829 or jlees44@icloud.com

Kemptville Breast Cancer Support Group
Support group for people living in and around the Kemptville area. Group runs the 3rd Fri of each month at St. John’s United Church on Preescott Street. Contact Eilen Viber-Miller @ 613-258-7779 or eilen.allison.miller@ujmp.ca

Kidney Cancer Canada
Provides information and support for patients living with kidney cancer. Meetings are available via live webcasts: www.kidneycancercanada.ca

Leukemia Association of Ottawa
Monthly support group for leukemia patients and their families, caregivers. Riverside United Church, 3191 Riverside Dr. For more information: 613-850-0896 or tyeleetikh@gmail.com

Lymphoma Support Group of Ottawa
For lymphoma patients, their families and friends, to share experiences and learn from others. The Hospice at May Court, the River Room, 114 Cameron Street. For more information: 613-232-7785 or 613-241-7141 or http://www.lipo.org

Lymphomasica
Quarterly socials and web support organized to connect young adults with lymphoma. 140 Slater Street, The ARC, Upper Lobby. For more information: lymphomasica@gmail.com.

Ottawa Regional Cancer Foundation: The Foundation’s survivorship centre is a place of quiet reflection, support and empowerment during the cancer journey. 1500 Alta Vista Drive. For more information: 613-247-3527 or http://survivorship.ottawa cancercan.ca/main/jen

Men offering men diagnosed with cancer a place to meet, exchange and support each other to better cope with their lives, one day at a time. Meets every Tuesday, 1:30 – 3:00 at Centre Carmen, 253 Bellemtre St. Gatineau. For more information: Robert 613-267-7045, Ubaid; 613-835-8593 or Yvan, 613-830-5204.

Multiple Myeloma Support Group of Ottawa
Provides support and information to those living with Multiple Myeloma, and their families. Ottawa Regional Cancer Foundation, 1500 Alta Vista Drive. For more information: Irene 613-592-4937, Jean 613-277-4896, Robin 613-622-4641.

Ostomy Support Group Ottawa
A support group for people who have or will have an intestinal or urinary tract diversions and their families and caregivers. 120 Park Drive Place, Ottawa (Retirement Residence). For more information: 613-447-0361, www.ostomycan.ca

Prostate Cancer Canada Network Ottawa
 Newly diagnosed patients are welcome to an information session at 6:30 p.m. Formal meeting begins at 7:00 p.m. St. Stephen’s Anglican Church Hall, 500 Watson Street. For more information: 613-828-0762 or www.pccottawa.ca

Rethink Breast Cancer
For breast cancer survivors and women who have or will have breast cancer. For more information: 1-866-738-4465, www.rethinkbreastcancer.com

Adult Brain Tumor Support Group
En anglais seulement! Groupe de soutien pour les femmes atteintes du cancer du sein. Macauley Center Hall 2, 2500, prom. Campeau, Kanata. Pour en savoir plus: Judy Lees, 613-592-1829 ou jlees44@icloud.com

Leukemia Association of Ottawa
En anglais seulement! Groupe de soutien pour les femmes atteintes de leucémie, leurs familles et leurs amis. L'Hopital Moy Court, salle River, 114, Cameron. Pour en savoir plus: 613-232-7785 ou 613-241-7141 ou www.lipo.org

Lymphoma Support Group of Ottawa
En anglais seulement! Groupe de soutien pour les personnes ayant un lymphome, leurs familles et leurs amis. L'Hôpital Moy Court, salle River, 114, Cameron. Pour en savoir plus: 613-232-7785 ou 613-241-7141 ou http://www.lipo.org

Lymphomasica
En anglais seulement! Rencontres trimestrielles et soutien sur internet pour mettre en contact les jeunes adultes atteints du lymphome. ARC, 140, rue Sûter, foyeur supérieur. Pour en savoir plus: lymphomasica@gmail.com


Multiple Myeloma Support Group of Ottawa

Ottawa Ostomy Support Group
En anglais seulement! Groupe de soutien pour les personnes qui ont eu ou auront une défécation interdite ou urinaire, leur famille et leurs amis. Pour en savoir plus: 613-447-0361, www.ostomycan.ca

Prostate Cancer Canada Network Ottawa
En anglais seulement! Rencontres pour les personnes qui viennent de recevoir un diagnostic, le 3e jeudi du mois, à 18h 30. La rencontre commence officiellement à 19 h. Église anglicane St. Stephen’s, 930, av. Watson. Pour en savoir plus: 613-828-0762 ou www.pccottawa.ca

Rethink Breast Cancer