

The goal of Cancer Navigation Services is to improve each cancer patient's journey by helping Manitobans and their families connect with compassionate and high quality cancer care.

Manitoba Health, CancerCare Manitoba, Diagnostic Services Manitoba, Regional Health Authorities, Family Physicians, specialists and other health care providers are working in partnership to quickly move from suspicion of cancer to first treatment, if needed, in sixty days or less.



Services are supported by CancerCare Manitoba and Manitoba's Regional Health Authorities

In addition to talking with your family doctor, you can connect with Cancer Navigation Services.

A health care provider may have recommended Navigation Services to you. If you have agreed to this service a referral can be made on your behalf and you can expect to be contacted by a member of the Navigation team within two business days.

If you would like more information or to speak to a member of the Navigation Team please call the toll free number below.

---

**NORTHERN HEALTH  
CANCER NAVIGATION SERVICES**

**Toll Free: 1-855-740-9322**

**Fax: 1-204-677-5387**

---



**NORTHERN  
HEALTH REGION**



# WHAT IF I HAVE CANCER?

---

Cancer Navigation  
Services Can Help



## What are Cancer Navigation Services?

A diagnosis of cancer can affect patients and families physically, emotionally, financially, spiritually and socially. The cancer journey is often complex and overwhelming.

Cancer Navigation Services can help you to meet your needs, make informed decisions and provide guidance and support for you and your family in your cancer journey.

Cancer Navigation Services in your health region consists of Nurse Navigators, and Psychosocial Oncology Counsellors who provide information and support for patients and families in a timely manner, helping to reduce distress and anxiety.



## The Nurse Navigator

The Navigators are Registered Nurses with specialized training in cancer care. They work closely with your health care team to coordinate your care.

The Nurse Navigator will:

- Support you and your family from the time of a clinical suspicion of cancer through the diagnostic period, and on to treatment.
- Work closely with your family doctor, surgeons and other members of the health care team to assist in the coordination of diagnostic testing and referral to a cancer specialist.
- Help you prepare for tests and appointments, and understand your diagnosis and plan of care.
- Assist you in finding information to make informed decisions.
- Listen to your needs and assist you to find answers to your questions and concerns.
- Provide information about resources and services you may need.

.....

Navigators recognize that just as individuals may have different needs and beliefs, individuals will also deal with cancer in different ways.

.....

Cancer Navigation Services are provided **free of charge** to residents living within Manitoba.



## Psychosocial Oncology Counsellor

When dealing with cancer, counselling can help you and your family to cope with:

- distressing feelings like uncertainty, sadness, worry, anger, feeling discouraged;
- practical issues like work, finances, transportation;
- talking to children, grandchildren, friends and family at home, work, school and socially;
- changes in your body, self-esteem, finding hope, fatigue, poor concentration;
- finding the right support services all along the way.

The counsellor will work closely with your health care team and you.

Psychosocial care may help you and your family enhance the quality of your life, find solutions, and maintain some control during difficult times.

## Community Engagement Liaison

- Helps communities to learn about cancer services and supports
- Develops and shares culturally responsive information
- Works with communities to increase knowledge of cancer prevention and early detection