

Cancer Coaching Close to Home

Are you or someone close to you living with a cancer diagnosis? Do you require more information about treatment options, supports with symptom management or emotional distress?

Cancer coaches with the Ottawa Regional Cancer Foundation are regulated healthcare professionals with a background in oncology.



Complimentary service for people in our community who are facing cancer.

5
hours

Patients and caregivers are eligible for up to 5 hours of one on one coaching.



No medical referral is required to receive Cancer Coaching.

Clients use our service for a variety of reasons, including:

- Dealing with stress
- Caregiver support
- Learning about available community resources
- Managing post-treatment transitions
- Managing and improving fatigue
- Grief and bereavement support

We provide...



Education



Support



Practical skills



to meet your needs.



Physical



Emotional



Spiritual

Cancer Coaching works: A recent survey of our clients showed that after Cancer Coaching:

86% agree

they are better able to cope with life

93% agree

they are better able to keep themselves as healthy as possible

87% agree

their quality of life has improved

80% agree

that they feel they are part of a connected cancer care team

(Ottawa Regional Cancer Foundation, Cancer Coaching Client Feedback Survey 2014-2015, percentages refer to survey respondents who agreed completely or somewhat to survey questions.)

Cancer Coaching now in Kanata

Available Fridays, by appointment,
from 9AM - 3PM at:

BEYOND
YOGA STUDIO & WELLNESS CENTRE

3-66 Hearst Way,
Kanata

**DOWNTOWN
OTTAWA**

Ottawa Regional
Cancer Foundation



KANATA



Ottawa Regional
**Cancer
Foundation**

The Ottawa Regional Cancer Foundation is committed to helping families who are touched by cancer, by improving local cancer care, providing unique programs and helping extend lives by bringing new and innovative treatments to our community through local clinical trials and research.

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