

My donation to the  
HOPE Cancer Help Centre Inc. is:

\$ \_\_\_\_\_

HOPE Cancer Help Centre Inc.  
300-506 25<sup>th</sup> Street East  
Saskatoon, SK  
S7K 4A7



*Thank you!*

### STRESS MANAGEMENT WORKSHOPS

- Led by a Certified Stress Management Consultant.
- Three, three-hour workshops presented over a six week period.
- Designed for people living with cancer and a support person or family member(s).

### LINKS TO INFORMATION AND THE COMMUNITY

HOPE maintains a comprehensive lending library, which is available to everyone. However, we understand that we cannot be all things to all people. Many wonderful organizations exist to help individuals search for information and answers. We endeavour to provide contacts with these organizations and resources for our clients.

### VOLUNTEERS AND SERVICES

HOPE has a dynamic group of dedicated volunteers who assist in various areas of need. We welcome all those who wish to serve our clientele. Please call us at 955- HOPE (4673) for further information.

There are many other ways to help our clients besides volunteering or serving on a committee. Are you able to introduce us to individuals within the community with whom you feel we could build a quality relationship? Are you looking for a unique cause for which you would like to help build a fund or establish a charitable gift annuity? Do you have items and/or talents you would like to share with HOPE as in-kind donations? Are you able to sponsor one of our events or programs?

Whether it is time, talents, sponsorships, or donations you choose to give, please contact us at:

955-HOPE (4673) or email at  
[hopesaskatoon@sasktel.net](mailto:hopesaskatoon@sasktel.net)

*We look forward to hearing from you.*

## HOPE Cancer Help Centre Inc.

**Visitors are always  
welcome!**

Monday to Friday  
11:00 AM to 5:00 PM

Room 300, Third floor  
Saskatoon Community  
Service Village (SCSV)

(306) 955 - HOPE (955-4673)  
(306) 955- 4678 (fax)

*Mailing Address:*

300 – 506 25<sup>th</sup> St. East  
Saskatoon, SK S7K 4A7

*or*

[hopesaskatoon@sasktel.net](mailto:hopesaskatoon@sasktel.net)

[www.hopecancerhelpcentre.com](http://www.hopecancerhelpcentre.com)

*Your thoughtful donation would be  
greatly appreciated and may be  
forwarded to the above address.*

**ALL Cancers!  
ALL People!**



**300 - 506 25<sup>th</sup> St. East**

**Saskatoon Community  
Service Village**

**HOPE...fostering healing  
and support  
for people facing cancer.**

**DO YOU KNOW  
ANYONE WHO HAS  
EXPERIENCED  
CANCER?**

# HOPE CAN HELP

Most of us know someone who is experiencing, or has experienced, cancer. The lifetime probability of developing any type of cancer is approximately 40 percent for males and 38 percent for females. That is to say, one in three women and one in three men will likely experience cancer during their life span.

It is only natural to seek out as many avenues of support and information as possible upon receiving a cancer diagnosis. Therefore, **HOPE** strives to ensure that every person with cancer has the opportunity to obtain access to current resources, empathy, and support.

## *We firmly believe in:*

- showing compassion through caring, sharing, support, and outreach.
- building trust through respect, confidentiality and honesty.
- the renewal of spirit through fostering hope, providing emotional assistance and encouraging personal empowerment.
- the acceptance of all on our healing journey.
- working toward well-being through balancing and harmonizing psycho-social, spiritual, and physical elements of health and healing.
- developing personal empowerment through building awareness and providing education.
- dedication through commitment and cooperation, networking, and partnerships.
- the joyful celebration of life.

## CLIENT ASSISTANCE

**HOPE** Cancer Help Centre Inc. is an amazing grass-roots organization that provides a unique service to people facing any type of cancer. The Saskatoon Cancer Centre, St. Paul's and City Hospital Palliative Care, the Royal University Hospital, and many doctors in the community contact **HOPE** requesting help for their patients facing cancer who might be in need of financial assistance and, unfortunately, are not able to obtain help from any other social agency.

### *Examples of Client Assistance may include:*

- Medication to soothe the pain of radiation burn for an individual unable to afford the cost of the drug.
- Freezing of sperm for young men about to undergo chemotherapy or radiation treatment.
- Helping with yard work and housework for patients undergoing treatment.
- Food and shelter for families of children coming to Saskatoon for treatment.
- Out-of-town clients needing in-town accommodation AND in-town clients needing out-of-town accommodations.
- Helping those in palliative care find comfort during their final days.
- Providing telephone services to help patients keep in touch with friends and family while in palliative care or receiving in-hospital treatment.
- Assisting with the purchase of prosthesis—breast cancer, laryngectomy, etc.
- Assisting with the cost of special medical consultations/tests/treatments not locally available.

## HEALING THROUGH RELAXATION AND MEDITATION

- Opportunity to learn the skill of meditation while sharing in a safe environment.
- Sessions are offered in 8 week cycles.

## CANCOPE SUPPORT GROUP

- For cancer patients and survivors.
- Meetings include information sharing, discussion, and relaxation exercises.
- For further details contact: 955-HOPE (4673)

## ANNUAL LYMPHOEDEMA WORKSHOP

- Held on the last weekend in May.
- Facilitated by a Registered Physiotherapist.
- Patients experiencing swelling after treatment will be instructed in manual lymphatic drainage techniques.
- Register early! Space is limited!

## WEEKEND RETREAT FOR PEOPLE FACING CANCER

- Annual retreat held in the autumn.
- 2 ½ days in length.
- Time to deal with the grief and trauma surrounding a cancer diagnosis - for patients and caregivers (*must be at least 19 years of age*).
- Time to network and relax.

## ANNUAL RACE FOR RECOVERY

- Join us Sunday, May 1<sup>st</sup>, 2011.
- Walk 2 km or 5km~or~Run 5 km or 10 km.
- All funds from the Race for Recovery remain in Saskatchewan (including a donation of 10% for local research into quality of life issues).

## SPECIAL FUNDRAISING EVENTS

- Throughout the year, **HOPE** holds a variety of events and projects to raise funds.

# YOU CAN HELP

The **HOPE** Cancer Help Centre Inc. is a registered non-profit organization which is governed by a volunteer board of directors. We depend on donations from the public and grants from community based organizations/agencies to carry out our vital work. Your thoughtful donation would be greatly appreciated.

There are several ways you can forward your donation to **HOPE**:

- By sending a cheque or money order to the address listed on the reverse of this page.
- By dropping your donation off at the **HOPE** Cancer Help Centre Inc. located at:  
Saskatoon Community Services Village  
300-506 25th Street East,  
Saskatoon, Saskatchewan
- By planned giving: wills and bequests.
- By making a donation on-line through our web site:

[www.hopcancerhelpcentre.com](http://www.hopcancerhelpcentre.com)

### *Note:*

- An official income tax receipt will be issued for all donations over \$10.00.
- All funds raised in Saskatchewan remain in Saskatchewan to enhance the quality of life for cancer patients and their families.



*Please see reverse of this page for other services provided by HOPE.*