

# Lung Cancer Resources

**Being diagnosed with lung cancer can be life-changing. But you are not alone.**

Use these links to find support, information and connection.

Reach out to  
find hope and  
support

## Finding Support for You, Your Family, and Friends

### **Lung Cancer Canada** (CANADA)

Stories of hope, free counselling sessions and a national, online support group (Airways of Hope), peer-to-peer support, and other resources, supports and links for patient and caregivers.

[lungcancercanada.ca](http://lungcancercanada.ca) 1-888-445-4403

### **Wellspring** (CANADA)

Complementary programs from fitness to finances to help those with cancer and their loved ones cope and live well. Check out the [Living Your Best with Advanced Cancer](#) video series on their YouTube channel.

- Calgary [www.wellspringcalgary.ca](http://www.wellspringcalgary.ca) 403-521-5292
- Edmonton [www.wellspring.ca/edmonton](http://www.wellspring.ca/edmonton) 780-758-4433

### **Lung Health Foundation** (CANADA)

Programs, information and support groups to help you.

Information: [lunghealth.ca/lung-disease/a-to-z/lung-cancer/](http://lunghealth.ca/lung-disease/a-to-z/lung-cancer/)

Support Groups: [lunghealth.ca/support-resources/community-support/](http://lunghealth.ca/support-resources/community-support/) (or call 416-864-9911 to join the general lung disease phone support group or virtual lung cancer support group)

### **Canadian Cancer Society** (CANADA)

Peer support, practical supports (like help getting to cancer treatment and managing appearance changes), community resource locator, and more.

[www.canadiancancersociety.ca](http://www.canadiancancersociety.ca)

### **LUNGevity** (USA)

Information, peer-to-peer support, and resources for patients and caregivers.

[www.lungevity.org](http://www.lungevity.org) (look for the peer-to-peer mentoring program called LifeLine Support)

### **GO<sub>2</sub> Foundation for Lung Cancer** (USA)

Information, one-on-one help, emotional support, educational resources, and support groups.

[go2foundation.org](http://go2foundation.org)

## Learn About Lung Cancer Research

**Alberta Cancer Clinical Trials** (CANADA) [albertacancerclinicaltrials.ca](http://albertacancerclinicaltrials.ca)

**Canadian Cancer Trials** (CANADA) [canadiancancertrials.ca](http://canadiancancertrials.ca)

**Lung Cancer Research Foundation** (USA) [lungcancerresearchfoundation.org](http://lungcancerresearchfoundation.org)

There are many other resources, supports, connections, and biomarker or special treatment groups that you might find helpful through social media sites, such as Facebook.

Visit  
[www.lungcancercanada.ca](http://www.lungcancercanada.ca)  
to find them.

# Staying Active

## Alberta Cancer Exercise (ACE) Program

ACE is a free, 12-week community-based exercise program for people undergoing or recovering from cancer treatment. ACE exercise instructors have received cancer-specific education and training.

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

## THRIVE Health

Thrive Health provides evidence-based exercise resources for cancer survivors. Download a free exercise manual and get exercise “how-to’s” and tips to start and keep you on your exercise journey.

[thrivehealthservices.com](http://thrivehealthservices.com)

# Alberta Information on Cancer, Treatment and Support

## Cancer Care Alberta (AHS)

Alberta specific information to support you, your family, friends, and the people who support you, as you are newly diagnosed, in treatment, after treatment and beyond. Resources that your cancer care team give you can all be found here, as well. We encourage you to explore these web pages to find resources, education and support.

[www.cancercarealberta.ca](http://www.cancercarealberta.ca)

[www.ahs.ca/cancerclasses](http://www.ahs.ca/cancerclasses) (for treatment, exercise, and nutrition classes, support groups, and more!)



## Knowledge Resource Service (AHS)

Access to reliable, evidence-based resources and health information.

[krs.libguides.com/cancer/patientresources](http://krs.libguides.com/cancer/patientresources)



# Counselling and Mental Health Support

## Cancer Care Alberta Counselling and Support (Psychosocial Oncology; AHS)

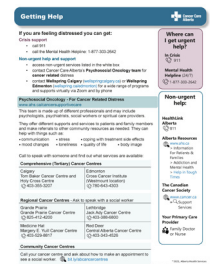
Psychosocial Oncology has many healthcare specialists who can help support your cancer-related concerns and people in your circle of care. They can help with things such as communication, stress, coping with treatment side effects, mood changes, quality of life, body image, loneliness, financial concerns or practical support. **Ask if there are specific lung cancer or family support groups at your cancer centre.**

[www.ahs.ca/cancersupportivecare](http://www.ahs.ca/cancersupportivecare) > Psychosocial Oncology or ask for a brochure

## Getting Help (AHS)

Where to find urgent and non-urgent help in Alberta.

[bit.ly/ccagettinghelp](http://bit.ly/ccagettinghelp)



## Mental Health Helpline (ALBERTA)

1-877-303-2642

## Start the Talk (CANADA)

A resource for educators, healthcare professionals, patients and those close to them to support children and teens when a family member has cancer.

[startthetalk.ca/en/home](http://startthetalk.ca/en/home)

[www.cancercarealberta.ca](http://www.cancercarealberta.ca)

