

Services to improve the lives of people with **cancer**



Available in part thanks to the generosity of
our donors and partners.



A reassuring presence, everywhere in **Quebec**



No one should ever feel alone when facing **cancer**

For over 45 years,
the Quebec Cancer Foundation
has provided daily support, in the form of
concrete and tailored services, to people
facing cancer throughout the province.



INFO-CANCER SERVICES



COMPLEMENTARY THERAPIES



FINANCIAL AND LEGAL ASSISTANCE



ACCOMMODATION CENTERS



PROGRAMME À FÉLIX Support for people aged 15-39



CORPORATE SUPPORT PROGRAM



Gatineau
819-561-2262
cancerquebec.gat@fqc.qc.ca

Lévis
581-502-0184
cancerquebec.lev@fqc.qc.ca

Montreal
514-527-2194 | 1-877-336-4443
cancerquebec.mtl@fqc.qc.ca

Quebec City
418-657-5334 | 1-800-363-0063
cancerquebec.que@fqc.qc.ca

Rouyn-Noranda
873-774-0074
cancerquebec.rno@fqc.qc.ca

Sherbrooke
819-822-2125
cancerquebec.she@fqc.qc.ca

Trois-Rivières
819-693-4242
cancerquebec.trv@fqc.qc.ca

Get
Informed.
Become a
Volunteer.
Make a
Donation.



cancerquebec.ca



Day-to-day support services

To better **withstand** **cancer**



cancerquebec.ca



A multitude of **services**
tailored to **your needs**



INFO-CANCER SERVICES

1-800-363-0063

Info-cancer Hotline | Free and confidential

Experienced oncology professionals, including nurses, nutritionists, psychologists, sexologists, and social workers, are available to answer all your questions.

Info-cancer Library | Free

- Numerous cancer-related documentary resources
- Recommendations from our experienced oncology documentalists

Resource directory

A directory of support and wellness resources available in your region and throughout Quebec.



ACCOMMODATION CENTERS

Safe, welcoming, and affordable accommodations

- The largest accommodations network in Quebec, with Lodges close to hospital centers
- Comfortable rooms at reasonable prices, for short or long-term stays



FINANCIAL AND LEGAL ASSISTANCE

Free

Support program for daily living activities

A last-resort financial assistance measure for people with cancer living below the low-income cut-off and not eligible for other financial assistance programs.

Legal assistance

Legal assistance for those with cancer and in a precarious financial situation, offered by Juripop's team of lawyers and notaries.

For a **complete list** of all our services, please see **cancerquebec.ca**.



Complementary therapies

Recognized by the medical community



PSYCHOLOGICAL SUPPORT

Art therapy | Free

A creative activity that provides people facing cancer with an outlet for their emotions and a moment of respite; no experience required.

Telephone peer matching service | Free

Exchanging with a responder who has gone through a similar experience with cancer could be helpful for you or a loved one.



PHYSICAL WELL-BEING PROGRAMS

Acupuncture | \$25/1 hour

Take benefit of this therapy recognized for its ability to relieve cancer symptoms or the side effects of treatment.

Kinesiology | Free

- Improved management of the side effects of cancer and oncology treatments
- Programs adapted to your specific condition by our physical activity specialists

Massage therapy | \$25/1 hour

Enjoy the many benefits of a massage session offered by our specially trained in the field of oncology massage therapists.

Chair massages during chemotherapy sessions | Free

Offered in certain hospital centers; inquire on-site.

Yoga | Free

Benefit from gentle classes, formulated for those undergoing cancer treatment and for up to a year afterwards.



PROGRAMME À
Félix

Support for people aged 15-39 | Free

People aged 15 to 39 who find themselves facing cancer must contend with very specific needs. The Foundation's *Programme à Félix* offers them tailored services and information relevant to their challenges, particularly regarding sexuality, fertility, income, returning to work, administrative issues, etc.

cancer15-39.com