



**SERVICES TO
LIFT YOU UP**



Quebec
Breast Cancer
Foundation

SUPPORT AND INFORMATION SERVICE

ASSISTANCE AND GUIDANCE

If you have just been diagnosed with breast cancer, feel free to call us or write to us for advice, support or resources. One of our professionals will be happy to assist you. We are also available to give your family and friends tips to help them support you.

It's confidential! Contact us at:

1 877 990-7171 - ext 250
soutien@rubanrose.org

PSYCHOLOGICAL SUPPORT AND FAMILY MEETINGS

Meet with our social worker for support to face the many emotional challenges of breast cancer and to find a sense of balance in your daily life. Meetings may be individual or with family members, either in person, by phone or by videoconference.

Sign up here:

1 877 990-7171 - ext 274
soutien@rubanrose.org

TALK WITH SOMEONE WHO'S BEEN THERE

Get it off your chest! Speaking about your experience is an important part to get through it. Join us to discuss breast cancer: our private discussion group provides a friendly, respectful atmosphere where you can exchange with others that are going through the same experience.

Join the Facebook group:  [parlons cancer du sein](#)

THE VIRTUAL CLINIC

Free and easy to use, the Virtual Clinic is a primary-care service offered to people affected by breast cancer and their family.

To find out more and to sign up:

1 877 990-7171 - ext 274
cliniquevirtuelle@rubanrose.org
rubanrose.org/infoclinic

FINANCIAL ASSISTANCE PROGRAM

Breast cancer can have a considerable financial impact on the person and their family. Fill out the simple application form to find out if you're eligible to receive financial assistance through our program.

Contact us for the eligibility criteria and to apply.

1 877 990-7171 - ext 245
aidefinanciere@rubanrose.org
rubanrose.org/financial_assistance

MY ACTIVE HEALTH

We care about your well-being! Led by a kinesiologist, this program offers a range of safe and adapted services to help you reap the many benefits of exercise, during and after treatment. My Active Health offers:

- My yoga
- My classes
- My dragon boat
- My active retirement and wellness
- My exercises
- My virtual community
(private Facebook group @Masanteactive)

Learn more about the program:

rubanrose.org/myactivehealth
masanteactive@rubanrose.org

OUR FORUMS

Information is power. Held in a warm atmosphere with a focus on sharing, our forums provide the latest scientific and social information on breast cancer, through expert-led conferences and small group workshops. We host three not-to-be missed events each year:

- Science and Community Forum
- Forum for Healthcare Professionals
- Wellness Forum

Learn more about ours forums : le-forum.ca



METASTATIC BREAST CANCER PROGRAM

This unique program provides customized support to people affected by metastatic breast cancer. Our goal is to improve their quality of life, break a sense of isolation, provide information on the disease, advance research and defend their interests.

Learn about the services we offer and become an ally:

1 877 990-7171 - ext 250
stade4@rubanrose.org



**TOGETHER FOR
BREAST HEALTH**



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