



Ottawa Regional
**Cancer
Foundation**

**Fondation
du cancer**
de la région d'Ottawa

Cancer Coaching is available every Friday from 9:00 am-3:00 pm at Beyond!

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?



Patricia Barrett-Robillard is a Cancer Coach with the Ottawa Regional Cancer Foundation.
She is a registered nurse with a background in oncology.

What is Cancer Coaching?

Cancer Coaching is a complimentary service developed by the Ottawa Regional Cancer Foundation for people in our community who are facing cancer as well as their loved ones. No medical referral is required. Patients and caregivers are eligible for up to 5 hours of one-on-one coaching.

Cancer Coaching is person and family centered care that uses your experiences, your definition of health and well-being, and your unique needs as the starting point for identifying your health and wellness goals. We can assist you in identifying your particular needs and will work with you to develop your "Action Plan" and encourage and assist you to move toward those goals.

Clients use our service for a variety of reasons including:

- Making Treatment Decisions
- Coping with Side Effects
- Managing Stress
- Connecting to Resources
- Caregiver Support
- Managing Post-treatment Transitions
- Grief and Bereavement Support

To access Cancer Coaching please go to www.ottawacancer.ca and register or call 613-247-3527.