

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at www.bccancer.bc.ca/library.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

First Nations, Inuit and Métis Health

Members of First Nations, Inuit or Métis communities who have been diagnosed with cancer may have unique health or other concerns. The following Pathfinder will give you a place to start. It can guide you to support services and other resources to answer your questions.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

BC elders guide (Online book)

Available online at www.fnha.ca/wellnessContent/Wellness/BC_EldersGuide.pdf

Completing the circle : healing words about end of life spoken to Aboriginal families (DVD) **BF789 D4 C737 2006**

Also available online at <http://uregina.ca/hamptoma/eol/healthcare.html>.

Early detection : the path to a good life (Online video)

Available online at www.tbrhsc.net/GoodLife

Living with cancer : everyone deserves support : First nations

QZ201 F527 2017

Also available online at www.fnha.ca/wellnessContent/Wellness/Living-With-Cancer.pdf

Living with cancer : everyone deserves support : Métis

QZ201 F527m 2017

Also available online at <https://files.acrobat.com/a/preview/649e3818-4775-4534-b783-2fa26bb3372b>

Silent enemy (Online comic book)

Available at <http://www.fnha.ca/wellnessContent/Wellness/Silent-Enemy-Comic.pdf#search=silent%20enemy>

Personal Stories

Indigenous voices : stories of serious illness and grief (DVD)

BF575 C212 2016

Truth of it : First Nations and Inuit stories (DVD)

QZ201 T875c 2010 v.5

PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

Aboriginal health: advance care planning (BC Ministry of Health)

Go to <https://www2.gov.bc.ca> and click on Family & Social Supports→Seniors→Health & Safety→Advance Care Planning.

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to www.bccancer.bc.ca and click on Our Services→Services→Library→Recommended Websites→Health in Specific Cultures Websites→First Nations, Inuit and Métis.

BC Cancer

www.bccancer.bc.ca

Go to Our Services→Indigenous Cancer Care.

Provides information about BC Cancer's Indigenous cancer strategy, as well as links to the Living with Cancer booklets, videos and other resources.

Cancer Care Ontario Recommended Resources for First Nations, Inuit & Métis

www.cancercareontario.ca/en/resources-first-nations-inuit-metis

This website lists tools, reports and publications, service information, and other resources, including a palliative care toolkit, related to First Nations, Inuit and Métis cancer care and control.

First Nations Health Authority

www.fnha.ca

Provides information about services and programs offered and benefits available to First Nations people. Also provides wellness resources and information about traditional healing.

HealthlinkBC

www.healthlinkbc.ca

Click on Health Topics→Common Health Concerns→Aboriginal / First Nations Health.

Provides information and resources of interest to the Aboriginal / First Nations / Métis communities.

First Nations, Inuit, Métis and people of other cultures share their stories about living with serious illness, end of life and grief. Includes videos and print materials.

Métis BC Nation**www.mnbc.ca**

Provides information about services and programs offered to Métis people.

SUPPORT PROGRAMS

This section provides a list of relevant support programs offered by community organizations or BC Cancer. BC Cancer centres generally offer monthly support groups, sometimes specific to particular types of cancer. Also offered are facilitated groups to help with stress reduction, including mindfulness based stress reduction, relaxation and stress management, and therapeutic touch. Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

www.bccancer.bc.ca/our-services/services/support-programs

BC Cancer Patient & Family Counselling

This service is available to anyone in BC who has received a diagnosis of cancer, as well as those supporting them. Counselling is available to individuals, couples, and families, either in person or over the phone. The services are solution-focused and are limited to addressing challenges related to cancer.

Get more information at **www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling**

BC Cancer Indigenous Cancer Care Counsellor

The Prince George Centre has an Indigenous Cancer Care Counsellor who can discuss transportation options to and from appointments, review options for accommodation, explore financial resources, attend appointments at the centre with patient and family members, advocate in the health care setting, discuss spiritual and cultural care needs, provide counselling support, and assist with transitions in care and return to community. Call 250.645.7330 for more information.

Aboriginal Cancer Care Program**www.vnhs.net/programs-services/aboriginal-cancer-care-program**

A program offered by the Vancouver Native Health Society that aims to build a community of support for individuals who receive a cancer diagnosis, their families and loved ones as well as cancer survivors.

BC Health Authorities Aboriginal Liaisons, Programs and Services

To assist Aboriginal patients, each BC health authority has Aboriginal patient liaisons, navigators or nurses and other programs and services available:

Fraser Health**www.fraserhealth.ca/health-info/health-topics/aboriginal-health****Interior Health****www.interiorhealth.ca/YourHealth/AboriginalHealth/Pages/default.aspx****Island Health****www.islandhealth.ca/our-services/aboriginal-health-services****Northern Health****<https://indigenoushealthnh.ca>****Provincial Health Services****www.phsa.ca/our-services/programs-services/indigenous-health****Vancouver Coastal Health****www.vch.ca/your-care/aboriginal-health**

Cancer Chat Canada<https://cancerchat.desouzainstitute.com>

An online support group for people with cancer.

Call 1.844.725.2476 for information.

CancerConnection.ca (Canadian Cancer Society)www.cancerconnection.ca

An online community for cancer patients, caregivers, friends and family. A safe place to connect and find support. Regular webcasts are available on demand on a series of topics relevant to people with cancer including physical activity, relationships and complementary therapies.

Peer Support (Canadian Cancer Society)<https://match.cancer.ca>

A service that allows people with cancer to match with a trained cancer survivor volunteer. Patients can select their match online based on criteria important to them (eg. cancer type, gender, age, etc.). Once the match is made, volunteers listen and provide support via the telephone.

Call 1.888.939.3333.

First Nations Health Authoritywww.fnha.ca

Provides information about services and programs offered and benefits available to First Nations people.

If you would like more information about these or other resources, please contact the BC Cancer Library.

Abbotsford

604.851.4710, ext. 646825 or toll-free 1.877.547.3777

Kelowna

250.712.3900 ext. 686821 or toll-free 1.888.563.7773

Prince George

Toll-free 1.888.675.8001, ext. 8001

Surrey

604.930.2098 ext. 654576 or toll-free 1.800.523.2885

Vancouver

604.675.8001 or toll-free 1.888.675.8001, ext. 8001

Victoria

250.519.5517 or toll-free 1.800.670.3322