



Ovarian Cancer Canada
Cancer de l'ovaire Canada

You are Not Alone:

A guide for Canadian women living with ovarian cancer

You are Not Alone: A guide for Canadian women living with ovarian cancer is an information kit composed of a handbook and videotape. This package has been created for women with ovarian cancer across Canada.

Women, family members and health professionals from Victoria, British Columbia to Savage Cove Newfoundland provided input for the development of the handbook. It is designed so that one can read it through or refer to specific sections when needed.

The **We just heard** videotape includes experiences of seven women who have “been there.” They share their stories of sadness, courage, devastation, humour and sometimes a ray of joy as they cope with a bitter diagnosis and challenging treatment.

Resources are listed at the end of most chapters and there is a comprehensive resource section at the back of the book. Although many on-line resources are listed, non-electronic information such as books and brochures are included as well.

The information provided is helpful and suitable for women anywhere in Canada—for those who live in big cities near cancer centres, or in small towns or villages, on farms, and in the countryside, some distance away from treatment centres.

Several chapters include material specifically for family and friends, spouses and partners.

For women dealing with ovarian cancer and for those close to them, **You are Not Alone** and **We just heard** are invaluable sources of information and support.

This package is offered completely free of charge to women with ovarian cancer, thanks to generous funding from the Lawson Foundation. To order your personal copy, or to acquire multiple copies for a health care office, kindly complete the form below.

I would like to order **You are Not Alone: A guide for Canadian women living with ovarian cancer**.
(One copy will be sent unless noted otherwise that this is for group distribution.)

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Fax: 416-962-2701

Order toll free at 1-877-413-7970

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