Resources

You may find the following helpful:

Women’s College Hospital

- **Connect with a social worker:**
  - Emma Rinaldo, Tel. 416-323-7330, emma.rinaldo@wchospital.ca

- **Access peer support:**
  - Kate Mlodzik, Tel. 416-323-6274, myccssupport@wchospital.ca

- **Speak with a genetic counsellor:**
  - Nicole Gojska, Tel. 416-323-6400 ext. 2727

Websites

- **Facing Our Risk of Cancer Empowered (FORCE):** facingourrisk.org
- **National Society of Genetic Counselors:** nsgc.org
- **Bright Pink:** an organization for young women who are at high risk for breast and ovarian cancer: brightpink.org

Support Groups

- **BRCChat Toronto:** a support group for meet ups and connections: brcasupport@live.ca or see the BRCChat Facebook page.
- **FORCE:** Peer Navigation Program focusing on personalized support: facingourrisk.org/get-support/

- **SISTERS IN SCARS:** A community of women offering mastectomy and breast reconstruction support: sistersinscars.com
Resources

Books

- This book gives individuals and families the guidance they need to face the unique challenges of hereditary cancer:

- A thorough guidebook that is one part memoir and three parts “how to” manual:
  - *Positive Results: Making the Best Decisions When You’re at High Risk for Breast or Ovarian Cancer* (2010), by Joi Morris and Dr. Ora Gordon.