

# 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, myccsupport@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](http://facingourrisk.org)
- **National Society of Genetic Counselors:** [nsgc.org](http://nsgc.org)
- **Bright Pink:** an organization for young women who are at high risk for breast and ovarian cancer: [brightpink.org](http://brightpink.org)

### Support Groups

- **BRCachat Toronto:** a support group for meet ups and connections: [brcasupport@live.ca](mailto:brcasupport@live.ca) or see the BRCachat Facebook page.
- **FORCE:** Peer Navigation Program focusing on personalized support: [facingourrisk.org/get-support/](http://facingourrisk.org/get-support/)
- **SISTERS IN SCARS:** A community of women offering mastectomy and breast reconstruction support: [sistersinscars.com](http://sistersinscars.com)

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## Books

- **This book gives individuals and families the guidance they need to face the unique challenges of hereditary cancer:**
  - *Confronting Hereditary Breast and Ovarian Cancer: Identify Your Risk, Understand Your Options, Change Your Destiny* (2012), by FORCE Executive Director, Sue Friedman, D.V.M., Rebecca Sutphen, M.D., and Kathy Steligo.
- **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.