



## September 17, 2020 Support Group Facing Fear: Coping with a Chronic Disease

### RESOURCE LIST

Mayes, Maureen D., MD. *The Scleroderma Book, A Guide for Patients and Families*, New York: Oxford University Press, 2005. Available for purchase at Indigo books, other online booksellers. 3 copies available through Winnipeg Public Library.

Gottesman, Karen. *The First Year: Scleroderma – An Essential Guide for the Newly Diagnosed*, New York, Marlowe and Company, 2003. Two copies available through Winnipeg Public Library, and available on Amazon and other online booksellers.

Gumuchian, S.T., et al., 2016, Exploring Sources of Emotional Distress among People Living with Scleroderma: A Focus Group Study.

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0152419>

Williams, Mark & Penman, Danny. (2011), *Mindfulness: An eight-week plan for finding peace in a frantic world*. New York, Rodale Inc.Pub.

About \$20. Available at McNally Robinson Books, & Amazon.

*You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program* <https://a.co/d/f9XhAQW>

<https://www.selfmanagescleroderma.com/resources.html> *This website includes lots of resources to help you deal with the physical and emotional impact of scleroderma, the following are a few examples:*

<https://www.selfmanagescleroderma.com/pdf/10-Ways-to-Find-Joy2.pdf>

<https://www.selfmanagescleroderma.com/pdf/learning-activity-Coping-with-changes-in-the-body.pdf>

<https://www.selfmanagescleroderma.com/pdf/55-Gentle-Ways-to-Take-Care-of-Yourself.pdf>

<https://phacanada.ca/Living-with-PH/Resources> *This website includes an **Emotional Wellness Handbook** which looks at the various emotions associated with a chronic disease, such as fear, anger, sadness, courage, anxiety and loneliness. While written specifically for Pulmonary Hypertension patients, all of these are applicable to scleroderma as well.*

### Counselling Services and Resources in Manitoba:

Klinik Counselling services are available on a drop-in basis (first come first served), 127 Sherbrooke Street. Monday, Friday and Saturday 12 to 4 pm; Tuesday, Wednesday and Thursday, 12 to 8 pm. <https://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/>

Eden Health Care, Recovery of Hope program, Winnipeg, Steinbach, Altona, Winkler, Portage la Prairie, 1-866-493-6202 [edenhealthcare.ca/roh](http://edenhealthcare.ca/roh)

WRHA Community Health Care Resources: <https://wrha.mb.ca/mental-health/community-services/>

Manitoba Mental Health Care Resources:

[https://www.gov.mb.ca/betterhealth/health\\_services/mental\\_health\\_services.html](https://www.gov.mb.ca/betterhealth/health_services/mental_health_services.html)

<https://www.gov.mb.ca/covid19/bewell/index.html>

The Mental Health Education Resource Center (MHERC) is a province wide resource centre that provides information, education and mental health resources for all Manitobans: <https://mherc.mb.ca/>

*Note: Scleroderma Manitoba has not vetted, and does not explicitly endorse these links or resources; they are provided as a resource and convenience for members of Scleroderma Manitoba.*