

## Patient & Family Resource Centre

**Need help finding information?**

**We have a lending library and free literature about:**

- Diagnosis and treatment
- Nutrition and physical activity
- Mental wellbeing and relaxation
- Care giving and community resources
- Survivorship and life after cancer

**We also offer:**

- Computer/internet access
- Quiet, comfortable space
- Qualified and helpful staff

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## Location

699 Concession Street  
Hamilton, ON  
Juravinski Cancer Centre  
(Main Lobby, Level 1)  
(beside the front entrance)



## Hours

Monday to Friday  
8:30 am to 4:30 pm

## Contact Us

905-387-9495, ext. 65109  
E-mail: [jccprcentre@hhsc.ca](mailto:jccprcentre@hhsc.ca)



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