



27th Annual Provincial Palliative Care Conference

SEPTEMBER 13 & 14, 2018

Victoria Inn Hotel and Convention Centre
1808 WELLINGTON AVENUE, WINNIPEG, MANITOBA

CONFERENCE BROCHURE

palliative manitoba

COMMITTEE MEMBERS



STEERING COMMITTEE

DR. MIKE HARLOS

CONFERENCE CO-CHAIR

Medical Director, WRHA Palliative Adult and Pediatric Palliative Care Program

MARK SHEPHERD

CONFERENCE CO-CHAIR

Provincial Palliative Care Specialist, Southern Health-Santé Sud

SIMONE STENEKES

PROGRAM COMMITTEE CO-CHAIR

Clinical Nurse Specialist, Pediatric Palliative Care Service, WRHA Palliative Care Program

DR. CORNELIUS J. WOELK

PROGRAM COMMITTEE CO-CHAIR

Medical Director, Palliative Care, Southern Health-Santé Sud

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Program Director, WRHA Palliative Care Program

BRENDA HEARSON

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Palliative Care Social Worker, St. Boniface Hospital

KALI LEARY

Principal Consultant, Sage Solutions

JENNIFER GURKE

Executive Director, Palliative Manitoba

TIANA PRETULA

Conference Coordinator, Palliative Manitoba

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DR. GARNET CRAWFORD

WRHA Palliative Care Physician Consultant

BRENDA HEARSON

Clinical Nurse Specialist, Palliative Care (retired)

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Pharmacist, Tache Pharmacy

KALI LEARY

Principal Consultant, Sage Solutions

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Executive Director, Palliative Manitoba

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PROGRAM AT A GLANCE



THURSDAY, SEPTEMBER 13, 2018

TIME	
7:15 AM	REGISTRATION
8:00 AM	WELCOME
8:30 AM	KEYNOTE: DR. BERNARD LAPOINTE WHERE WE BEGAN AND HOW WE HAVE CHANGED - PALLIATIVE CARE HALF A CENTURY LATER
9:30 AM	BREAK
10:00 AM	SESSION A
11:00 AM	BREAK
11:15 AM	SESSION B
12:15 PM	LUNCH
1:15 PM	SESSION C
2:15 PM	BREAK
2:30 PM	KEYNOTE: DR. SUSAN MCCLEMENT RESEARCH 101: POKING AND PRYING WITH A PURPOSE
3:30 PM	CLOSING
5:30 PM	PALLIATIVE MANITOBA ANNUAL GENERAL MEETING

FRIDAY, SEPTEMBER 14, 2018

TIME	
7:15 AM	REGISTRATION
8:00 AM	WELCOME
8:30 AM	KEYNOTE: ANDRE PICARD WHY WE SHOULD CARE ABOUT END-OF-LIFE-CARE
9:30 AM	BREAK
10:00 AM	SESSION D
11:00 AM	BREAK
11:15 AM	SESSION E
12:15 PM	LUNCH AND AWARD PRESENTATION
1:15 PM	SESSION F
2:15 PM	BREAK
2:30 PM	KEYNOTE: DR. MIKE HARLOS ON STUFF I'VE LEARNED AND THINGS I'VE SEEN - A REFLECTION ON 27 YEARS WORKING IN PALLIATIVE CARE
3:30 PM	CLOSING



CONFERENCE OBJECTIVES

1. Advance the knowledge and skills of individuals working in the field of palliative care
2. Advance the delivery of palliative care in Manitoba by advocating for increased awareness, navigation of systems, and utilization of available services
3. Provide a networking opportunity for people interested in the field of palliative care
4. Provide an opportunity for informal caregivers to learn more about palliative care

CONTINUING EDUCATION CREDITS

This program will be certified by the College of Family Physicians of Canada and the Manitoba office for up to 9.00 Group Learning Credits.

This program is designated an accredited learning activity by the College of Pharmacists of Manitoba for pharmacists in Manitoba for up to 9.00 CEU.

HOTEL ACCOMMODATIONS

For a discounted rate, please book under conference **#810444** at The Victoria Inn Hotel and Convention Centre. Call 204-786-4801 to make arrangements. The Victoria Inn has free parking and is wheelchair accessible. Please park in the lot off of Berry Street and proceed to the main Convention Centre entrance.

PRIVACY POLICY

Palliative Manitoba respects your privacy and treats all personal information with care. We do not rent, sell or trade your information. We use information to provide services and keep you informed of future activities, including special education or fundraising events, and opportunities to donate or volunteer.

FUNDING OPPORTUNITIES

Many communities have community foundations (such as The Winnipeg Foundation) that distribute money to assist with educational costs, such as attending this conference. As well, some employers will cost-share approved educational events with their employees. Please check with your local foundation or your employer for more information.

THURSDAY KEYNOTE SPEAKERS

WHERE WE BEGAN AND HOW WE HAVE CHANGED - PALLIATIVE CARE HALF A CENTURY LATER

DR. BERNARD LAPOINTE 8:30 - 9:30 AM



Dr. Lapointe, began his career in family medicine not long after graduating from the Université de Sherbrooke medical school. He has dedicated his career to the care of the dying, at all levels and across provincial and national jurisdictions. He has provided palliative care to patients, advocated for them, and conducted research to find new analgesic solutions to address their pain. In 1991, he returned to full-time medical practice at the Royal Victoria Palliative Care Service. He was appointed Director of Palliative Care Services in the Université de Montréal Hospital Center in 1998, and in 2001 he became the Chief of the Division of Supportive Care and Palliative Care at Jewish General Hospital, a role he enjoys to this day. In addition, he is an associate professor of palliative medicine in McGill University's Departments of Family Medicine and Oncology. He has held the Eric M. Flanders Chair in Palliative Medicine at McGill University since 2009 and was past-president of the Palliative Care Association of Quebec and the Canadian Hospice Palliative Care Association. Dr. Lapointe was awarded the 2017 Lifetime Achievement Award from Canadian Society of Palliative Care Physicians.

RESEARCH 101: POKING AND PRYING WITH A PURPOSE

DR. SUSAN MCCLEMENT 2:30 - 3:30 PM



Dr. Susan McClement is a Professor in the Rady Faculty of Health Sciences College of Nursing at the University of Manitoba, and holds specialty certification in Hospice Palliative Care Nursing from the Canadian Nurses Association. She has been involved in international palliative care education at the graduate and undergraduate level, teaching students in Cuba, and Sichuan University in Chengdu, China and is a past recipient of the University of Manitoba Graduate Students' Association award for excellence in graduate teaching. Dr. McClement's research interests include the psychosocial dimensions of cancer anorexia cachexia, ethical issues in palliative care; understanding compassion in end of life care, and identifying the nature of expert nursing practice in those with life-limiting illness. Her work has been funded by the Canadian Institutes of Health Research, and the Canadian Cancer Society Research Institute. She is a past member of the board of Palliative Manitoba, and currently sits as a board member for Manitoba Medical Services Foundation and Research Manitoba.

FRIDAY KEYNOTE SPEAKERS



WHY WE SHOULD CARE ABOUT END-OF-LIFE-CARE

ANDRE PICARD 8:30 - 9:30 AM



André Picard is one of Canada's top health and public policy observers and commentators. He is the health columnist at The Globe and Mail, where he has been a staff writer for more than 30 years. He is also the author of numerous books and has received much acclaim for his writing and for his dedication to improving healthcare. Including the Michener Award for Meritorious Public Service Journalism and the Centennial Prize of the Pan-American Health Association, awarded to the top health journalist in the Americas. He is also an eight-time finalist for the National Newspaper Awards – Canada's version of the Pulitzer Prize. In 2013, he was awarded the Media Award from Canadian Hospice and Palliative Care Association in recognition of the several excellent articles he wrote on hospice palliative care throughout 2012-2013.

ON STUFF I'VE LEARNED AND THINGS I'VE SEEN - A REFLECTION ON 27 YEARS WORKING IN PALLIATIVE CARE

DR. MIKE HARLOS 2:30 - 3:30 PM



Dr. Harlos has worked in palliative care for 27 years. He is Medical Director for Palliative Care for the Winnipeg Regional Health Authority, serving in that role since its inception 19 years ago. He developed the Pediatric Palliative Care Service in Winnipeg in 2006, after spending a year-long sabbatical in various pediatric palliative care programs in Canada and the United States. He founded the Canadian Network of Palliative Care for Children in 2003, and was a founding Co-Chair. Dr. Harlos is a Professor and the founding Section Head of Palliative Medicine in the Max Rady College of Medicine, University of Manitoba. He has been in the role of Clinical Team Leader for the Canadian Virtual Hospice since its beginning in 2003. Dr. Harlos has received the Canadian Hospice and Palliative Care Association Award of Excellence (2006) as well as its award for Pediatric Palliative Care (2017). He has also received the Canadian Society of Palliative Care Physicians Eduardo Bruera Award in Palliative Medicine (2007), and in 2004 was awarded the Companion of Hospice Award by Hospice and Palliative Care Manitoba. For his contribution to Palliative Care nationally, Dr. Harlos received the Queen Elizabeth II Diamond Jubilee Medal in 2012.

THURSDAY, SEPTEMBER 13TH 10:00 - 11:00 AM

MALIGNANT WOUNDS OF THE RECTUM AND PERINEUM

A1 TAMARA WELLS RN MN, WRHA PALLIATIVE CARE PROGRAM
WRHA PALLIATIVE CARE WOUND INTEREST GROUP

This presentation will review symptoms and care strategies for physical and psycho-social impacts that can be associated with malignant wounds of the rectum and perineum.

IN THIS MOMENT: SUPPORTING VULNERABILITY IN CARE WITH MINDFULNESS & COMPASSION

A2 ANDREW DAVID TERHOCH SPIRITUAL HEALTH PRACTITIONER, ST. AMANT

Explore vulnerability and the role that mindfulness and self-compassion can play in nurturing confidence & connectedness in our support experiences.

120 minute session - *Continued into B2.*

FIVE SMOOTH STONES TO TACKLE THE GIANT CHALLENGE OF TRANSITIONS

A3 ZENITH POOLE RN, CHPCA(C), CANCERCARE MANITOBA
DR. MARK KRISTJANSON MD, CCFP, CANCERCARE MANITOBA

CancerCare Manitoba has implemented a range of initiatives to support patients, caregivers and clinicians at transition to palliative care.

CULTURE SHIFTING PRACTICES:
IMPLEMENTING A PALLIATIVE APPROACH TO CARE IN LONG-TERM CARE

A4 DR. GENEVIEVE THOMPSON RN, PHD, COLLEGE OF NURSING, RADY FACULTY OF HEALTH SCIENCES, U OF MANITOBA
GLEN DIDYK RN, BN, DIRECTOR OF CARE, EXTENDICARE RED RIVER PLACE
ADDIE SOUTHERLAND RECREATION MANAGER, EXTENDICARE RED RIVER PLACE
GEETA COOK RN, BN, RESIDENT CARE UNIT NURSE, EXTENDICARE RED RIVER PLACE

Discussion of the impact of implementing a palliative care approach in a long-term care facility on various stakeholders.

THURSDAY, SEPTEMBER 13TH 11:15 AM- 12:15 PM

OPIOID SAFETY FOR PALLIATIVE CARE PATIENTS

B1 KATHRYN MENZIES MD, CCFP, BA, BSC, PALLIATIVE CARE FELLOW, UNIVERSITY OF MANITOBA

Palliative patients often use opioid medications, which can be abused by those around them. Safe practices reduce the risk of opioid abuse.

IN THIS MOMENT: SUPPORTING VULNERABILITY IN CARE WITH MINDFULNESS & COMPASSION

B2 ANDREW DAVID TERHOCH SPIRITUAL HEALTH PRACTITIONER, ST.AMANT

Continued from A2.

EXPLANATORY MODELS OF CANCER ANOREXIA-CACHEXIA:
A PRELIMINARY REPORT OF FAMILY MEMBERS' PERSPECTIVES

B3 DR. SUSAN MCCLEMENT PROFESSOR, COLLEGE OF NURSING, RADY FACULTY OF HEALTH SCIENCES, U OF MANITOBA

This concurrent session will discuss some of the emerging themes that have been identified from preliminary content analysis of interviews conducted with 20 family members of advanced cancer patients.

EVIDENCE-INFORMED END OF LIFE CARE TO ACHIEVE GOOD DEATH IN NURSING HOMES

B4 PREETHA KRISHNAN NURSE PRACTITIONER, LONG TERM CARE, WRHA

Define early signs of end of life in nursing home residents and discuss evidence informed end of life care to achieve good death in nursing homes.

THURSDAY, SEPTEMBER 13TH 1:15 - 2:15 PM

DYSPNEA AND RESPIRATORY SECRETIONS AT THE END OF LIFE:
WHAT WE DO AND WHY WE DO IT

C1 TANJA BORCHERS PGY1 FAMILY MEDICINE, BOUNDARY TRAILS STREAM, U OF MANITOBA

A brief overview of dyspnea & respiratory secretions and a concise review of current evidence behind the management of these symptoms.

WHEN THINGS GET BACK TO NORMAL

C2 LINDA FEHR PALLIATIVE CARE: SUPPORT/RESOURCE & TRAINING, BOUNDARY TRAILS HEALTH CENTRE

Grief is one of the great, common experiences of human beings - yet we struggle to provide or find support. Grief is not specific to any one gender, culture, race or religion. And ... it comes in only one size: Extra Large. How can we provide support & encouragement for those on their Grief Journey .

VENTS AND STENTS (30 minutes) & DYING TO BE HEARD (30 minutes)

C3 DR. BRUCE MARTIN MD, CCFP, FCFP, MSC, PALLIATIVE CARE PHYSICIAN CONSULTANT, WRHA PALLIATIVE CARE PROGRAM

This first part of this presentation will focus on interventional approaches to symptom management in malignant bowel obstruction.

The second portion will focus on discussing the needs of hearing impaired patients who are nearing end-of-life.

SURVIVING SPOUSES EXPERIENCES OF THE END OF LIFE PHASE OF THE DEMENTIA JOURNEY

C4 SHARRAN MULLINS RPN MPN BSCPN BA, BRANDON UNIVERSITY

Have you ever wondered what it's like to lose a partner to dementia? Explore experiential stories in relation to how we deliver end of life dementia care.

FRIDAY, SEPTEMBER 14TH 10:00 - 11:00 AM

DELIRIUM IN PALLIATIVE CARE – INSIGHTS FROM THE LITERATURE

D1 OGECHI ASAGWARA RN MN, CHPCN(C), WRHA - PALLIATIVE CARE PROGRAM

Insights from a recent literature review, sheds light on the topic of delirium and the impact of this symptom in the palliative care context.

COMPANIONING THE PALLIATIVE PATIENT

D2 HELEN HOLBROOK BA HON, MPA, MA THEOLOGY, RIVERVIEW HEALTH CENTRE

Richard Rhor's book Falling Upward outlines the spiritual and emotional challenges faced by individuals confronted with the '2nd half of life'. Regardless of age, many palliative patients are working through these challenges. A case study and discussion of Rhor's ideas will provide HCPs with practical tips in offering spiritual support.

PALLIATIVE CARE FOR ADOLESCENT AND YOUNG ADULT (AYA) CANCER PATIENTS

D3 IAN SCOTT PSYCHOSOCIAL ONCOLOGY CLINICIAN (MSW), PATIENT AND FAMILY SUPPORT SERVICES - CANCERCARE MANITOBA
JESSICA LIZOTTE CERTIFIED CHILD LIFE SPECIALIST, IN PATIENT UNIT ONCOLOGY/HEMATOLOGY/NEPHROLOGY - WINNIPEG CHILDREN'S HOSPITAL
SIMONE STENEKES CLINICAL NURSE SPECIALIST, PEDIATRIC PALLIATIVE CARE SERVICE - WRHA PALLIATIVE CARE PROGRAM

Adolescent and Young Adult (AYA) cancer patients have complex needs at end-of-life. This presentation highlights the unique psychosocial and symptom management concerns of this population.

PARAMEDICS PROVIDING PALLIATIVE CARE AT HOME

D4 DR. DONNA CLARK M.D., CCFP-EM, CCFP-PC, UNIVERSITY OF MANITOBA

While the traditional role of paramedics has been to focus on stabilization and transport of patients to the most appropriate emergency department, innovative strategies in other parts of Canada are being implemented that see EMS involved in delivering specialized Palliative Care services within homes.

FRIDAY, SEPTEMBER 14TH 11:15 AM - 12:15 PM

END OF LIFE CARE WITH STROKE

E1 SHELLEY JOLLY RN, B.A. (HON), B.S.N., CHPCN(C), ROYAL UNIVERSITY HOSPITAL
KENDRA CADIEU BSW., RSW, SOCIAL WORKER, INPATIENT NEUROLOGY DEPARTMENT AT ROYAL UNIVERSITY HOSPITAL

This session reviews the care needs of those patients who are at end of life with stroke and the initiatives to provide effective symptom control.

WEARING TWO HATS:

FAMILY CAREGIVER AND HEALTH CARE PROVIDER OR VOLUNTEER IN END-OF-LIFE CARE

E2 DR. ROBIN MCCLURE MD, CCFP (PC); PHYSICIAN, WRHA PALLIATIVE CARE PROGRAM
DAWN CHAITRAM BSW, RSW, MA; PSYCHOSOCIAL SPECIALIST WRHA PALLIATIVE CARE PROGRAM

A reflection on the challenges and benefits when you are involved in health care and also a family caregiver for a loved one at end-of-life.

CARE COLLABORATION FOR RURAL PEDIATRIC PATIENTS WITH LIFE-LIMITING CONDITIONS

E3 SIMONE STENEKES CLINICAL NURSE SPECIALIST, PEDIATRIC PALLIATIVE CARE SERVICE - WRHA PALLIATIVE CARE PROGRAM
DR. BRUCE MARTIN MD, CCFP, FCFP, MSC, PALLIATIVE CARE PHYSICIAN CONSULTANT, WRHA PALLIATIVE CARE PROGRAM
BRIGITTE RÉMILLARD RN, BN, REGIONAL PALLIATIVE CARE COORDINATOR, SOUTHERN HEALTH-SANTÉ SUD
DR. DARREN REIMER PALLIATIVE CARE PHYSICIAN - SOUTHERN HEALTH-SANTÉ SUD
RUBY GARAND PSYCHOSOCIAL SPECIALIST, SOUTHERN HEALTH-SANTE SUD

This presentation discusses rural and urban collaboration that can be undertaken to provide care for children with life-limiting conditions who live in the rural environment.

KEEP IT SIMPLE? STAYING TRUE TO OUR ROOTS IN THE FACE OF RISING EXPECTATIONS, INCREASING COMPLEXITY, AND RADICAL SOLUTIONS.

E4 DR. EDWARD (TED) ST. GODARD MA MD CCFP, CONSULTING PHYSICIAN, WRHA PALLIATIVE CARE

In this time of disruption, of technological turbulence unseen since the industrial revolution, will Palliative Care, cum Palliative Medicine, lose its way?

FRIDAY, SEPTEMBER 14TH 1:15 - 2:15 PM

DEMYSTIFYING THE PALLIATIVE CARE DRUG ACCESS PROGRAM

F1 JOEL HART BSC. PHARM., TACHE PHARMACY

This presentation will help prescribers understand coverage for common, uncommon, and compounded medications in Palliative Care, and the resources available to help determine and apply for said coverage.

EMOTIONAL IMPACT IN PROVIDING PALLIATIVE CARE

F2 JANICE NESBITT RN MN CHPCN(C), CLINICAL NURSE SPECIALIST, WRHA PALLIATIVE CARE

This presentation will explore factors affecting the emotional impact of providing palliative care, including compassion satisfaction and fatigue, and self-care strategies to promote resilience in practice.

SUPPORTING GRIEVING CHILDREN AND TEENS

F3 SIMONE STENEKES CLINICAL NURSE SPECIALIST, CANADIAN VIRTUAL HOSPICE
MIKE GOLDBERG MA GERO, PALLIATIVE MANITOBA

Discover helpful strategies to support grieving children, teens and families. Also learn about the free, online learning modules available through Kidsgrief.ca.

PALLIATIVE CARE IN RURAL MANITOBA – SHIFTING SANDS

F4 DR. CORNELIUS J. WOELK MD, CCFP, FCFP, ASSISTANT PROFESSOR, DEPT OF FAMILY MEDICINE, U OF MANITOBA, MEDICAL DIRECTOR OF PALLIATIVE CARE – SOUTHERN HEALTH-SANTÉ SUD, MEDICAL DIRECTOR - BOUNDARY TRAILS REGIONAL CANCER PROGRAM HUB, FAMILY PHYSICIAN – C.W.WIEBE MEDICAL CENTRE
MARK SHEPHERD RN, BSCN, CHPCN(C), PROVINCIAL PALLIATIVE CARE SPECIALIST, SOUTHERN HEALTH SANTE SUD

This session will describe Palliative Care in rural Manitoba, highlighting differences in needs and approaches between rural and urban Palliative Care, and some current initiatives.

REGISTRATION DETAILS



CONFERENCE FEES

	REGULAR	PALLIATIVE MANITOBA ASSOCIATION MEMBER*	STUDENT** OR VOLUNTEER***
1 DAY REGISTRATION	\$230.00	\$210.00	\$160.00
2 DAY REGISTRATION	\$450.00	\$405.00	\$315.00
EARLY 2 DAY REGISTRATION Deadline July 31, 2018	\$375.00	\$340.00	\$265.00

- *MAXIMUM TWO DELEGATES PER PALLIATIVE MANITOBA ASSOCIATION MEMBER, AS AUTHORIZED BY MEMBER CONTACT.
- **RATES FOR FULL-TIME STUDENTS ONLY. PROOF OF FULL-TIME STUDENT STATUS IS REQUIRED WITH REGISTRATION FORM.
- ***LETTER FROM A REGIONAL/VOLUNTEER COORDINATOR VERIFYING 24 HOURS OF VOLUNTEER SERVICE IN PALLIATIVE CARE OVER THE LAST 12 MONTHS IS REQUIRED WITH REGISTRATION FORM.
- FULL PAYMENT MUST ACCOMPANY YOUR REGISTRATION FORM. REGISTRATIONS WILL NOT BE PROCESSED UNTIL PAYMENT IS RECEIVED.
- YOUR RECEIPT WILL BE AVAILABLE FOR PICK-UP AT THE CONFERENCE REGISTRATION DESK.

REFUND POLICY

- REQUESTS FOR REFUNDS, SUBJECT TO A \$40.00 PROCESSING FEE, MUST BE MADE IN PERSON OR IN WRITING AND RECEIVED PRIOR TO **AUGUST 31, 2018**.
- NO REFUNDS WILL BE MADE AFTER **AUGUST 31, 2018**.
- SUBSTITUTES MAY BE ACCEPTED WITH PRIOR NOTICE.

ONLINE REGISTRATION NOW AVAILABLE!

[CLICK HERE TO REGISTER ONLINE TODAY!](#)

REGISTRATION FORM



CONTACT INFORMATION

Name: _____ Title: _____

Organization: _____

Address: _____ City/Province: _____ Postal Code: _____

Phone: _____ Email: _____

DIETARY REQUIREMENTS

Gluten-Free Vegetarian Vegan Allergies: _____

CONCURRENT SESSION CHOICES

PLEASE CIRCLE YOUR CHOICES

THURSDAY, SEPTEMBER 13TH

Concurrent Session Block A A1 A2 A3 A4

Concurrent Session Block B B1 B2 B3 B4

Concurrent Session Block C C1 C2 C3 C4

FRIDAY, SEPTEMBER 14TH

Concurrent Session Block D D1 D2 D3 D4

Concurrent Session Block E E1 E2 E3 E4

Concurrent Session Block F F1 F2 F3 F4

PAYMENT OPTIONS

Total Amount: _____ Visa Mastercard Cheque Enclosed

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Signature: _____ Date: _____

REGISTRATION AVAILABLE ONLINE AT PALLIATIVEMANITOBA.CA

PLEASE COMPLETE & RETURN TO:

Mail to:
Palliative Manitoba
c/o Tiana Pretula, Conference Coordinator
2109 Portage Avenue
Winnipeg, MB, R3J 0L3

OR:
Email: tpretula@palliativemanitoba.ca
Phone: 204-889-8525 ext. 228
Fax: 204-888-8874
www.palliativemanitoba.ca