

Monthly newsletter of Prostate Cancer Support Regina



PROSTATE CANCER SUPPORT REGINA AIMS TO:

- *Enhance awareness, knowledge, and understanding
- *Organize and hold regular monthly meetings
- *Educate prostate cancer survivors, their families, friends, and the public
 - *Offer peer support services
 - *Look for courage and hope
- *Collaborate with other cancer and health organizations

SUPPORT MEETINGS

Please join us from 6:30pm to 8:30 pm at our monthly hybrid meetings on the 2nd Thursday of every month (except July & Aug) in room 141 at the Saskatchewan Cancer Agency, 4545 Parliament Avenue, Regina.

Register to join via ZOOM. Once registered, you will receive the meeting link in your inbox directly from Zoom.

Mark Mahl to address December 11 meeting

This month, we are excited to welcome Mark Mahl, the new Executive Director of Prostate Cancer Foundation Canada, as our guest speaker.

Mark is a seasoned philanthropy executive with over 20 years in nonprofit leadership, focusing on health-related causes. His career highlights include enhancing client services, advancing research, and project management. Known for inclusive leadership and community impact, he also excels in event execution, major gifts, and donor relations. A University of Alberta graduate, Mark mentors youth, coaches volleyball, and volunteers for charities. In his free time, he enjoys animals and the outdoors. He looks forward to leading PCFC towards a strong national identity with the team, support group leaders, and volunteer board.

More on upcoming speakers on our website



December 11 Support Meeting

Dec Speaker



Mark Mahl is a seasoned philanthropy executive with over 20 years of experience in nonprofit leadership, fundraising, business development, marketing, communications and stakeholder engagement. His experience has been predominantly with health-related causes and national and regional organizations. Mark, throughout his career, has supported client services, research, and project management. He is known for his inclusive leadership style and passion for community impact. He also brings deep expertise in event execution, major gifts, grant development, and donor relations. A graduate of the University of Alberta, he continues to mentor youth, coach elite volleyball teams, and volunteer for various charitable causes. In his spare time Mark loves animals and the outdoors. He is excited to be leading PCFC into a strong national identity with the wonderful PCFC team of staff, support group leaders and the volunteer board of directors.

NEW Peer Break Out Group

In addition to general break out groups after the break, an issue specific break out group will be available for people in the room and online for the next two months

The Power of Community

Joining a support group and attending regular meetings can provide immense benefits when facing cancer. You don't have to go through it alone—connecting with others who understand your challenges can make all the difference. The support and shared experiences from a community can aid in emotional and physical healing. Here's how:

- Emotional support reduces feelings of isolation and anxiety.
- Practical advice from others can help you navigate treatments, complications, and side effects.
- Shared stories offer hope and inspiration, uplifting spirits.
- A strong sense of community improves overall well-being and resilience.
- Together, we are stronger.

Support Group Meeting Agenda

- 6:00 pm Room 141 set up, and Zoom waiting room open
- 6:20 pm Zoom waiting room admittance to meeting room
- 6:30 pm Introductions
- 6:40 pm Featured Speaker
- 7:20 pm Refreshment Break
- 7:30 pm Peer Sharing break out groups
- 8:25 pm Announcements
- 8:30 pm Closing and tear down



Missed our recent support meetings?

You can access past meetings' presentations @ our Youtube Channel & website

Chair's Insights

With seasons changing, it's worth reflecting on the momentum we've achieved together:

2025 has been busy and rewarding, a testament to the strength of your support and the difference we make together. This year marks 32 years of Prostate Cancer Support Regina delivering critical peer-to-peer and group support to people affected by prostate cancer in southern Saskatchewan. From modest beginnings, we've grown into a trusted network of knowledgeable and experienced volunteers, members, donors, and partners. All of this is made possible by your generosity. Whether through time, advocacy, donations, or hands-on help, your commitment shines in troubling and dark times.

This year held moments of remembrance, including the loss of good friends. It also included departures from our team. I acknowledge Rosa Britner and thank her for producing professional newsletters and Facebook posts to boost awareness of our prostate cancer support group.

We honour their legacy and departures from our team by upholding the values and vision they championed in our lives and support group. While the seasons change, our mission never stops. We remain focused and deeply committed to promoting awareness and enhancing outcomes for all affected by prostate cancer. Please enjoy the holiday season.



James Froh
Chair

LOVING YOURSELF



FIRST

Hearing “prostate cancer” can be scary. We’re here for you. Prostate Cancer Support Regina is a volunteer-led community of 300+ survivors and families, ready to offer empathy, real-life insight, and support. Come talk with people who listen, answer questions, and understand.

What makes us different? We’ve been there—through diagnosis, treatment, and survivorship. Connect with people who listen, share honestly, and truly get it. We don’t offer medical advice or promote any provider. Join us for local, trusted information and support across Saskatchewan.

LOCAL, TRUSTED INFORMATION



HELP NEEDED

WE NEED HELP WITH

- COMMUNICATIONS:
 - NEWSLETTER PRODUCER
 - PROOFREADER/EDITOR
 - SOCIAL MEDIA POSTING
 - YOUTUBE
 - FACEBOOK

IF YOU WOULD LIKE TO LEARN
MORE PLEASE REACH OUT TO US.



(306) 527-8290



PCCNREGINA.CA



Androgen Deprivation Therapy (ADT) Education Class

The ADT Educational Class is a free session during which patients and loved ones will:

- Learn about side effects of ADT
- Learn how to manage side effects
- Complete goal setting exercises to teach you how to manage ADT side effects

When: Monthly class, held on Fridays

Time: 1:30 - 4 p.m.

Dates: March 28, April 25, May 23, June 27, July 25, Aug 22, Sept 26, Oct 24, Nov 28, and Dec 19

To register, call 306-766-2973.

November 8, 2025 Prostate Symposium, Survive & Thrive in Saskatoon



St. Paul's Hospital Foundation, in partnership with Cancer Foundation Saskatchewan and Prostate Cancer Support Saskatoon hosted the 2025 Prostate Cancer Symposium, Survive & Thrive on November 8 , 2025. Over 200 people attended the 13th symposium, including four Regina support group members. The 2025 guest speaker was Dr. Bob Rutledge who presented the Prostate Cancer Patient Engagement Program (PCPEP.org) of free, home support to prostate patients over a six month program. The highpoint, as always was the panel of speakers who responded to participants' Q&As. The Symposium was recorded and is available on YouTube.

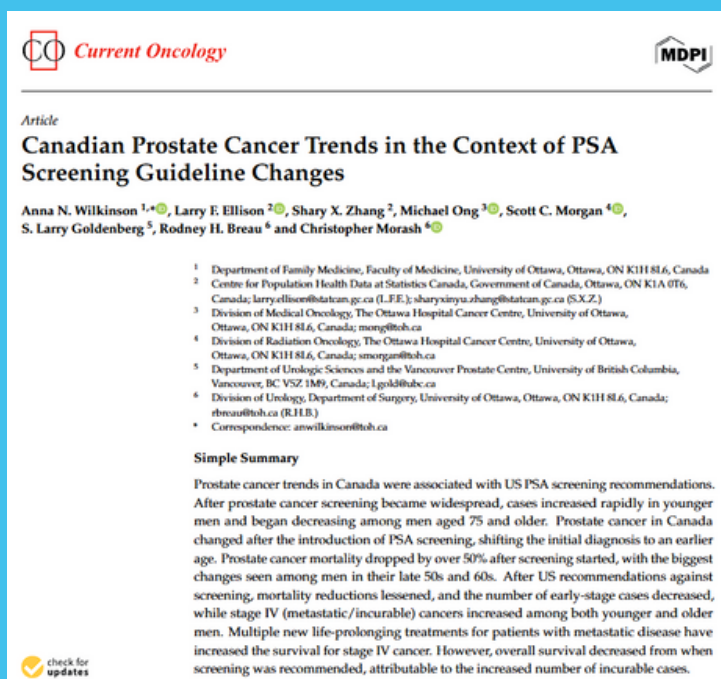
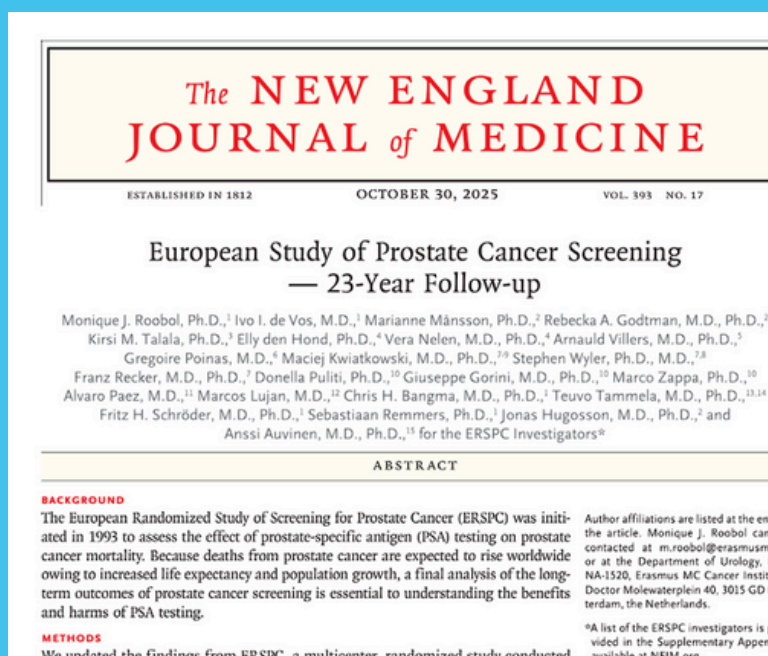
National Online Support Group Meetings



Prostate Cancer Foundation
Find a Meeting



Long-term follow-up confirms a sustained reduction in deaths from prostate cancer with PSA testing, alongside an improved harm–benefit ratio. Future screening strategies should adopt risk-based approaches to minimize overdiagnosis while maintaining clinical benefits.



Canada hasn't endorsed prostate cancer screening, yet over half of men over 50 undergo it. Canadian prostate cancer trends align with US PSA recommendations. Mortality reduction largely occurred with advised screening. Rising stage IV cases after screening ceased may explain survival declines. Screening allows earlier diagnosis, potentially reducing costs and improving outcomes, underscoring the need for organized screening strategies.



We are grateful to our sponsors, speakers, volunteers and loyal donors. At Prostate Cancer Support Regina, we rely on the generosity of volunteers, presenters, and donors to continue supporting men and families affected by prostate cancer.

Whether you donate your time, expertise, information for our newsletter or resources, your contribution has the power to change lives. All donations come with a charitable donation receipt. Here's how you can make an impact:

- Offer your time as a volunteer to support our community.
- Present valuable information to help patients and their families.
- Donate to fund life-changing support services and awareness efforts.

Thank you for helping us create a positive difference in someone's life. Your involvement ensures no one has to face prostate cancer alone.

Prostate Cancer Support Regina (PCSR) is a volunteer support group for men diagnosed with prostate cancer, and their families. We are a registered charity that relies on the generosity of our members, supporters and friends to fund our programs. PCSR brings men, families, friends and supporters together in one strong volunteer organization to increase awareness, knowledge and understanding of prostate cancer and men's health overall for people in Regina, Southern Saskatchewan and the public at large.

Prostate Cancer Support Regina is an incorporated organization in Saskatchewan under the authority of The Non-Profit Corporations Act, 1995 and a registered Canadian charity under the authority of the Income Tax Act.

Prostate Cancer Support Regina. Prostate Cancer Canada Network - Regina Inc.
CRA Charity # 84872 6386 RR0001



Meet Your Board

**Robert Chapman, James Froh, Guy Kergan, Kent
Stewart, and Fred Vandelindan**

board@pccnregina.ca
Executive Committee

Chair - James Froh	Treasurer - Guy Kergan	Secretary - Kent Stewart
(306) 527-8290	(306) 690-9687	(306) 543-2547

Executive Committee
inquiry@pccnregina.ca

Health Outcomes / Support Line/ Partnership Committee
support@pccnregina.ca

Communications Committee
communications@pccnregina.ca

Please contact the above listed committees for further
information about PCS Regina.

To ensure you are receiving all of our newsletters and
notices, please make sure info@pccnregina.ca is in your
contact list.

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