saskprostate SUPPORT NEWS

NOVEMBER 2026

Monthly newsletter of Prostate Cancer Support Regina

OUR MEETINGS

Please register to join us in person or online at our monthly meetings on the 2nd Thursday of every month, except July and August, at the Saskatchewan Cancer Agency, 141- 4545 Parliament Avenue, Regina 6:30 - 8:30 pm. Doors open at 6:00.



Dr. Kishor Wasan is our Nov 12 Speaker

This month, we welcome Dr. Kishore Wasan as our guest speaker to talk about updated prostate cancer treatment options.

Innovative, evidence-informed treatment options are possible because of cancer research funded by you, our families, and partners, and by our governments. Kishore will be talking about benefits and risks of the treatment pathways for prostate cancer, from localized, advanced, metastatic, and castrate resistant prostate cancer.

"NO"vember is the month to say "no" to being alone. For many Canadians Movember is beyond the moustache and fundraising. It encourages men to be more proactive with their health and realize they are not alone. We, as prostate cancer patients and survivors, have each other.

Prostate Cancer Support Regina



The Power of Community in Your Cancer Journey

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.

Our Peer Support Meeting Agenda

6:15 p.m. Registration & log in test

6:30 p.m. Introductions

6:40 - 7:15 p.m. Feature Speaker

7:15 p.m. Refreshment Break

7:30 p.m. Peer Sharing and break out groups, please see ALEC method @ https://conversations.movember.com/en/ALEC/

*Hybrid: Zoom and in-person

Click ZOOM logo below to pre-register for the support meeting. We will send you the zoom meeting link as a calendar invite.

Prostate Cancer Support Regina

Supporting patients & survivors

IT'S GIVING SEASON

As you know, our peer support group is run entirely by dedicated volunteers. Our mission has always been simple: to provide a safe space for peer sharing, support those affected by prostate cancer, and raise public awareness and education across Saskatchewan. As per our bylaws, everyone who receives this newsletter is a valued member of our circle, and we want to ensure our support remains accessible to absolutely anyone who needs it, without barriers.

We operate on a small annual budget for printing educational materials, providing online prostate cancer public awareness, hosting our free monthly peer and education/awareness meetings, and providing free individual peer supports to newly diagnosed patients.

To ensure we can carry on our programs through the coming year, we are asking our members to consider a suggested, voluntary annual donation of $10–$15 (or whatever amount feels right to you). **Please also consider the option of becoming a recurring monthly donor.**



Donate Online via CanadaHelps Because we are a registered charity, 100% of your voluntary contribution goes directly toward local support, and you will receive an instant charitable tax receipt directly to your email. [Click on the circle to donate now].

Another donation option is an INTERAC eTransfer if you prefer. We gratefully accept direct e-transfers from your bank: **donation@pccnregina.ca [Auto-deposit is enabled].** Please include your full name, mailing address, and email in the message field so we can issue a charitable tax receipt.

Thank you so much for being a vital part of our community and helping us support one another.



NOVEMBER 2026 SPEAKER

Dr. Kishor M. Wasan, R.Ph. (Texas), PLC (Harvard), Ph.D. FAAPS, FCAHS, FCSPS

Updated Prostate Cancer Treatment Options: Benefits and Risks

Dr. Kishor M. Wasan is an eminent Canadian clinical pharmacologist, clinical pharmacist (currently licensed in Texas), and academic leader (former Dean at USASK) widely recognized for his pioneering research in prostate cancer, lipid-based drug delivery and global health.

Kishor is currently the Chair of the Scientific Board for the Prostate Cancer Foundation Canada, a member of the Saskatoon Prostate Cancer Support Group, as well as a Distinguished University Scholar and Adjunct Professor in the Department of Urologic Sciences at the University of British Columbia (UBC).
https://en.wikipedia.org/wiki/Kishor_Wasan

Prostate Cancer Support Regime

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.

Prostate Cancer Support Saskatchewan

LOCAL, TRUSTED INFORMATION



HELP NEEDED

WE NEED HELP PLEASE!

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

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

(306) 527-8290

PCCNREGINA.CA

Prostate Cancer Support Regina





It was a GREAT 2026 season.

Thank you volunteers!!

Prostate Cancer Support Regina



Supportive Care Groups

Available at the Allan Blair Cancer Centre in Regina

Meagan Favel replaced Jamie Wotiyak as the Education/Groups Coordinator for Supportive Care at the Allan Blair Cancer Agency. Several of the groups Jamie developed are no longer running, and the supportive care program is going through lots of change. At present, there is no updated information. Once new resources are available, they will be printed here. Community connections are vital for patient wellbeing.

National Support Group Online Meetings

Advanced Prostate Cancer SUPPORT GROUP

Active Surveillance SUPPORT GROUP

GBTQ Prostate Cancer SUPPORT GROUP

Partners in Prostate

Prostate Cancer Support Meetings in Canada

Prostate Cancer Support Regina

Meet Your Board of Directors

https://pccnregina.ca/our-team/

Peter Braun, Kevin Derenisky, James Froh, Guy Kergan, Don Reed, Chris Sawcyn, Kent Stewart, and Fred Vandelindan

Executive Committee

inquiry@pccnregina.ca

Chair - James Froh
(306) 527-8290

Treasurer - Guy Kergan
(306) 690-9687

Secretary - Peter Braun
(306) 520-8956



Need Support?

support@pccnregina.ca

Need information?

saskprostate.ca

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

Prostate Cancer Support Regina

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