

VIRTUAL PROGRAMS <i>(1 session, unless specified otherwise)</i>	P/C	DATES	DAY & TIME	LANGUAGE
Gentle Yoga (Weekly) <i>*Registration required</i>	P/C	Sept 7 – Dec 14, 2022	Wed. 10:00 – 10:45am	BIL
Meditate, Relax & Breathe (Weekly) <i>*Registration required</i>	P/C	Sept 8 – Dec 15, 2022	Thurs. 10:00 – 10:30am	BIL
Group Writing Workshop <i>*Registration required</i>	P	Oct 4, 2022 Nov 8, 2022	Tues. 11:00 – 12:30pm Tues. 3:00 – 4:30pm	BIL
Montreal Museum of Fine Arts Virtual Interactive Group Workshop and Art Making <i>*Registration required</i>	P/C	Sept 29, 2022 Oct 27, 2022 Nov 23, 2022	Thurs. 2:00 – 3:30pm Thurs. 2:00 – 3:30pm Wed. 2:00 – 3:30pm	BIL
Look Good Feel Better <i>*Please register online at LGFB.ca or by phone at 1-800-914-5665</i>	P	Please consult website	Please consult website	FR ENG
One-to-One Telephone Support	P/C			
We are a phone call away, to provide support. Our specially trained volunteers will be able to assist you during and after treatment. Every effort will be made to find the best match with one of our volunteers to provide you with the best possible support. <i>*By Request</i>				FR ENG

P: For patients **C:** For caregivers **P/C:** For patients and caregivers

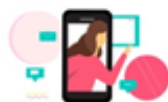
Location: (unless otherwise noted): **Virtual via Zoom application software**

IMPORTANT: All dates and times are subject to change.

All our services and resources are free!

Information & Registration:

 rola.mouchantaf@muhc.mcgill.ca  514 934-1934 ext. 35297



Our services are made possible through donations received at the Cedars Cancer Foundation. Cedars CanSupport makes every effort to provide the best possible support to patients and their caregivers.

All our ONLINE programs are accessible via Zoom software application by computer, tablet or smartphone. To download Zoom, visit <https://zoom.us/download>. Once you have downloaded Zoom and registered with our Cedars CanSupport Program Coordinator, a meeting link, ID and password will be sent to you by email.

cansupport.ca

Cedars CanSupport Program Descriptions

Meditate, Relax & Breathe (Weekly)

Join us for our Meditate, Relax & Breathe weekly session for an opportunity to learn and practice techniques to relax, balance, and experience a sense of well-being. Gentle stretching movements will be included in each session. **If the session is full, you will be placed on the list for the following session.**

Gentle Yoga (Weekly)

During the session, guided gentle restorative posture movements are incorporated, with a focus on posture, breathing and meditation. Please wear comfortable clothing. **If the session is full, you will be placed on the list for the following session.**

Group Writing Workshop

Writing is a way to find your voice, to experiment on the page, to have fun, to invent a story or share your own story. This workshop aims to create a judgement-free space. Together, we'll do a few simple and short writing exercises to lead our imagination. **No writing experience necessary. Everyone is welcome.**

One-To-One Telephone Support Service

Our volunteers are specially trained to provide support by phone during and after treatment. Every effort will be made to find the best match with one of our volunteers to provide you with the best possible support. **Please take note that we do not offer medical advice. By request.**

Montreal Museum of Fine Arts: Virtual Interactive Group Workshop and Art Making

An interactive virtual art workshop, where you will have the opportunity to engage in creative art making workshop facilitated by a museum mediator. **Limited to 1 time participation. If the session is full and / or you are interested in participating in additional sessions, you will be placed on the wait list.**

Look Good Feel Better (LGFB)

“We know how important it is to simply feel like yourself, especially when going through cancer treatment. At the Look Good Feel Better workshops women with cancer can learn how to manage the appearance-related impact of cancer and its treatment. Offering a unique sense of community, you’ll be part of a small group of women, with different cancer diagnoses and going through different treatments, who come together to learn and share. Led by our expert volunteers.” (LGFB website)

On-line Registration is required: www.Lgfb.ca or by telephone 1-800-914-5665

COMPLEMENTARY SERVICES (available upon request) – For hospitalized oncology patients

Cedars CanSupport Complementary Therapies

Complementary therapies provide additional support alongside your conventional treatment. They help you cope with cancer and its treatments, reduce stress, fear and anxiety, and improve your overall health and well-being


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Relaxation therapy (Ruth Wani)

Meditation and Relaxation

Meditation and relaxation in combination with simple breathing exercises and mindfulness techniques can help reduce stress, blood pressure, anxiety, pain and insomnia

Information and registration:

 rola.mouchantaf@muhc.mcgill.ca

: 514 934-1934 ext. 35297 / Ask your nurse or healthcare professional.

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