

ONLINE PROGRAMS <i>(1 session, unless specified otherwise)</i>	P/C	DATES	DAY & TIME	LANGUAGE
<b>Gentle Yoga (Weekly) Online</b> <i>*Registration is required</i>	P/C	Jan 4 – Apr 26, 2023	Wed. 10:00 – 10:45am	BIL
<b>Meditate, Relax &amp; Breathe(Weekly) Online</b> <i>*Registration is required</i>	P/C	Jan 5 – Apr 27, 2023	Thurs. 10:00 – 10:30am	BIL
<b>Group Writing Workshop Online</b> <i>*Registration is required</i>	P	Feb 8, 2023	Wed. 3:00 – 4:30pm	BIL
<b>Montreal Museum of Fine Arts Online Virtual Interactive Group Workshop and Art Making</b> <i>*Registration is required</i>	P/C	Jan 26, 2023 Feb 23, 2023	Thurs. 2:00 – 3:30pm Thurs. 2:00 – 3:30pm	BIL
<b>Look Good Feel Better Online</b> <i>*Please register online at <a href="http://LGFB.ca">LGFB.ca</a> or by phone at 1-800-914-5665</i>	P	Please consult website	Please consult website	FR ENG
<b>IN-PERSON PROGRAMS</b>	P/C			
<b>Art Therapy Group (Weekly) In-person</b> Connecting through art expression <i>*Registration is required. Offered for individuals with cancer, from the time of diagnosis up to 2 years. At the Cedars Cancer Centre</i>	P	Jan 11 – April 26, 2023	Wed. 1:00 – 3:00pm	BIL
<b>Montreal Museum of Fine Arts Interactive Group Tour and Art Making In-person</b> <i>*Registration is required. At the Montreal Museum of Fine Arts</i>	P/C	Mar 29, 2023 Apr 27, 2023	Wed. 2:00 – 4:00pm Thurs. 2:00 – 4:00pm	BIL
<b>One-to-One Telephone Support</b>	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): Online via Zoom application software, or Cedars Cancer Centre, Glen site, MUHC. **IMPORTANT: All dates and times are subject to change.**

**All our services and resources are free!**

**Information & Registration:**  [rola.mouchantaf@muhc.mcgill.ca](mailto: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, unless indicated (in-person) 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](http://cansupport.ca)

## Cedars CanSupport Program Descriptions

### **Art Therapy Group – Connecting through art expression (Weekly) In-person**

Participants are invited to explore and connect their experiences related to their cancer journey through various approaches in art making. Activities might include drawing, painting, sculpture, collage, or even just talking about your art process with other group members. The goal of the group is to provide a supportive environment for everyone to express and connect with others who are going through similar life experiences. Lead by a trained art therapist, who will be able to provide guidance and support as needed. No prior art experience necessary.

**The group is offered for individuals with cancer, from the time of diagnosis up to 2 years. In order to accommodate all requests, participation will be limited to 8 sessions. If the workshop is full and/ or you are interested in participating in additional sessions, you will be kindly placed on the wait list.**

**Art Material will be provided by Cedars CanSupport.**

### **Meditate, Relax & Breathe (Weekly) Online**

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) Online**

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 Online**

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: Interactive Group Workshop and Art Making**

**\*Virtual** art workshop, where you will have the opportunity to engage in creative art making facilitated by a museum mediator for the online. **After registration, suggested art materials will be provided by email.**

**\*In-person** participants will have the opportunity to visit art collections, and engage in creative art making workshops in the Museum's Art studio. **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) Online**

"We know how important it is to simply feel like yourself, especially when going through cancer treatment. At the Look Good Feel Better workshops, people 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, with different cancer diagnoses and going through different treatments, who come together to learn and share". (LGFB website) On-line Registration is required: [www.Lgfb.ca](http://www.Lgfb.ca) or by telephone 1-800-914-5665

[cansupport.ca](http://cansupport.ca)