

2019 WINTER Calendar

Helping cancer patients and their families...one person at a time.

COPING WITH ILLNESS WORKSHOPS (1 session)	P/C	DATES	DAY & TIME	LANG
Look Good Feel Better Please register online at LGFB.ca	P	January 7 February 4 March 4 April 1	Mon 12:30 – 2:30 pm	Bil

YOGA & RELAXATION WORKSHOPS (1 session, unless marked)	P/C	DATES	DAY & TIME	LANG
Gentle yoga (Weekly)	P/C	January 8- April 30	Tue 10 – 11 am	Bil
Relax and be in the moment	P/C	April 10	Wed 10 – 11 am	Bil

AWARENESS KIOSK	P/C	DATES	DAY & TIME	LANG
Oncology Nutrition Awareness Day for Cancer Patients & their Caregivers. *More information to follow*	P/C	March 20	Wed 10 – 2pm	Bil

SUPPORT GROUPS	P/C	DATES	DAY & TIME	LANG
Connecting through art expression for women living with cancer (Weekly) Time is subject to change	P	January 9 – April 24	Wed 1:00 – 3:30pm	Bil

ART THERAPY SESSIONS (Drop-in. No registration required)	P/C	DATES	DAY & TIME	LANG
Art Therapy Group open to the public (Weekly) La Ruche d’Art, 4525 St. Jacques Street	P/C	January 7 – April 29	Mon 1 – 4 pm	Bil

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

LOCATION (unless otherwise noted): Cedars Cancer Centre, Glen site, MUHC

IMPORTANT: All dates and times are subject to change

It's free!

All our services are made possible through donations received at the Cedars Cancer Foundation. Cedars CanSupport is committed to providing the best possible support to patients and their families; however, our resources are limited and requests are prioritized according to need. Thank you for your understanding.

Information & Registration

✉ cedarscansupport@muhc.mcgill.ca

☎ 514 934-1934 ext. 31666 or 35297

📍 Resource Centre (D RC.1329)