

Photo Credit: Pixabay

# Welcome to the newest issue of the Cedars CanSupport Information Bulletin

Vol. 1, Issue 3  
April 2020

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# What's New?

## Look Good Feel Better Online Workshops



Photo Credit: Pixabay

Look Good Feel Better offers two different virtual workshops - one for Skincare & Cosmetics and another on Wigs & Hair Alternatives. Feel free to sign up for one or both.

[Click here to register](#)

If you have any questions about Look Good Feel Better, do not hesitate to contact us by phone at 514-934-1934 ext. 35297 or by email at [rola.mouchantaf@muhc.mcgill.ca](mailto:rola.mouchantaf@muhc.mcgill.ca)

## Online Patient Resources



Photo Credit: Pixabay



The Rossey Cancer Network put together a directory of online patient resources, including videos on COVID-19 and cancer, chemotherapy, radiation therapy, immunotherapy, male fertility, and female fertility.

[Click here to consult the resources](#)

## e-Books available

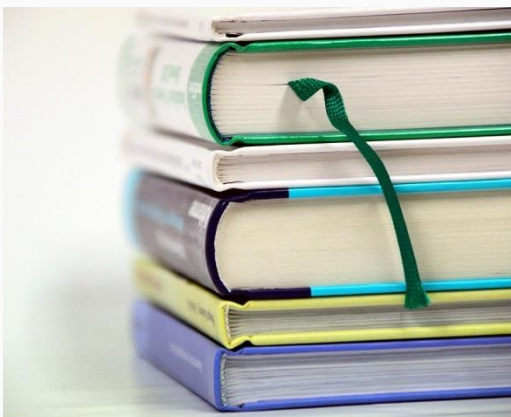


Photo Credit: Pixabay

The Montreal Public Libraries offer a wide selection of e-Books available to the public.

[Click here to consult e-Books](#)

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**The Orchestre de Jeux Vidéos'  
concerts available online**

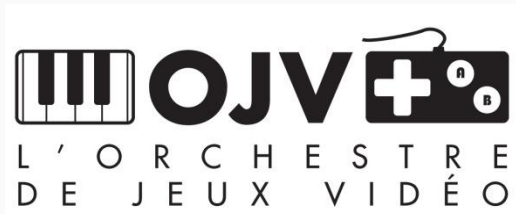


Photo Credit: Orchestre de Jeux Viédos

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Take a moment of respite to listen to online concerts of the Orchestre de Jeux Vidéos.

[Click here to listen to OJV's concerts](#)

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**How to make a face covering at home**



Photo Credit: Pixabay

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This information sheet from the Quebec Ministry of Health and Social Services explains how to wear a face covering in public settings and how to make it using materials available at home.

[Click here to consult the info-sheet](#)



This is a suggested video on how to use a face covering/mask from the Quebec Ministry of Health and Social Services

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## List of MUHC resources available to you

### **MUHC Patient Education Office Cedars Cancer Guides**

The MUHC Patient Education Office Cedars Cancer Guides are available online. These guides were developed for MUHC cancer patients and their families so they have a more comprehensive understanding of their cancer diagnosis, and play an active role in their own health.

[Click here to consult the Cedars Cancer Guides](#)

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## Online Research Service

Our online research service is still operational should you need any type of general health-related information.

You can simply write us an e-mail at [cedarscansupport@muhc.mcgill.ca](mailto:cedarscansupport@muhc.mcgill.ca)  
We will transfer your request to our Cedars CanSupport Librarian and Resource Centre Coordinator, Sabrina Burr.

**IMPORTANT:** Please note we are NOT authorized to give you medical advice. The information we provide is for educational purposes only.

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## Updates from the MUHC about the COVID-19 (Coronavirus)

The MUHC has developed a webpage about COVID-19 (Coronavirus). You will find information about the latest news and updates regarding COVID-19 (Coronavirus), videos, what to expect when coming to the MUHC, frequently asked questions, and useful links.

[Click here to consult the MUHC COVID-19 Webpage](#)

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## Oncology Social Services

Oncology Social workers of the MUHC Cedars Cancer Centre are available to counsel and support patients and their families, and caregivers from diagnosis through treatment, as well as in crisis situations.

### **How to get in touch with an oncology social worker?**

You do not need a referral but you can ask your doctor, nurse, health care provider, or the Cedars Cancer Centre personnel for a referral or ask to speak to a social worker directly by calling the MUHC Glen Site social service department (514) 934-1934 ext. 31569