



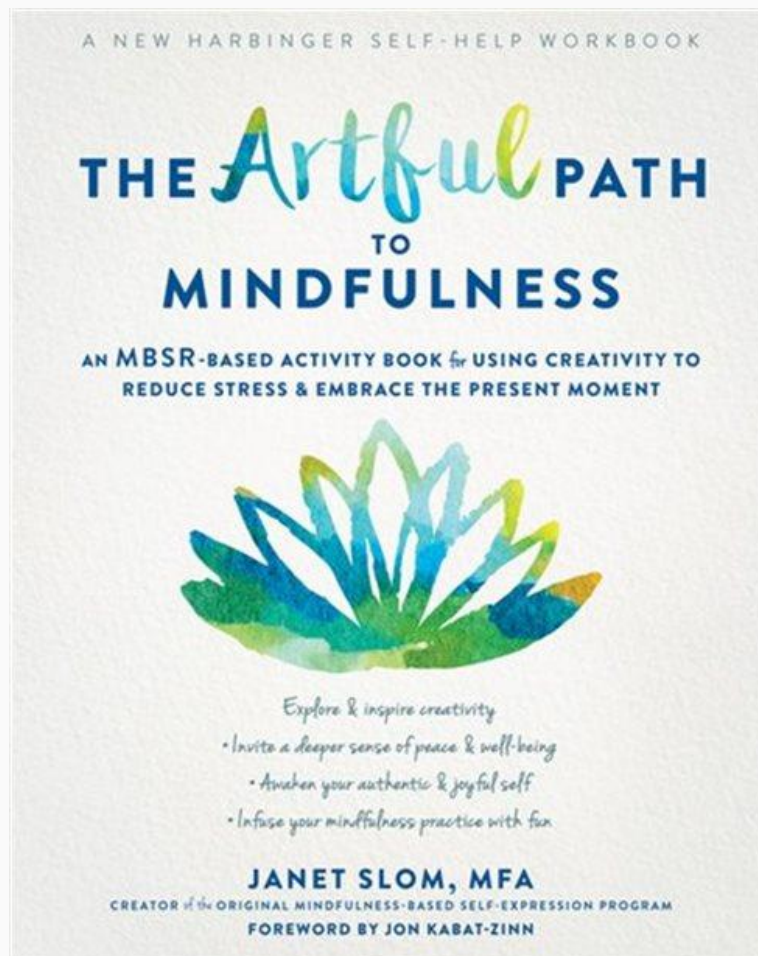
Photo Credit: Pixabay

Welcome to the newest issue of the Cedars CanSupport Information Bulletin

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What's New?

Book Suggestion of the Week



"This unique workbook invites you to draw, tear, mark, play, and take risks. There is no plan, no goal, and no preconceived idea to follow. The process is simply communicating to yourself who you are in this moment, following the thread one mark at a time. The book also serves as a journal for recording your curiosity, vulnerability, and creativity. When completed, it becomes an artistic expression of life as you celebrate the profound gift that is now."



Photo Credit: Pixabay

Cedars CanSupport's website has a new Web page that provides trustworthy, up-to-date, and useful links to cancer information.

[Click here to visit the website](#)

Québec Health Booklet

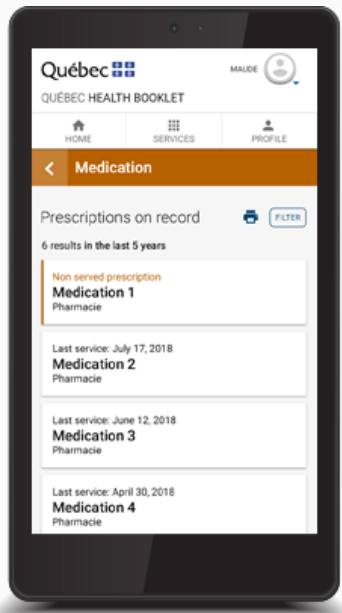


Photo Credit: Government of Quebec

The Québec Health Booklet is your one-stop reference to your health information, accessible anywhere. It is a service managed by the Régie de l'assurance maladie du Québec.

It is free, easy to use and secure, and intended to help you take charge of your health.

Click on the following link to learn more: [Québec Health Booklet](#)

Click on the following link to register: [Register here](#)

Click on the link below to find more information about the gradual resumption of activities under the COVID-19-related pause.

[Click here to consult the Government of Quebec's website](#)

List of MUHC services available to you

Online Information Research Service

Our online information 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

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.

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](#)

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](#)

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

Online Resources for Patients living with cancer

The Rossy 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 resouces](#)