

Photo Credit: Pixabay

Welcome to the newest issue of the Cedars CanSupport Information Bulletin

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What's New?



Virtual Programs offered by Cedars CanSupport

Cedars CanSupport is offering online support groups and activities to patients and caregivers. For more information and registration, please contact Cedars CanSupport Program Coordinator, Rola Mouchantaf by phone at 514-934-1934 ext. 35297 or by e-mail at rola.mouchantaf@muhc.mcgill.ca

All our virtual programs are accessible via Zoom software application by computer, tablet or smart phone. To download

Zoom visit <https://zoom.us/download> Once you have downloaded Zoom and registered with Cedars CanSupport Program Coordinator, a meeting link, ID and password will be sent to you by email.

Online Information Research Service

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

You can write an e-mail to our Cedars CanSupport Librarian and Resource Centre Coordinator, Sabrina Burr at sabrina.burr@muhc.mcgill.ca

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

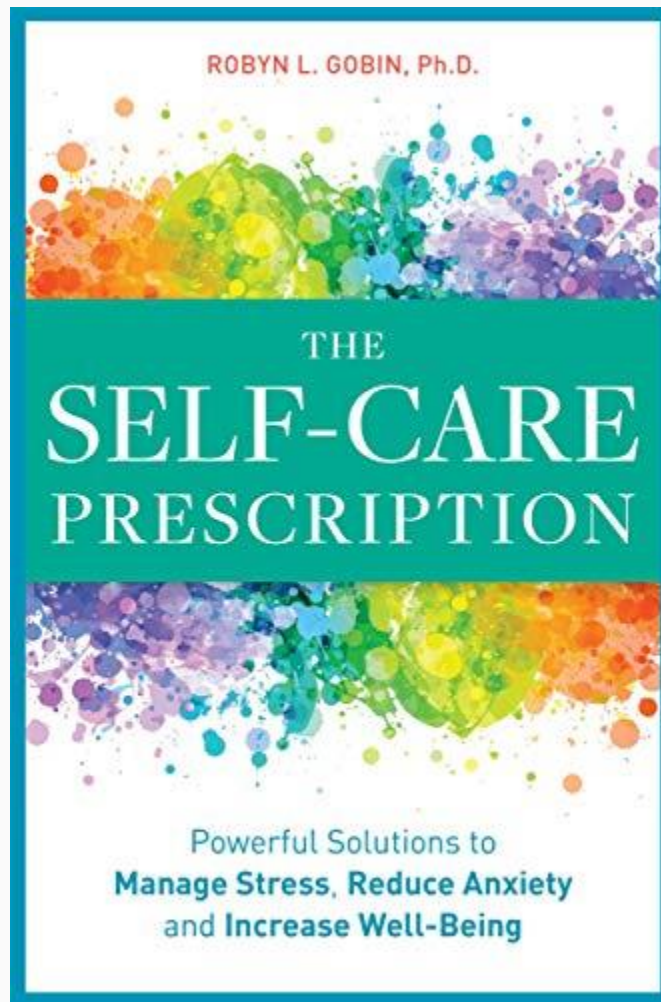
Accessible links to online cancer information for patients and caregivers

Cedars CanSupport has created a Web page on its Website that provides links to cancer information topics, such as cancer treatments, coping with cancer, types of cancer, end-of-life care and much more. The links provided are trustworthy and up-to-date.

To consult the Web page, click on the following link:
<https://cansupport.ca/cancer-information-topics/>

Book Suggestion of the week

The Self Care Prescription: Powerful Solutions to Manage Stress, Reduce Anxiety and Increase Wellbeing by Robyn L. Gobin



Excerpt from back cover: "*The Self Care Prescription empowers you to find balance and purpose in your relationships, work, and life. From creating a plan to spend more time with family and friends, to zeroing-in on a career that you can feel good about, the book will help you create a personalized self care plan. You'll also learn actionable techniques to fight anxiety, demotivation, or whatever else is holding you back from building the life you want to live.*"

List of MUHC services 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](#)

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](#)

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 resources](#)

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
