

At Home with Cedars CanSupport / FALL CALENDAR 2020
Helping cancer patient and their families.....one person at a time

VIRTUAL PROGRAMS - (1 session, unless specified otherwise)	P/C	DATES	DAY & TIME	LANG
Gentle Yoga (Weekly) *Registration required	P/C	September 2, 2020 Ongoing	Wed. 10:00 - 10:30am	BIL
Meditate, Relax & Breathe (Weekly) *Registration required	P/C	September 4, 2020 Ongoing	Fri. 10:00 - 10:30am	BIL
Group Distance Reiki (Monthly) *Registration required	P/C	September 17, 2020 October 22, 2020 November 19, 2020	Thur. 2:00 – 3:00pm	BIL
Art Therapy Workshop (Monthly) *Registration required	P/C	September 24, 2020 October 29, 2020 November 26, 2020	Thur. 11:00 – 12:30pm	BIL
Look Good Feel Better *Please register online at LGFB.ca	P	Please consult website	Please consult website	FR ENG
SUPPORT GROUP				
Facing Cancer at a Distance (6 sessions) *Registration required	P	September 29 – November 3, 2020	Tues. 2:00 – 3:30pm	FR
One-To-One Telephone Support – P/C				
We are here, a phone call away, to provide support over the phone if you wish. Our volunteers are specially trained for this type of support and will be able to assist you during and after treatment. *By Request				FR ENG

P: For patients **C:** For caregivers **P/C:** For patients and caregivers
 Location: (unless otherwise noted): **Virtual via Zoom Application Software**
Important: All dates and times are subject to change
All our services and resources are free!

Information & Registration
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 ☎ 514 934-1934 ext. 35297

Our services are made possible through donations. Cedars CanSupport makes every effort to provide the best possible support to patients and their caregivers; however our resources are limited and requests are prioritized according to need.

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Cedars CanSupport Virtual Program Description

Art Therapy Workshop (Monthly)

Join us for our Art Therapy Workshop. This is an opportunity to come together with fellow patients and caregivers, for an opportunity to make art and share. No prior art experience necessary. **Registration is required. 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.**

Meditate, Relax & Breathe (Weekly)

While everyone at home is practicing safe physical distancing, facing cancer can be overwhelming. 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. Guided gentle movements will be included in each session. **Registration is required. If the session is full and / or you are interested in participating in additional sessions, you will be placed on the wait list.**

Gentle Yoga (Weekly)

Breathing, meditation, and gentle restorative postures work to help the body heal during and after treatment. Please wear comfortable clothing. **Registration is required. If the session is full and / or you are interested in participating in additional sessions, you will be placed on the wait list.**

Support Group – Facing Cancer at a Distance (6 sessions)

Facing cancer by yourself can be exceptionally challenging. Navigating through a cancer diagnosis and treatments at a distance can be very stressful. **Registration & commitment to attend all 6 sessions is required. *Wait list is available for upcoming French and English sessions.**

Group Distance Reiki (Monthly)

Reiki is a gentle practice that promotes very deep relaxation, strengthening the body's ability to recover and provides a general sense of well-being. Distance Reiki is practiced when the Reiki practitioner and the participant are not physically together. **Registration is required. 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.**

One-To-One Telephone Support

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Look Good Feel Better (LGFB)

"A support program, led by a team of cosmetic professionals, which offers a unique sense of community to women from all walks of life". **On-line Registration is required: www.Lgfb.ca or by phone 1-800-914-5665**

All our online 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.