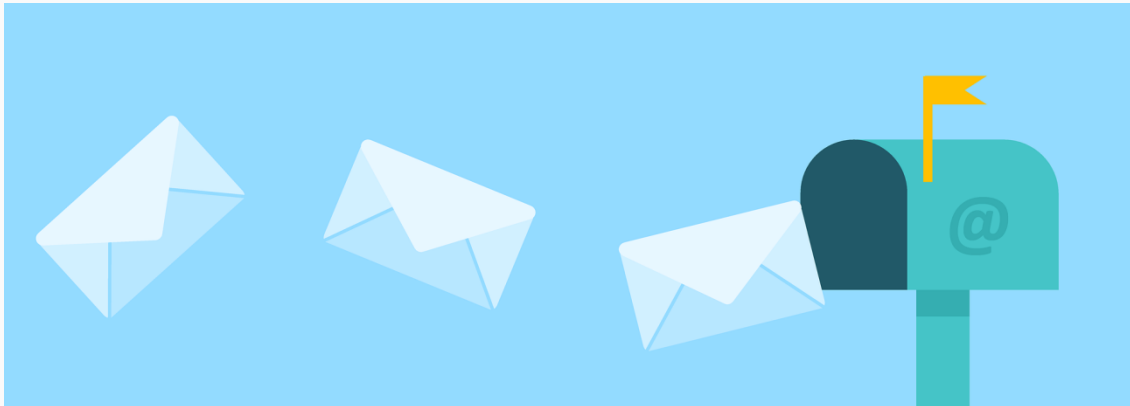


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Welcome to the newest issue of the Cedars CanSupport Information Bulletin

Vol. 1, Issue 12
September 2020

News from Cedars CanSupport

Hello,

Navigating through a cancer diagnosis can be exceptionally challenging and difficult. Cedars CanSupport in collaboration with the oncology and palliative care teams at the McGill University Health Centre, are committed to providing support and care for patients and their families.

For now, our offices remain closed and all our on-site programs and workshops have been postponed and/or cancelled until further notice in order to comply with the recommendations and restrictions from the Ministère de la santé et des services sociaux du Québec (MSSSQ), Public Health Canada and the McGill University Health Centre (MUHC) regarding the COVID-19 (coronavirus).

We continue to work from home and take our telephone messages and read our emails on a daily basis.

We are here for you!

Our Fall calendar 2020 will list the virtual activities, such as *'Meditate, Relax & Breathe'*, *weekly virtual patient support group*, *art therapy workshop* and *virtual Reiki*.

Please take note that the software application we will be using to facilitate Cedars CanSupport Virtual programming is Zoom. Should you need information and help regarding this online application, please do not hesitate to let us know

so one of our Cedars CanSupport staff member can assist you.

Also, a new issue of the Cedars CanSupport Information Bulletin will be available shortly. Please let us know if you wish to receive this new free CCS Information Bulletin.

Please feel free to contact us by email at cedarscansupport@muhc.mcgill.ca, or rola.mouchantaf@muhc.mcgill.ca or by phone at 514-934-1934 ext. 35297.

Thank you!

The Cedars CanSupport Team

**CEDARS CANSUPPORT VIRTUAL FALL
2020 PROGRAM**

**GENTLE YOGA - WEDNESDAY - 10:00-10:30AM (WEEKLY)
STARTING ON SEPTEMBER 2, 2020 / BILINGUAL**

**MEDITATE, RELAX & BREATHE - FRIDAY - 10:00-10:30AM (WEEKLY)
STARTING ON SEPTEMBER 4, 2020 / BILINGUAL**

**GROUP DISTANCE REIKI - THURSDAY - 2:00-3:00PM (MONTHLY)
SEPTEMBER 17 / OCTOBER 22 / NOVEMBER 19, 2020 / BILINGUAL**

**ART THERAPY WORKSHOP - THURSDAY - 11:00-12:30PM (MONTHLY)
SEPTEMBER 24 / OCTOBER 29 / NOVEMBER 26, 2020 / BILINGUAL**

**PATIENT SUPPORT GROUP - FACING CANCER AT A DISTANCE
(6 SESSIONS) 2:00-3:30PM
SEPTEMBER 29 - NOVEMBER 3, 2020 / FRENCH**

ONE-TO-ONE TELEPHONE SUPPORT- BY REQUEST

**LOOK GOOD FEEL BETTER
PLEASE VISIT THE WEBSITE AT LGFB.ORG
*OR BY TELEPHONE 1-800- 914-5665**



**ALL PROGRAMS ARE ACCESSIBLE ONLINE VIA ZOOM.
FOR INFORMATION & REGISTRATION:
514-934-1934 EXT: 35297
ROLA.MOUCHANTAF@MUHC.MCGILL.CA**



Book Suggestion of the Week

Managing your mind : The mental fitness guide
by Gillian Butler, Nick Grey, and Tony Hope

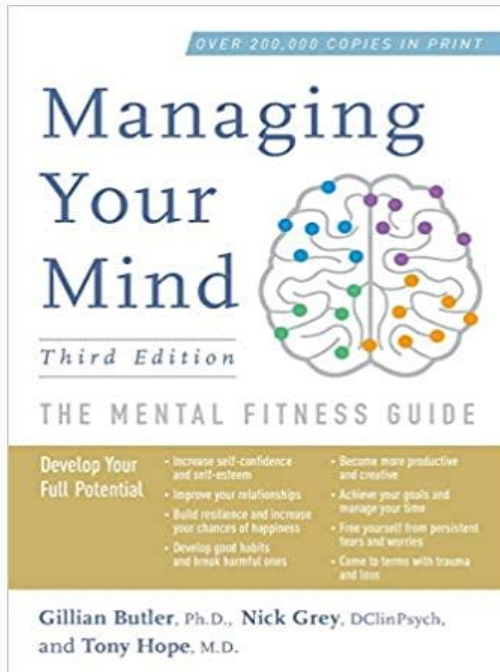


Photo Credit: Amazon.ca

Excerpt from back cover: "Part One of the book helps us gain a better understanding of ourselves and provides tools for clarifying what we value most in life. It highlights the benefits of the practice of acceptance and kindness, and shows how to build self-esteem and self-confidence.

Part Two presents practical tools and methods, relevant to everyone, for making our way in the world. This includes the importance of perspective and how we can best use our thinking skills. It also covers everyday topics such as the value of useful habits, time management, looking after our physical health, increasing happiness, well-being and creativity, and developing and maintaining good relationships.

The third part of the book provides scientifically-tested approaches to overcoming specific emotional difficulties, such as worry, panic, low mood, anger, addictions, and coping with trauma, loss and chronic ill health."

Useful Resources

Launch of the Quebec Breast Cancer Foundation Virtual Clinic

"The **Quebec Breast Cancer Foundation Virtual Clinic** allows patients to reach doctors and nurses in the comfort of their homes.

It is offered free of charge to people who have been diagnosed with breast cancer within the last 5 years, as well as to their loved ones.

Easy to use, this service is available 24 hours a day, 7 days a week."

For more information, click [HERE](#).

Upcoming Events

Webcast: New frontiers and emerging treatments for acute myeloid leukemia presented by Leukemia & Lymphoma Society of Canada

**Tuesday, September 29, 2020
5:00pm to 6:15pm (Eastern Time)**

"Researchers are closer than ever to uncovering treatments that will save more lives from acute myeloid leukemia (AML), a cancer that progresses quickly without treatment. Dr Joseph Brandwein from the University of Alberta will explain what's on the horizon for AML treatment."

For more information and how to register to this webcast, please click [HERE](#).

Webinar: Steroids and How They Make You Feel presented by the Brain Tumour Foundation of Canada

**Wednesday, September 23, 2020
2:00pm to 3:00pm (Eastern Time)**

"Steroids are often the mainstay of treatment when someone is receiving radiation to help with side effects. Long-term use of steroids is effective but can cause physical changes in the body and cause physiological changes. This presentation will talk about body image and steroids, and what is known."

For more information and how to register to this webinar, please click [HERE](#).

Thank you for reading our information bulletin! We hope you enjoyed this issue.

Cedars CanSupport Team

IMPORTANT: Information provided by the Cedars CanSupport Information Bulletin is for educational purposes only. They are not intended to replace the advice or instruction of a healthcare practitioner, or to substitute for medical care.

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