



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

Vol. 1, Issue 13  
September 2020

### News from Cedars CanSupport

**Our next online art therapy workshop is  
Thursday, September 24, 2020**



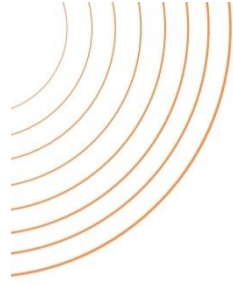
Joignez-vous à nous pour un atelier d'art-thérapie. Ceci est une occasion pour rencontrer d'autres patients et proches aidants, pour compléter un projet artistique et partager.

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.

Contactez-nous pour inscription / for registration  
contact us: [rola.mouchantaf@muhc.mcgill.ca](mailto:rola.mouchantaf@muhc.mcgill.ca)

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## Our next Group Distance Reiki session is Thursday, October 22, 2020



### REIKI à distance en groupe

Animé par Maddalena Gonzo,  
Maître de Reiki certifiée de CanSupport des Cèdres

Le Reiki à distance peut être tout aussi efficace que le Reiki en personne, en apportant les mêmes bienfaits : relaxation profonde, meilleur sommeil et meilleure digestion, sensation de bien-être. Profitez du Reiki dans le confort de votre maison grâce à cette pratique en groupe pendant laquelle vous n'avez qu'à vous détendre.

### Group Distance REIKI

Presented by Maddalena Gonzo,  
Cedars Cansupport Certified Reiki Master

Distance Reiki can be as effective as Reiki in person, in providing the same benefits: profound relaxation, better sleep and digestion, general sense of wellbeing. Enjoy Reiki from the comfort of your home with this group practice during which you just need to relax.

Pour patients et proches aidants  
For patients and caregivers

Inscription / Registration:  
rola.mouchantaf@muhc.mcgill.ca  
514-934-1934 X35297



FONDATION DU  
CANCER DES CÈDRES  
CEDARS CANCER  
FOUNDATION



Centre universitaire  
de santé McGill  McGill University  
Health Centre

## Book Suggestion of the Week

*I Have a Question about Cancer: Clear Answers for All Kids,  
including Children with Autism Spectrum Disorder or other  
Special Needs*

by Arlen Grad Gaines and Meredith Englander Polsky

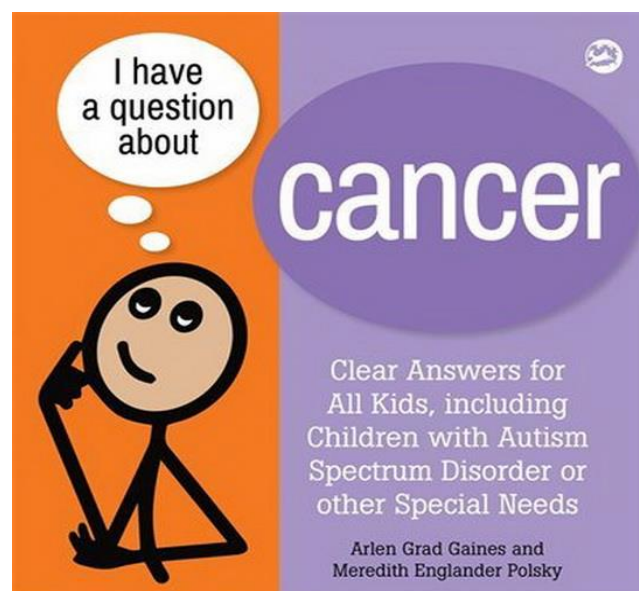


Photo Credit: Renaud-Bray

Excerpt from back cover: "When someone in a child's life has cancer, it can be tough for any parent or adult to explain. This book is designed specifically to help kids, especially children with autism spectrum disorder or other additional needs, to understand what cancer means.

Using a question and answer format, it explores the life changes and feelings of uncertainty a child may experience if a loved one has cancer. Illustrated with SymbolStix, a symbol-based language for visual thinkers, this book explains a difficult topic to children who might otherwise struggle to understand it. The book also features a short picture story that repeats the complete story for children who process information best through visual cues. Additional guidance for parents and carers gives ideas to help children cope with this experience."

## Useful Resources

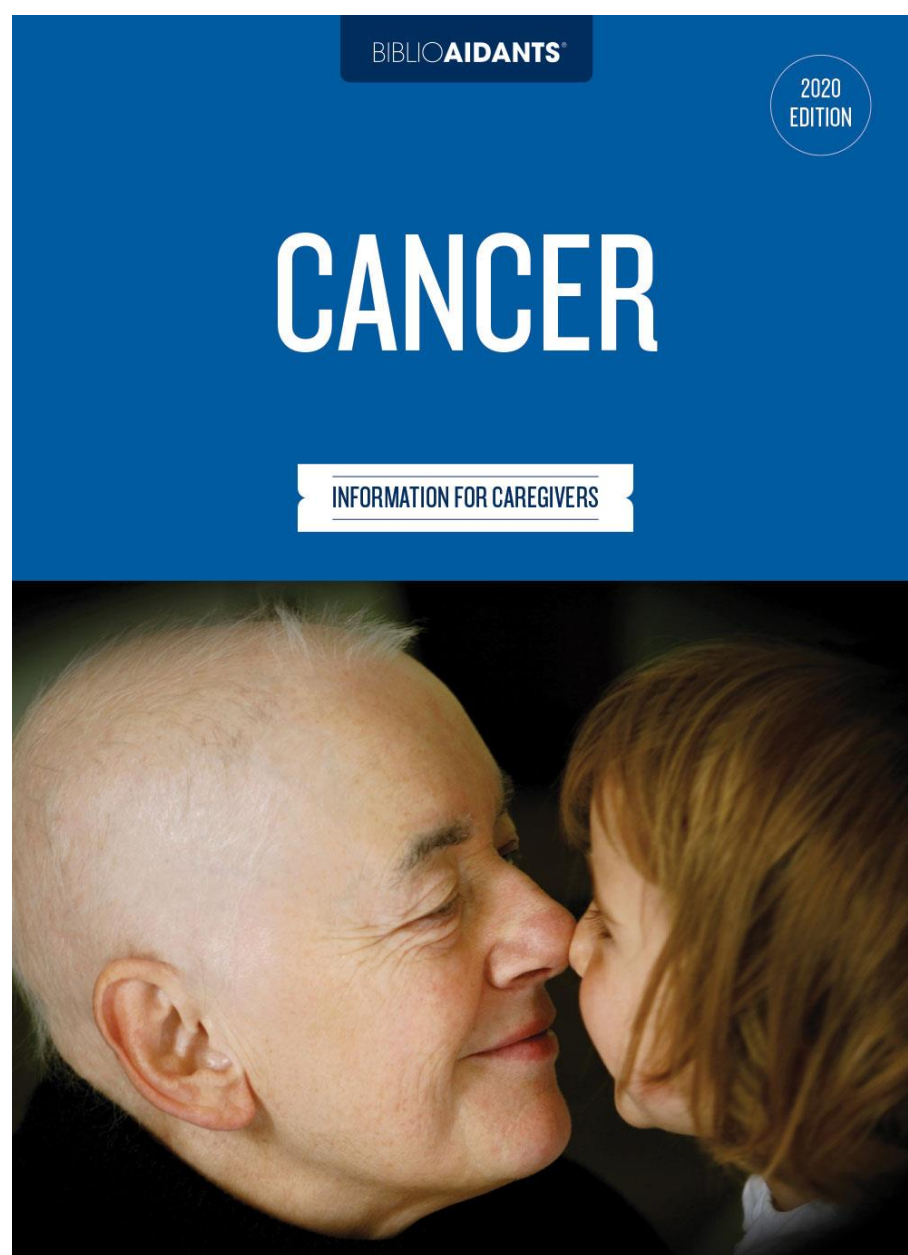


Photo Credit: Biblio-Aidants

### Cancer reference guide for caregivers

"This booklet contains dozens of references to books, websites, films, series and programs chosen by graduate librarians to support you in your role as a caregiver."

[Click HERE](#) to view the booklet.

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## Registering with a Family Doctor

To find a family doctor who is accepting new patients, you can put your name on the waiting list online or by phone.

[Click HERE](#) to learn more and to register.

## Upcoming Events



**FL FULLER LANDAU  
CEDARS DRAGON VIRTUAL CHALLENGE**

PRESENTED BY

 FL Fuller Landau SENCRUS LP

**REGISTER TODAY!**

**CEDARSDRAGONS.CA**

Centre universitaire de santé McGill | McGill University Health Centre | CEDARS CANSUPPORT DES CEDRES | FONDATION DU CANCER DES CEDRES CEDARS CANCER FOUNDATION | FL Fuller Landau | MEMBRE DU / MEMBER OF Réseau de cancérologie Rossy Cancer Network

## FL Fuller Landau Cedars Dragon Virtual Challenge

**Saturday, September 12, 2020 to  
Wednesday, September 30, 2020**

### Join the Virtual Challenge!

This year we are going to use an online platform to challenge you and your teammates. We have created 4 different options for you to choose from.

Teams and individuals will select a fitness challenge, will set a fundraising goal, and will have until **September 30th** to complete it. In the spirit of our Dragon races, we encourage all participants to exercise outside while maintaining a healthy distance from others.

This year we're taking it to the streets, the bike paths, and the water to make a difference!

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

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## McGill Cares Webcast: Cancer Survivor Provides Support to Others

Wednesday, September 16, 2020  
12:00pm to 12:30pm (Eastern Time)

"Gwen Nacos founded Cedars CanSupport after recovering from cancer in 1988. While undergoing treatment, she noticed that many people receiving cancer therapy did not have personal or family connections to provide the practical and emotional support that she found so essential to her own recovery.

Ms. Nacos will share the story behind why she founded Cedars CanSupport, a program at the McGill University Health Centre that works in collaboration with the health care team to improve the quality of life of cancer patients and their families. This dedicated team of professional staff and volunteers provides free emotional support, educational services, complementary therapies and practical resources.

This free webcast is open to all."

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

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## Webinar: Radiosurgery for Brain Metastases: Aggressive Care Through Non-Invasive Means presented by the Brain Tumour Foundation of Canada

Tuesday, October 27, 2020  
2:00pm to 3:00pm (Eastern Time)

"This webinar will discuss treatment modalities, review on-going clinical trials as they relate to the management of brain metastases, and review current literature on brain metastases management."

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

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

*Cedars CanSupport Team*

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**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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MUHC, Glen site  
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