

Welcome to the newest issue of the Cedars CanSupport Information Bulletin

**Vol. 1, Issue 14
October 2020**

News from Cedars CanSupport

**Our next online art therapy workshop is
Thursday, October 29, 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, to make art and share.

Contactez-nous pour inscription / for registration
contact us: rola.mouchantaf@muhc.mcgill.ca

**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



Book Suggestion of the Week

When breath becomes air by Paul Kalanithi

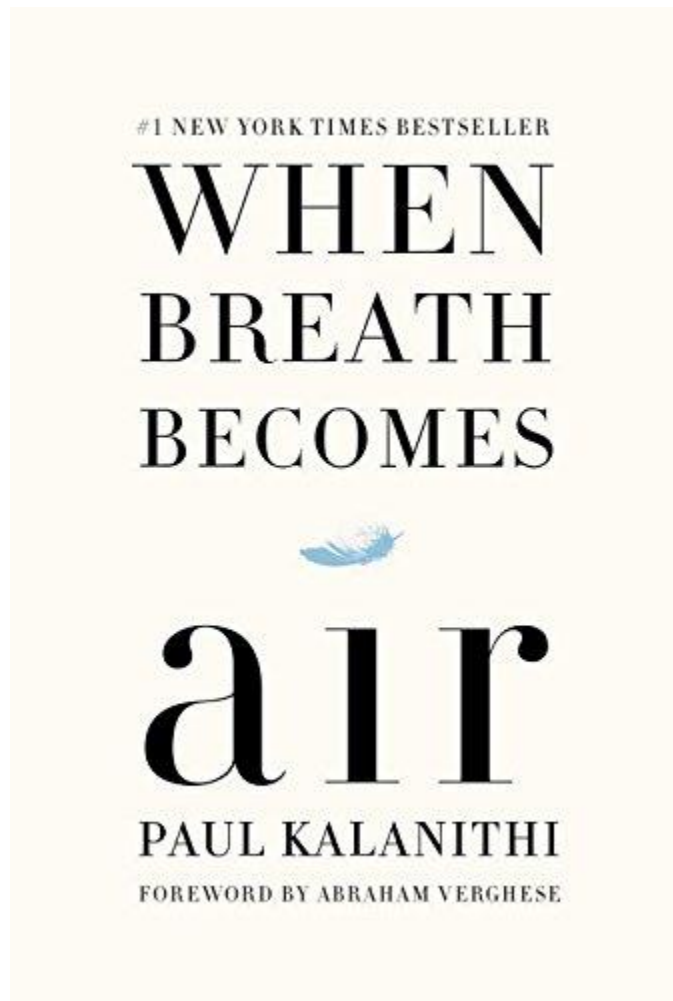


Photo Credit: Renaud-Bray

Excerpt from back cover: *"At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live.*

*And just like that, the future he and his wife had imagined evaporated. When *Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality."*

The e-Book format of this book is available on the Bibliothèque et archives nationales du Québec's website. Please [click HERE](#) to access the website.

Useful Resources



PROSTATE CANCER
You're not alone

Toll-free number 24 / 7
1 855 899-2873
Our healthcare professionals are here for you

PROCURE
Hôte au cancer de la prostate.
The Force Against Prostate Cancer.

Photo Credit: PROCURE

Healthcare professionals are here to help prostate cancer patients

PROCURE is delighted to offer this new service, unique in Quebec, to help men free themselves from the fear of the unknown and make informed decisions. Healthcare professionals, specialized in urology-

oncology, are there to listen, support and answer all questions. Our support line is a provincial, bilingual and free service for people with prostate cancer, their caregivers and their families, their employers or colleagues, the public and health professionals. Do not hesitate to contact them.

[Click HERE](#) to learn more about this service.

Registering with a Family Doctor

If you are looking for a family doctor, you can put your name on the waiting list:

- Online, by using the **[Québec Family Doctor Finder \(GAMF\)](#)**
- By phone, at 1-877-644-4545 (to get the number specific to your area)

[Click HERE](#) to learn more

Upcoming Events

Ovarian Cancer Canada National Virtual Symposium

**A Weekend of Wellness, Knowledge,
Support and Connection**

**Friday, October 23 and
Saturday, October 24, 2020**

"The global pandemic has caused us to rethink, and change the way we do things, BUT it hasn't stopped us from uniting the ovarian cancer community across Canada.

At the 2020 National Symposium, you will hear from Canada's top researchers, health care professionals and other experts about all aspects of ovarian cancer including treatment, wellness, and survivorship. Plus, you will have the opportunity to meet and share with other women living with ovarian cancer from across the country – and we have a few surprises planned, too!"

[Register here](#)

Reminder: National Leukemia Virtual Conference by Leukemia & Lymphoma Society of Canada

November 16 to November 20, 2020

VIRTUAL

National
Leukemia
Conference



NOVEMBER
16-20
2020

Join us for a keynote presentation on leukemia research innovation, and breakout sessions on AML, ALL, CLL, and CML.

For the first time, the National Leukemia Conference offered by the Leukemia Lymphoma Society of Canada will be virtual!

Join the conference from the comfort of your home to learn from experts about leukemia research innovation, and attend breakout sessions on AML, ALL, CLL, and CML.

Register for any or all of the sessions to learn about symptom management and emerging treatment options.

[Register here](#)

**Free webinar about New Therapies for
Advanced Prostate Cancer
by PROCURE**

**Monday, November 9, 2020
7:00pm to 8:00pm (Eastern Time)**

PROCURE EN PARLE

WEBINAIRES SUR LE CANCER DE LA PROSTATE

NEW THERAPIES FOR ADVANCED PROSTATE CANCER

MONDAY, NOVEMBER 9TH, 7 P.M. TO 8 P.M. | LIVE ON [PROCURE.CA](https://procure.ca)

DR ARMEN APRIKIAN, URO-ONCOLOGIST AND RESEARCHER AT THE CUSM

[REGISTER ON PEP.PROCURE.CA](https://procure.ca)

PARTNERS



ASSOCIATION DES
UROLOGUES
DU QUÉBEC

AstraZeneca



MERCK
INVENTER POUR LA VIE

[Register here](https://procure.ca)

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

Cedars CanSupport Team

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Cedars CanSupport
MUHC, Glen site
1001 blvd Decarie, Room D RC.1329
Montreal, QC H4A 3J1
Canada

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