



Welcome to the newest issue of the Cedars CanSupport Information Bulletin

Vol. 1, Issue 15
October 2020

News from Cedars CanSupport

Our online Gentle Yoga weekly workshop takes place every Wednesday

A promotional poster for Gentle Yoga. It features a lotus flower icon, the text "GENTLE YOGA", and details about the program including breathing techniques, meditation, and registration information. The background is a mix of light orange and teal.

Cedars CanSupport presents
ONLINE FALL PROGRAM

GENTLE YOGA

Breathing techniques, meditation, and gentle restorative posture work to help and improve your well-being during and after treatment.

Please wear comfortable clothing. By Registration only.

Information:
WEDNESDAYS
10:00 AM to 10:30 AM
VIRTUAL SESSIONS
VIA ZOOM

Information & Registration:
514-934-1934 ext: 35297
rola.mouchantaf@muhc.mcgill.ca
www.cansupport.ca

Our next online Art Therapy workshop is Thursday, November 26, 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



FONDATION DU
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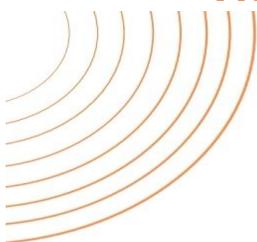


Centre universitaire
de santé McGill



McGill University
Health Centre

Our next Group Distance Reiki session is Thursday, November 19, 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



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Book Suggestion of the Week

In-between days : a memoir about living with cancer by
Teva Harrison

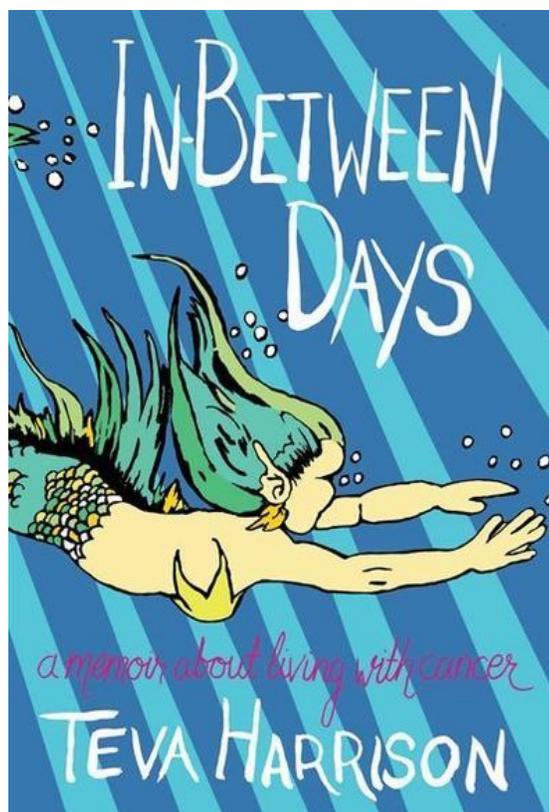


Photo Credit: Renaud-Bray

Excerpt from back cover: *"Teva Harrison was diagnosed with metastatic breast cancer at the age of 37. In this brilliant and inspiring graphic memoir, she documents through comic illustration and short personal essays what it means to live with the disease. She confronts with heartbreaking honesty the crises of identity that cancer brings: a lifelong vegetarian, Teva agrees to use experimental drugs that have been tested on animals. She struggles to reconcile her long-term goals with an uncertain future, balancing the innate sadness of cancer with everyday acts of hope and wonder. She also examines those quiet moments of helplessness and loving with her husband, her family, and her friends, while they all adjust to the new normal."*

A free digital version of this book is available on the website of the Bibliothèque et Archives nationales du Québec (BAnQ). Please note that you must create an account with the BAnQ if you wish to read this book. There is no charge to create an account.

[e-Book available at BAnQ](#)

Useful Resources

Metastatic breast cancer program

The **Quebec Breast Cancer Foundation** has developed a program dedicated exclusively to providing support tailored to the reality of people affected by metastatic breast cancer.

Contact information:

Support service

Monday to friday,
9am to 5pm

Montreal: 514 871-1717, ext. 250

No fee: 1 877-990-7171, ext. 250

SOUTIEN@RUBANROSE.ORG

Metastatic breast cancer program

OVdialogue offered by Ovarian Cancer Canada

OVdialogue is an active and vibrant community where people with ovarian cancer can connect to share information, experiences with the disease and provide support and encouragement for each other.

How to use OVDIALOGUE

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)

[Québec Family Doctor Finder](#)

Upcoming Events

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. | [PROCURE.CA](#)

DR ARMEN APRIKIAN, F.R.C.S (C)
URO-ONCOLOGIST AND RESEARCHER AT THE MUHC

[REGISTER ON \[PEPPROCURE.CA\]\(#\)](#)

PRESENTED BY
AstraZeneca
MERCK
INVENTER POUR LA VIE

PARTNERS
ASSOCIATION DES UROLOGUES DU QUÉBEC
FONDATION DU CANCER DES CŒURES
FEDERATION CANCER FOUNDATION

[Register here](#)



**FONDATION DU
CANCER DES CÉDRES
CEDARS CANCER
FOUNDATION**



5th Annual Cedars Run for Ovarian cancer

"Cedars Cancer Foundation and Chair Dominique Dagenais are looking forward to having you participate in our 5th Annual Run/Walk for Ovarian cancer. Join us this year for a VIRTUAL EVENT in celebration, remembrance, and support of ovarian cancer fighters everywhere.

The Dagenais Joly-Smith Fund is dedicated to supporting The DOvEE Project under the leadership of Dr. Lucy Gilbert. The DOvEE Project is committed to raising awareness of Ovarian & Endometrial cancers, advocating for early diagnostic testing, and supporting ovarian cancer patients and their families. Join as an individual or a team for this inspirational fundraising walk and run to support ovarian cancer awareness."

[**Register here**](#)

Dignity Therapy: A Therapeutic Intervention for Individuals with Life-Limiting Illness by the Brain Tumours Foundation of Canada

Wednesday, November 25, 2020
2:00 PM - 3:00 PM EST

This webinar presentation will examine what dignity therapy is and how this type of program / therapy can help nurture a sense of meaning and identity for someone diagnosed with a life-limiting illness. Life review, pride in and acceptance of life lived, and a sense of legacy will also be reviewed.

[Register 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.