



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

**Vol. 1, Issue 17  
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**Cedars CanSupport Programs & Services**



## CONTACT US

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**Website page:**

[cansupport.ca/  
resource-centre](http://cansupport.ca/resource-centre)

Need health information?  
Overwhelmed and not sure  
where to look for relevant and  
factual information?

Our professional librarian can  
help you to find trustworthy  
and up-to-date community  
resources and health online  
information.

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Looking for health information on the Internet but don't know where to start?

Start finding on our on our Online Cancer Information Directory . You will find reliable and up-to-date health information carefully selected by a professional information specialist.

Go to our website page to consult the directory.

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## Cedars CanSupport ONE-TO-ONE TELEPHONE SUPPORT

**We are here, a phone call away, to provide support over the phone if you wish.**

**Our volunteers are specially trained and will be able to assist you during and after treatment. If you are feeling overwhelmed and looking for additional emotional support via telephone, please contact us.**

**Our Telephone Supportive Service is private and confidential. It is available for patients, during and after cancer treatment, and for family members.**



**\*Please take note that we do not offer medical advice.  
Always consult with your medical team.  
514- 934-1934 ext: 35297  
rola.mouchantaf@muhc.mcgill.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.

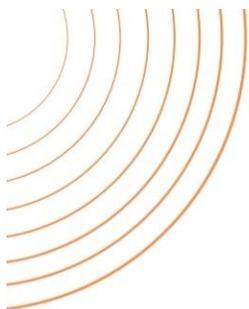
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Join us for our Art Therapy Workshop. This is an opportunity to come together with fellow patients and caregivers, to make art and share.

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



# 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](mailto: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

*A Little Book About Cancer*  
by Kasia Whitelaw; Illustrated by Valerie Bourdon

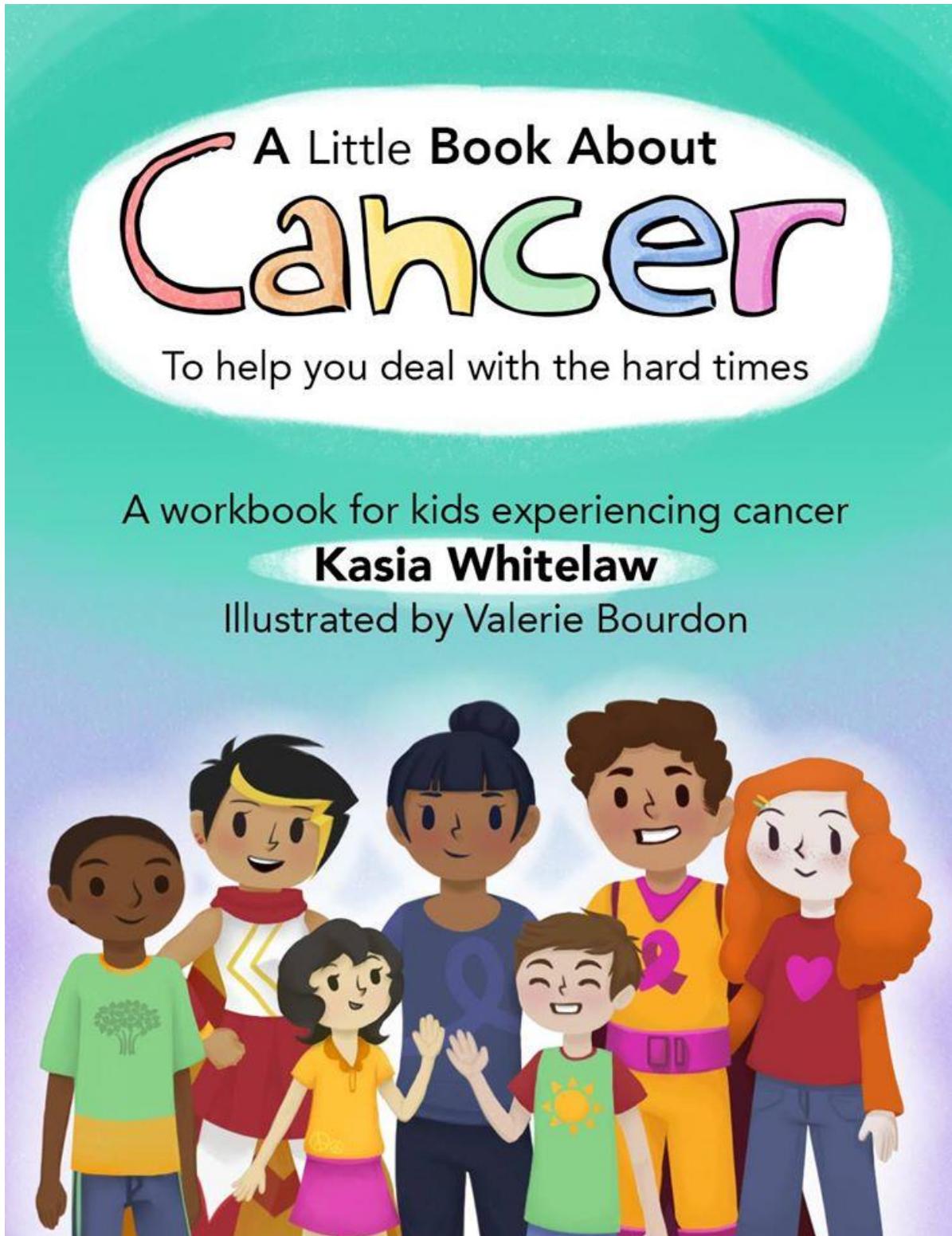


Photo Credit: West Island Cancer Wellness Centre

**Excerpt from back cover:** *"A Little Book About Cancer is designed to help children who are experiencing cancer – through a parent, grandparent or other family member – deal with the hard times. Cancer can be confusing and scary for children. This workbook is a tool adults can use to open dialogue about the difficult topics of cancer in an interactive and creative way."*

**A free digital version of the book is available via the Apple Store and Google Play**

[Apple Store](#)

[Google Play](#)

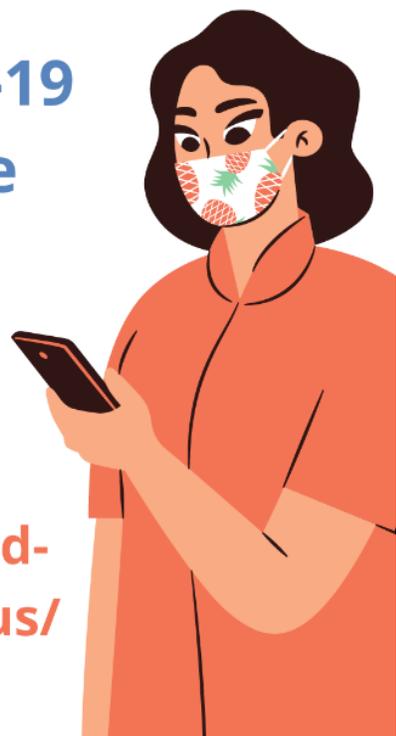
## Useful Resources

# COVID-19 & CANCER RESOURCES



The Cedars CanSupport Resource Centre has developed a webpage dedicated to trustworthy COVID-19 and cancer online information and resources.

Webpage link:  
[cansupport.ca/cancer-and-covid-19-novel-coronavirus/](https://cansupport.ca/cancer-and-covid-19-novel-coronavirus/)



## Resources For Young Families

From **Rethink Breast Cancer**: "Right away when a Mom is diagnosed, throughout treatment, following treatment and if facing metastatic illness, they are faced with the task of communicating with their children about the impending changes.

Children are amazingly resilient and with the right information, attention and support, children can learn to cope with a cancer diagnosis in the family and the significant impact it may have on their daily lives."

**Rethink Breast Cancer** has made available books, a video series, and a kid activity booklet for children and young families.

### Resources for Young Families



Reminder: due to the COVID-19 virus, the Look Good Feel Better in-person workshops are temporarily suspended.

LFGB are now pleased to offer different online workshops for women - one for **Skincare & Cosmetics, Wigs & Hair Alternatives**, and two new online workshops: **Breast Care** and one for **Teens**. Feel free to sign up for one or all.

[Register here](#)

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## Reminder: 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

### When is Too Much? Knowing Your Limits During the Holiday Season by Brain Tumour Foundation of Canada

**Wednesday, December 16, 2020**

**2:00 PM - 3:00 PM EST**

"This presentation will take a deep dive into what it means when people say, "know your limit" and learn how to politely say "no" when you are feeling stressed or tired. As the old saying goes "you cannot

help others if you do not help yourself". This proves even more true when you have been impacted by a brain tumour diagnosis. It is easy to say "yes" when others are needing help. Especially if these requests are coming from "loved ones" or friends who have always been there when you needed them. We are taught to be kind and give our time freely to help those in need. But what if we are the person who is in need? This webinar will share strategies to help you through the holiday season."

[Register 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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