

VIRTUAL PROGRAMS - (1 session, unless specified otherwise)	P/C	DATES	DAY & TIME	LANG
Gentle Yoga (Weekly) *Registration required	P/C	January 6, 2021 Ongoing	Wed. 10:00 - 10:30am	BIL
Meditate, Relax & Breathe (Weekly) *Registration required	P/C	January 8, 2021 Ongoing	Fri. 10:00 - 10:30am	BIL
Group Distance Reiki (Monthly) *Registration required	P/C	January 21, 2021 February 18, 2021 March 18, 2021 April 22, 2021	Thur. 2:00 – 3:00pm	BIL
Art Therapy Workshop (Monthly) *Registration required	P/C	January 28, 2021 February 18, 2021 March 25, 2021 April 29, 2021	Thur. 11:00 – 12:30pm	BIL
Art Workshop with the Montreal Museum of Fine Arts *Registration required	P/C	January 14, 2021 More dates to follow	Thur. 1:00 – 2:30pm	BIL
Look Good Feel Better *Please register online at LGFB.ca	P	Please consult website	Please consult website	FR ENG
SUPPORT GROUPS				
Bereavement Support Group (8 sessions) *Registration required	P/C	More information to follow	_____	As per requests
Patient Support Group-Facing Cancer at a Distance (6 sessions) *Registration required	P	More information to follow	_____	As per requests
Drop-in Support Group * By invitation	P/C	More information to follow	_____	BIL
One-To-One Telephone Support P/C				
If you wish, we are a phone call away, to provide emotional support. Our specially trained volunteers will be able to assist you during and after treatment. *By Request				FR ENG

P: For patients C: For caregivers P/C: For patients and caregivers
Location: (unless otherwise noted): **Virtual via Zoom Application Software**
Important: All dates and times are subject to change

All our services and resources are free!
Information & Registration
✉ rola.mouchantaf@muhc.mcgill.ca
☎ 514 934-1934 ext. 35297

Our services are made possible through donations. Cedars CanSupport makes every effort to provide the best possible support to patients and their caregivers; however our resources are limited and requests are prioritized according to need.

All our ONLINE programs are accessible via Zoom software application by computer, tablet or smart phone. To download Zoom, visit <https://zoom.us/download>. Once you have downloaded Zoom and registered with Cedars CanSupport Program Coordinator, a meeting link, ID and password will be sent to you by email.

Cedars CanSupport Virtual Program Description

Art Therapy Workshop (Monthly)

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. No prior art experience necessary. **Registration is required. Limited to 1 time participation. If the session is full and / or you are interested in participating in additional sessions, you will be placed on the wait list.**

Meditate, Relax & Breathe (Weekly)

While everyone at home is practicing safe physical distancing, facing cancer can be overwhelming. Join us for our Meditate, Relax & Breathe weekly session for an opportunity to learn and practice techniques to relax, balance, and experience a sense of well-being. Guided gentle movements will be included in each session. **Registration is required. If the session is full and / or you are interested in participating in additional sessions, you will be placed on the list for the following session.**

Gentle Yoga (Weekly)

Breathing, meditation, and gentle restorative postures work to help the body heal during and after treatment. Please wear comfortable clothing. **Registration is required. If the session is full and / or you are interested in participating in additional sessions, you will be placed on the list for the following session.**

Patient Support Group – Facing Cancer at a Distance (6 sessions)

Facing cancer by yourself can be exceptionally challenging. Navigating through a cancer diagnosis and treatments at a distance can be very stressful. **Registration & commitment to attend all 6 sessions is required. *Wait list is available for upcoming French and English sessions.**

Bereavement Support Group (8 sessions)

The death of a loved one from cancer has a significant impact on family and friends. Adjusting to this painful loss can be challenging. **Registration & commitment to attend all 8 sessions is required. *Wait list is available for upcoming French and English sessions.**

Drop-in Support Group

If you have already attended a previous support group at Cedars CanSupport and wish to join our monthly group, please contact the program coordinator. **This group is open to participants who have already attended a previous support group at Cedars CanSupport. By invitation.**

Group Distance Reiki (Monthly)

Reiki is a gentle practice that promotes very deep relaxation, and provides a general sense of well-being. Distance Reiki is practiced when the Reiki practitioner and the participant are not physically together. **Registration is required. Limited to 1 time participation. If the session is full and / or you are interested in participating in additional sessions, you will be placed on the wait list.**

One-To-One Telephone Support

Our volunteers are specially trained to provide emotional support by phone during and after treatment. **By Request.**

Art Workshop at the Montreal Museum of Fine Arts

An interactive virtual art workshop, where you will have the opportunity to engage in creative art making workshop facilitated by a museum mediator. **Registration is required. Limited to 1 time participation. If the session is full and / or you are interested in participating in additional sessions, you will be placed on the wait list.**

Look Good Feel Better (LGFB)

"A support program, led by a team of cosmetic professionals, which offers a unique sense of community to women from all walks of life". **On-line Registration is required: www.Lgfb.ca or by phone 1-800-914-5665**