Important Update

The Cedars CanSupport Information Bulletin will be sent once a month starting as of now.
Patient Support Group

Navigating through the cancer experience can be exceptionally challenging. Support groups can provide a safe and welcoming environment to share stories, learn from fellow group members with similar experiences, inspire and encourage.

The group is facilitated in English, bilingual participants are welcome to join. A wait list is available for a French patient support group.

6 sessions ONLINE

Tuesdays: 2:00pm-3:30pm (6 sessions) via zoom
February 23 / March 2, 9, 16, 23 and 30, 2021
Registration & Information:
514-934-1934, extension: 35297
rola.mouchantaf@muhc.mcgill.ca
Our next online Art Therapy workshop is Thursday, February 18th, 2021 from 11:00AM to 12:30PM.

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, February 18th, 2021 from 2:00PM to 3:00PM

Group Distance Reiki

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

For Patients and Caregivers - Online
Registration & Information: 514-934-1934, extension: 35297
rola.mouchantaf@muhc.mcgill.ca

Book Suggestion of the Week

Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life
by Linda Carlson & Michael Speca
Excerpt from back cover: "If you have received a cancer diagnosis, you know that the hundreds of questions and concerns you have about what's to come can be as stressful as the cancer treatment itself. But research shows that if you mentally prepare yourself to handle cancer treatment by getting stress and anxiety under control, you can improve your quality of life and become an active participant in your own recovery. Created by leading psychologists specializing in oncology, the Mindfulness-Based Cancer Recovery program is based on mindfulness-based stress reduction (MBSR), a therapeutic combination of mindfulness meditation and gentle yoga now offered to cancer survivors and their loved ones in hundreds of
medical centers, hospitals, and clinics worldwide. Let this book be your guide as you let go of fear and focus on getting well."

Useful Resources

Cancer and Work Website

"The Cancer and Work website was designed to address the unique needs of cancer survivors with returning, remaining, changing work or looking for work after a diagnosis of cancer. The website provides newly created information, resources, and interactive tools for cancer survivors, healthcare providers, employers, and highlights helpful information from across the globe." - Cancer and Work Website

Click here to consult the website
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.