



# **Cedars CanSupport** **Information Bulletin**

**Vol. 2, Issue 3**  
**February 2021**

## **Important Update**

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

**Upcoming activities**

# 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](mailto:rola.mouchantaf@muhc.mcgill.ca)**



**Our next online Art Therapy workshop is  
Thursday, February 18th, 2021  
from 11:00AM to 12:30PM.**



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)

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**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.

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For Patients and Caregivers - **Online**

Registration & Information: 514-934-1934, extension: 35297

[rola.mouchantaf@muhc.mcgill.ca](mailto: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

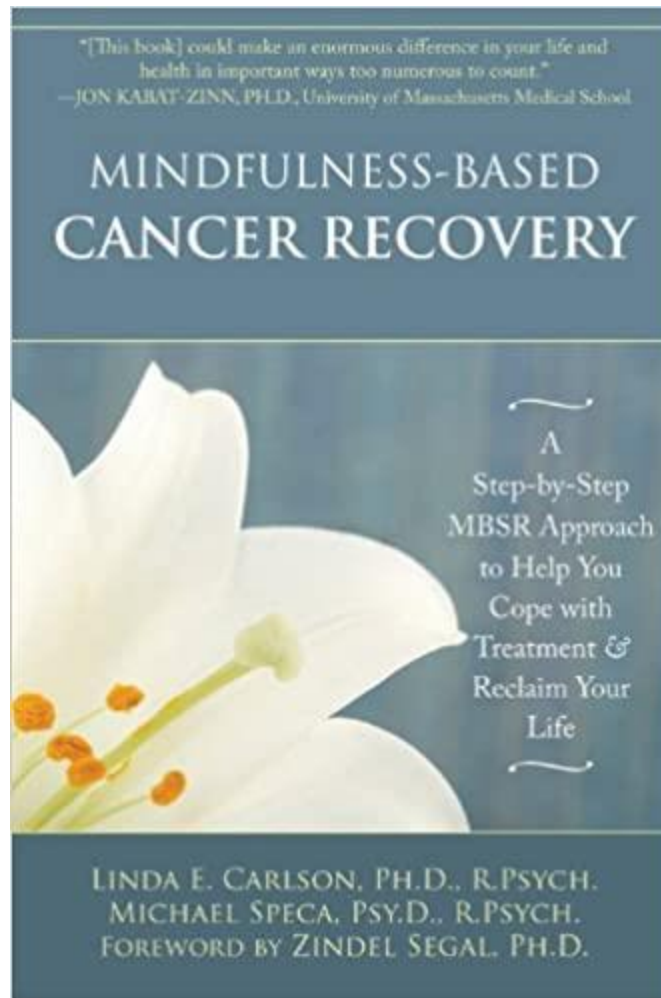


Photo Credit: Amazon.ca

**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](#)

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