

VIRTUAL PROGRAMS - (1 session, unless specified otherwise)	P/C	DATES	DAY & TIME	LANG
<b>Gentle Yoga (Weekly)</b> *Registration required	P/C	June 16, 2021 Ongoing	Wed. 10:00 - 10:45am	BIL
<b>Meditate, Relax &amp; Breathe (Weekly)</b> *Registration required	P/C	June 17, 2021 Ongoing	Thurs. 10:00 - 10:30am	BIL
<b>Creative Writing Workshop</b> *Registration required	P	June 17, 2021	Thur. 11:00 – 12:30pm	BIL
<b>Creative Writing Workshop</b> *Registration required	C	July 28, 2021	Wed. 5:00 – 6:30pm	BIL
<b>Art Workshop with the Montreal Museum of Fine Arts</b> *Registration required	P/C	Dates to follow	-----	BIL
<b>Look Good Feel Better</b> *Please register online at <a href="http://LGFB.ca">LGFB.ca</a> or by phone 1-800-914-5665	P	Please consult website	Please consult website	FR ENG
<b>One-To-One Telephone Support Service</b>				<b>P/C</b>
We are a phone call away, to provide support. Our specially trained volunteers will be able to assist you during and after treatment. Every effort will be made to find the best match with one of our volunteers to provide you with the best possible support. *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](mailto: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.

[cansupport.ca](http://cansupport.ca)

## Cedars CanSupport Virtual Program Description

### **Meditate, Relax & Breathe (Weekly)**

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.**

### **Creative Writing Workshop**

Have you ever wanted to write? Everyone has something important to say. Writing is a way to find your voice, to experiment on the page, to have fun, to invent a story or tell your own story. This workshop aims to create a judgement-free space where we set aside the inner critic and let your inner writer come out and play (we know it's in there!). Together, we'll do a few simple and short writing exercises to lead our imagination. The workshop will be held in French and English and you are free to write in the language in which you feel most comfortable. No writing experience necessary, everyone is welcome. **Registration is required**

### **One-To-One Telephone Support Service**

Our volunteers are specially trained to provide support by phone during and after treatment. Every effort will be made to find the best match with one of our volunteers to provide you with the best possible support. Please take note that we do not offer medical advice.

**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)**

"We know how important it is to simply feel like yourself, especially when going through cancer treatment. At the Look Good Feel Better workshops women with cancer can learn how to manage the appearance-related impact of cancer and it's treatment. Offering a unique sense of community, you'll be part of a small group of women, with different cancer diagnoses and going through different treatments, who come together to learn and share. Led by our expert volunteers". (LGFB web)

**On-line Registration is required: [www.Lgfb.ca](http://www.Lgfb.ca) or by phone 1-800-914-5665**

[cansupport.ca](http://cansupport.ca)