

VIRTUAL PROGRAMS - (1 session, unless specified otherwise)	P/C	DATES	DAY & TIME	LANG
Gentle Yoga (Weekly) *Registration required	P/C	January 5 – April 27, 2022	Wed. 10:00 - 10:45am	BIL
Meditate, Relax & Breathe (Weekly) *Registration required	P/C	January 6 – April 28, 2022	Thurs. 10:00 - 10:30am	BIL
Group Writing Workshop *Registration required	C	February 9, 2022	Wed. 5 – 6:30pm	BIL
Group Writing Workshop (2 sessions) *Registration required	P	April 20 & 27, 2022	Wed. 11:00 – 12:30pm	BIL
Montreal Museum of Fine Arts Virtual Interactive Group Workshop and Art Making *Registration required	P/C	January 27, 2022 February 24, 2022 March 24, 2022 April 20, 2022	Thur. 2:00 – 3:30pm Thur. 2:00 – 3:30pm Thur. 2:00 – 3:30pm Wed. 2:00 – 3:30pm	BIL
Look Good Feel Better *Please register online at LGFB.ca or by phone 1-800-914-5665	P	Please consult website	Please consult website	FR ENG
One-To-One Telephone Support Service P/C				
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

 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

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. Gentle stretching 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)

During the session, guided gentle restorative posture movements are incorporated to help the body during and after treatment, with a focus on posture, breathing and meditation. 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.**

Group 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 share your own story.

This workshop aims to create a judgement-free space. 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.

Montreal Museum of Fine Arts -Virtual Interactive Group Workshop and Art Making

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 or by phone 1-800-914-5665

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