


ONLINE PROGRAMS <i>(1 session, unless specified otherwise)</i>	P/C	DATES	DAY & TIME	LANGUAGE
Gentle Yoga (Weekly) Online *Registration is required	P/C	Jan 10 – Apr 24, 2024	Wed. 10:00 – 10:45am	BIL
Meditate, Relax & Breathe (Weekly) Online *Registration is required	P/C	Jan 11 – Apr 25, 2024	Thurs. 10:00 – 10:30am	BIL
Group Writing Workshop Online *Registration is required	P	Feb 27, 2024	Tues. 11:00 – 12:30pm	BIL
Look Good Feel Better Online *Please register online at LGFB.ca or by phone at 1-800-914-5665	P	Please consult website	Please consult website	FR ENG
IN-PERSON PROGRAMS	P/C			
Art Therapy Group (Weekly) In-person Connecting through art expression *Registration is required. At the Cedars Cancer Centre	P	Jan 9 – April 30, 2024	Tues. 1:00 – 3:00pm	BIL
Patient Support Group	P	Date to follow	More information to follow	BIL
'Making Connections' - Montreal Museum of Fine Arts In-person *Registration is required. Taking place at the Montreal Museum of Fine Arts	P/C	Feb 28, 2024 Mar 28, 2024 Apr 24, 2024 May 30, 2024 June 12, 2024	Wed. 1:00 – 3:30pm Thurs. 1:00 – 3:30pm Wed. 1:00 – 3:30pm Thurs. 1:00 – 3:30pm Wed. 1:00 – 3:30pm	BIL

P: patients **C:** caregivers **P/C:** patients and caregivers

Location: (unless otherwise noted): Online via Zoom application software, or Cedars Cancer Centre, Glen site, MUHC. **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 / 31666

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Art Therapy Group – Connecting through art expression (Weekly) In-person

Participants are invited to explore and connect their experiences related to their cancer journey through various approaches in art making. Activities might include drawing, painting, sculpture, collage. The goal of the group is to provide a supportive environment for everyone to express and connect with others who are going through similar life experiences. Lead by a trained art therapist, who will provide guidance and support as needed. No prior art experience necessary. **To accommodate all requests, participation will be limited to 8 sessions. If the group is full and/ or you are interested in participating in additional sessions, you will be kindly placed on the wait list. Art Material will be provided by Cedars CanSupport.**

‘Making Connections’-Montreal Museum of Fine Arts: Interactive Group Tour and Art Making In-person

An interactive group tour, where you will have the opportunity to visit art collections, and engage in creative art making workshops in the Museum’s Art studio. Each Workshop is facilitated by a Museum Mediator.

*We wish to thank the Montreal Museum of Fine Arts for collaborating and sharing their space and resources with Cedars CanSupport (MUHC). **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.**

Meditate, Relax & Breathe (Weekly) Online

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. **If the session is full, you will be placed on the list for the following session.**

Gentle Yoga (Weekly) Online

During the session, guided gentle restorative posture movements are incorporated, with a focus on posture, breathing and meditation. Please wear comfortable clothing. **If the session is full, you will be placed on the list for the following session.**

Group Writing Workshop Online

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. **No writing experience necessary. Everyone is welcome.**

Look Good Feel Better (LGFB) Online

“At the Look Good Feel Better workshops, people with cancer can learn how to manage the appearance-related impact of cancer and its treatment. Offering a unique sense of community”.(LGFB website) **Online Registration is required:** www.Lgfb.ca or by telephone **1-800-914-5665**

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