

CEDARS CANSUPPORT PROGRAMS AND SERVICES FOR PATIENTS, FAMILIES AND CAREGIVERS FALL CALENDAR 2024

ONLINE PROGRAMS	DATES	DAY & TIME	LOCATION
Gentle Yoga – WEEKLY	September 8-December 31	Wednesday 10:00 – 10:45am	On Zoom
Meditate, Relax & Breathe - WEEKLY	September 8-December 31	Thursday 10:00 – 10:30am	On Zoom
Look Good Feel Better <i>*Please register online at LGFB.ca</i>	Please consult website	Please consult website	On Zoom
IN-PERSON PROGRAMS			
Gentle Yoga – BI-WEEKLY	September 1-December 31	Friday 3:00pm-4:00pm	Cedars Cancer Centre D S1. 1427
Art Therapy Program - WEEKLY	September 1-December 31	Tuesday 1:00 – 3:00pm	Cedars Cancer Centre D S1. 7001
Support Group 'CANcerSHARE'	September 18	Wednesday 11:00-12:00pm	Cedars Cancer Centre D S1. 1427
Creative Writing Workshop- MONTHLY	September 1-December 31	Wednesday 1:00pm-3:00pm	Cedars Cancer Centre D S1. 1427
Montreal Museum of Fine Art Interactive Group Tour & Art Making Workshops 'Making Connections'	TBA	TBA	Montreal Museum of Fine Arts
Look Good Feel Better <i>*Please register online at LGFB.ca</i>	Please consult website	Monday 1:00 – 3:00pm	Cedars Cancer Centre D RC. 8010

All dates and times are subject to change. All our services and resources are FREE.

Registration required for all programs and services.

REGISTER NOW

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☎ (514) 934 – 1934 ex. 35297

For more information, please visit our website at www.cansupport.ca

Art Therapy Program (IN PERSON) - **WEEKLY**

Allowing participants to express their cancer-related experiences creatively, the art therapy program provides weekly workshops with a trained art therapist. Activities including drawing, painting, sculpture, and collage, allow participants to connect with others who share similar life experiences in a supportive environment. **No prior art experience necessary. Cedars CanSupport will provide Art materials.**

Gentle Yoga (ONLINE) – **WEEKLY** / (IN PERSON) - **BI-WEEKLY**

Our yoga sessions incorporate guided gentle restorative posture movements, with a focus on posture, breathing and meditation. Please wear comfortable clothing. **Participants may not attend both the online and in-person session within the same week.**

Meditate, Relax & Breathe (ONLINE) - **WEEKLY**

Our sessions provide the opportunity to learn and practice techniques to relax, balance, and experience a sense of well-being through gentle stretching movements. **No meditation experience needed.**

Support Group (IN PERSON)

‘CANcerSHARE’

Where your story will make a difference. A new support group for cancer patients in collaboration with the MUHC psychosocial oncology program. **Register early or walk-in.**

Creative Writing Workshop (IN PERSON) - **MONTHLY**

Writing is a way to find your voice, to experiment on the page, to have fun, to invent a story or share your own. This workshop provides a judgement-free space to let creativity flow through short and simple writing exercises. **No writing experience necessary.**

Montreal Museum of Fine Arts *Interactive Group Tour & Art Workshop* (IN PERSON)

‘Making Connections’

Explore the Montreal Museum of Fine Art’s collections and participate in creative art making workshops as a group. Participants are given the opportunity to connect with individuals with similar life experiences through their shared appreciation for art.

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

Look Good Feel Better (ONLINE & IN PERSON)

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.