

# CEDARS CANSUPPORT PROGRAMS AND SERVICES

## FOR PATIENTS, FAMILIES AND CAREGIVERS

### WINTER CALENDAR 2025

ONLINE PROGRAMS	DATES	DAY & TIME	LOCATION
<b>Gentle Yoga – WEEKLY</b>	January 15-April 30	Wednesday 10:00 – 10:45am	On Zoom
<b>Meditate, Relax &amp; Breathe - WEEKLY</b>	January 16-May 1	Thursday 10:00 – 10:30am	On Zoom
<b>Look Good Feel Better</b> <i>*Please register online at LGFB.ca</i>	Please consult website	Please consult website	On Zoom
IN-PERSON PROGRAMS			
<b>Gentle Yoga – BI-WEEKLY</b>	January 10, 24 February 7, 21 March 7, 21 April 4, 18	Friday 3:00pm-4:00pm	Cedars Cancer Centre D S1. 1427
<b>Art Therapy Program - WEEKLY</b>	January 7-April 29	Tuesday 1:00 – 3:00pm	Cedars Cancer Centre D S1. 7001
<b>Creative Writing Workshop- MONTHLY</b>	TBA	Tuesday 1:00pm-3:00pm	Cedars Cancer Centre D S1. 7001
<b>Look Good Feel Better</b> <i>*Please register online at LGFB.ca</i>	Please consult website	Monday 1:00 – 3:00pm	Cedars Cancer Centre D RC. 8010
Support Services			
<b>Cancer Support Group</b> 'CANcerSHARE'	January 10, 24 February 7, 21 March 7, 21	Friday 11:00-12:00pm	Glen Site B RC. 3535
<b>Bereavement Walking Group</b> 'Healing Step By Step'	January 15-April 30	Wednesday 11:00pm-12:30pm	Westmount Park
<b>Wigs and Head Covers Service</b>	NA	Monday-Friday 8:00am-4:00pm	Cedars Cancer Centre D RC. 1329
<p>All dates and times are subject to change. All our services and resources are FREE.</p> <p><i>Registration required for all programs and services.</i></p>			

**REGISTER**

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

☎ (514) 934 – 1934 ex. 35297

For more information, please visit our website at [www.cansupport.ca](http://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.**

### Bereavement Walking Group (IN PERSON) - WEEKLY

'Healing Step By Step'

An informal bereavement walking group for those who are grieving the loss of a loved one who passed away from cancer. Our walks provide a peaceful space to connect with others who understand, share stories, and find solace in nature. The walk is delivered by a qualified facilitator and takes place at Westmount Park.

### 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](http://www.Lgfb.ca) or by telephone 1-800-914-5665.