



# Hearth Place Cancer Support Centre

Drop-in Centre hours are Tuesday to Thursday 10:00 a.m. to 4:00 p.m.  
Monday and Friday 10:00 a.m. to 12:00 p.m. -- Phone: 905 579 4833

## Calendar of Events for August 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Wellness Therapies of Reiki, Therapeutic Touch, Reflexology and Massage are available by appointment. Please call for availability and to schedule an appointment.</p>	<p>1 9:30 Walk Club*</p>	<p>2 9:30 &amp; 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 6:30 - 8:00 Melanoma Support Group*</p>	<p>3 10:30 - 12:30 Coping with Cancer Stress * 2/4 11:30 - 12:30 Zumba* 3/7 1:30 - 3:00 Expressive Mindfulness*</p>	<p>4</p>
<p>7 Hearth Place is Closed for Civic Holiday</p>	<p>8 9:30 Walk Club* 12:30 - 4:00 After Breast Cancer Clinic* 5:30 - 7:30 Men's Drop-In Group*</p>	<p>9 9:30 &amp; 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session*</p>	<p>10 11:30 - 12:30 Zumba* 4/7</p>	<p>11</p>
<p>14 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 5/7 Hearth Place is closed 1:30 - 3:30 Take A Breath Workshop*</p>	<p>15 9:30 Walk Club* 10:00 - 12:00 Look Good Feel Better*</p>	<p>16 9:30 &amp; 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery information Session*</p>	<p>17 10:30 - 12:30 Coping with Cancer Stress * 3/4 11:30 - 12:30 Zumba* 5/7 1:30 - 3:00 Expressive Mindfulness* 7:00 - 9:00 Lymphedema Support Group*</p>	<p>18 10:00 - 12:00 Sharing Circle for Health and Wellness "Medicine Wheel for Self-Care"</p>
<p>21 9:00 - 4:00 Lymphedema Clinic by appt 10:00-12:00 Newly Diagnosed Breast Cancer Support Group*6/7 1:00 - 5:00 Hearth Place closed 1:30 - 3:30 Money Matters Workshop* 4:30 - 6:30 Colorectal Support Group*</p>	<p>22 9:30 Walk Club*</p>	<p>23 9:30 &amp; 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 7:00 - 9:00 Lymphoma and Blood Related Cancers Support Group*</p>	<p>24 10:30 - 12:30 Coping with Cancer Stress * 4/4 11:30 - 12:30 Zumba* 6/7 1:00 - 3:00 Gynecological Support Group* 6:00 - 8:00 Pediatric Cancer Family Support Group*</p>	<p>25</p>
<p>28 10:00-12:00 Newly Diagnosed Breast Cancer Support Group*7/7 1:00 - 5:00 Hearth Place closed 2:30 - 3:30 Food For Thought*</p>	<p>29 9:30 Walk Club* 1:00 - 2:30 Getting the Most from Your Healthcare Appointments*</p>	<p>30 9:30 &amp; 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session*</p>	<p>31 11:30 - 12:30 Zumba* 7/7</p>	<p>*Please call to pre-register. Be aware that the size of some classes may be limited or require minimum registration to run.</p>



Welcome  
To Hearth Place

The mission of Hearth Place Cancer Support Centre is to provide a support centre where we can care for each other as we live with cancer.

## July and August 2017 Program Calendar

### Drop In Hours:

Tuesday to Thursday 10:00 a.m.- 4:00 p.m.  
Monday & Friday 10:00 a.m.- 12:00 p.m.  
Or by appointment  
One on One Peer Support by appointment  
Evening programs as scheduled

### Administrative Office Hours:

Monday to Thursday 9:00 a.m.-5:00 p.m.  
Friday 9:00 a.m.-1:00 p.m.

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