



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 July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hearth Place is Closed for Canada Day	4 9:30 Walk Club*	5 9:30 & 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*	6 1:00 - 3:00 Caregiver Support Group* 3/6	7 10:00 - 12:00 Sharing Circle for Health and Wellness "Pow Wow Dances and their meanings"
10 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 1/7 1:00 - 5:00 Hearth Place is closed 1:30 - 3:30 Take A Breath Workshop*	11 9:30 Walk Club* 5:30 - 7:30 Men's Drop-In Support Group*	12 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group*	13 1:00 - 3:00 Caregiver Support Group* 4/6	14
17 9:00 - 4:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 2/7 1:00 - 5:00 Hearth Place is closed 1:30 - 3:30 Money Matters Workshop* 4:30 - 6:30 Colorectal Cancer Support Group*	18 9:30 Walk Club* 10:00 - 12:00 Look Good Feel Better* 12:30 - 4:00 After Breast Cancer Clinic*	19 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group*	20 11:30 - 12:30 Zumba* 1/7 1:00 - 3:00 Caregiver Support Group* 5/6 1:30 - 3:00 Expressive Mindfulness* 7:00 - 9:00 Lymphedema Support Group*	21 10:00 - 12:00 Sharing Circle for Health and Wellness "What is Traditional Healing"
24 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 3/7 1:00 - 5:00 Hearth Place is Closed 2:30 - 3:30 Food For Thought Workshop*	25 9:30 Walk Club* 10:00 - 12:30 Art Journaling Workshop*	26 9:30 & 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 & Blood Related Cancers Support Group*	27 10:30 - 12:30 Coping with Cancer Stress* 1/4 11:30 - 12:30 Zumba* 2/7 1:00 - 3:00 Caregiver Support Group* 6/6 1:00 - 3:00 Gynecological Support Group 6:00 - 8:00 Pediatric Cancer Family Support Group*	28
31 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 4/7 1:00 - 5:00 Hearth Place is closed			*Please call to pre-register. Be aware that the size of some classes may be limited or require minimum registration to run.	*Wellness Therapies of Reiki, Therapeutic Touch, Reflexology and Massage are available by appointment. Please call for availability and to schedule an appointment.

PROGRAM HIGHLIGHTS

Art Journaling Workshop

Tuesday, July 25th from 10:00am - 12:30pm

Join us for a hands-on 'playshop' to capture your unique story through color & collage, words, quotes and simple strokes. Art journaling is good for us – it reduces stress, makes us smarter and sparks creativity.

Getting the Most from Your Healthcare Appointments

Tuesday, August 29th from 1:00 - 2:30pm

This interactive workshop, presented by CCAC, focuses on what to do before, during and after an appointment. It prepares and empowers individuals to communicate more effectively with their health care provider.

The Healing Journey

Coping with Cancer Stress

Thursday, July 27th, August 3rd, 17th and 24th
from 10:30am - 12:30pm

In this program, you will learn stress management techniques like deep relaxation, emotional awareness and expression as well as techniques including journaling, meditation and spiritual aspects of healing.

Zumba

7 weeks beginning Thursday, July 20th from 11:30am - 12:30pm
Join us for an hour of laughter and dancing! No experience required!

Expressive Mindfulness

Thursday July 20th, August 3rd and August 17th from 1:30 - 3:00pm
Expressive Arts Therapist Sheri Gundry will explore various techniques through expressive art mediums to discover the benefits of mindfulness. You may register for one or all!

Caregiver Support Group

6 weeks cycle beginning Thursday, June 22nd from 1:00 - 3:00pm
A cancer diagnosis affects not just the patient but the immediate and extended family, friends and colleagues. This group offers caregivers support as they support their loved one and addresses the issues that cancer raises.

Monthly Gynecological Support Group

Thursday, July 27th & August 24th from 1:00 - 3:00pm
For women recently diagnosed with a gynecological cancer.

FUNDRAISING INFORMATION

Spaghetti Dinner

Sunday October 22, 2017

Family fun evening with activities, raffle, games, and food for the whole family!
\$10 children/\$20 adult

Inside Ride

Sunday November 12, 2017
10:00 am - 12:00 pm

Our 3rd annual indoor stationary cycling team event in support of our Pediatric Cancer Family Support Program. Come join the fun with uplifting music, team spirit and costumes.

100% of the proceeds raised will go directly to Hearth Place!

www.hearthplace.org/insideride

Call or email Irena for more event and fundraising information and Janette for program information - 905-579-4833

irena@hearthplace.org or Janette@hearthplace.org