



# 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 October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00 – 4:00 10:00 -12:00 10:00 -12:00 1:00 – 5:00 1:30 – 3:30 6:30 – 8:00</p> <p>Lymphedema Clinic by appt Newly Diagnosed Breast Cancer Support Group* 4/7 Therapeutic Touch for Self-Care Workshop* 3/6 Hearth Place is closed Money Matters Workshop* Hearth Beats Choir*</p>	<p>3 9:30 7:00 - 8:00</p> <p>Walk Club* Zumba* 4/5</p>	<p>4 9:30 &amp; 11:00 12:30 - 2:30 2:30 - 3:30 6:30 – 8:00 6:30 – 8:00</p> <p>Yoga* Metastatic Cancer Support Group* Breast Cancer Pre-Surgery Information Session* Melanoma Support Group* Phoenix Support Group* 4/7</p>	<p>5 9:15 - 10:15 10:30 - 12:30 11:00 - 12:00 1:00 - 3:00</p> <p>Do It With Ease* 5/8 Skills For Healing * 5/8 Tai Chi* 4/7 Brain Fog* 1/8</p>	<p>6 10:00 - 12:00</p> <p>Sharing Circle for Health and Wellness "Songs For Healing"</p>
<p>9 <b>Hearth Place is Closed for Thanksgiving</b></p>	<p>10 9:30 12:30 - 4:00 5:00 - 7:00 5:30 - 7:30 7:00 - 8:00</p> <p>Walk Club* After Breast Cancer Clinic by appt* Meditation &amp; Spiritual Study* Men's Drop-In Group* Zumba* 5/5</p>	<p>11 9:30 &amp; 11:00 12:30 - 2:30 2:30 - 3:30 5:30 – 7:30 6:30 – 8:00</p> <p>Yoga* Metastatic Cancer Support Group* Breast Cancer Pre-Surgery Information Session* Life Story* Phoenix Support Group* 5/7</p>	<p>12 9:15 - 10:15 10:30 -12:30 11:00 - 12:00 1:00 - 3:00 7:00 - 9:00</p> <p>Do It With Ease* 6/8 Skills For Healing * 6/8 Tai Chi* 5/7 Brain Fog* 2/8 Lymphoma and Blood Related Cancers Support Group*</p>	<p>13</p>
<p>16 9:00 – 4:00 10:00-12:00 10:00-12:00 1:30 – 3:30 4:30 – 6:30 6:30 – 8:00</p> <p>Lymphedema Clinic by appt Newly Diagnosed Breast Cancer Support Group* 5/7 Therapeutic Touch for Self-Care Workshop* 4/6 Hearth Place is closed Take A Breath Workshop* Colorectal Support Group* Hearth Beats Choir*</p>	<p>17 9:30 10:00-12:00 7:00 - 9:00</p> <p>Walk Club* Look Good Feel Better* Couples Support Group*1/6</p>	<p>18 9:30 &amp; 11:00 12:30 - 2:30 2:30 - 3:30 6:30 – 8:00</p> <p>Yoga* Metastatic Cancer Support Group* Breast Cancer Pre-Surgery information Session* Phoenix Support Group* 6/7</p>	<p>19 9:15 - 10:15 10:30 - 12:30 11:00 - 12:00 1:00 - 3:00</p> <p>Do It With Ease* 7/8 Skills For Healing * 7/8 Tai Chi* 6/7 Brain Fog* 3/8</p>	<p>20 10:00 - 12:00</p> <p>Sharing Circle for Health and Wellness "Sacred Pipe Ceremony"</p>
<p>23 10:00-12:00 10:00-12:00 1:00 – 5:00 2:30 – 3:30</p> <p>Newly Diagnosed Breast Cancer Support Group*6/7 Therapeutic Touch for Self-Care Workshop* 5/6 Hearth Place closed Food For Thought*</p>	<p>24 9:30 2:00 - 3:30 5:00 - 7:00</p> <p>Walk Club* Namaste Grief Support Group* 1/8 Meditation &amp; Spiritual Study*</p>	<p>25 9:30 &amp; 11:00 12:30 - 2:30 2:30 - 3:30 5:00 – 7:00 6:30 – 8:00 7:00 - 9:00</p> <p>Yoga* Metastatic Cancer Support Group* Breast Cancer Pre-Surgery Information Session* Life Story* Phoenix Support Group* 7/7 Lymphoma and Blood Related Cancers Support Group*</p>	<p>26 9:15 - 10:15 10:30 - 12:30 11:00 - 12:00 1:00 - 3:00 6:00 - 8:00</p> <p>Do It With Ease* 8/8 Skills For Healing * 8/8 Tai Chi* 7/7 Brain Fog* 4/8 Pediatric Cancer Family Support Group*</p>	<p>27 10:30 - 11:30</p> <p>Laughter Yoga*</p>
<p>30 10:00-12:00 10:00-12:00 1:00 – 5:00</p> <p>Newly Diagnosed Breast Cancer Support Group*7/7 Therapeutic Touch for Self-Care Workshop* 6/6 Hearth Place closed</p>	<p>31 9:30 11:00-1:30 7:00 - 9:00</p> <p>Walk Club* Art For Cancer Workshop* Couples Support Group*2/6</p>		<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>*Please call to pre-register. Be aware that the size of some classes may be limited or require minimum registration to run.</p>



*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.*

## September & October 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.

86 Colborne Street West  
Oshawa, ON L1G 1L7  
T: 905-579-4833  
F: 905-579-1204

hearthplace@hearthplace.org  
www.hearthplace.org