



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 September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
*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.			1 10:00 - 12:00 Sharing Circle for Health and Wellness "The Sacred Drum"
4 Hearth Place is Closed For Labour Day	5 9:30 Walk Club*	6 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*	7 9:15 - 10:15 Do It With Ease* 1/8 10:30 - 12:30 Skills For Healing * 1/8	8 10:00 - 12:00 Sharing Circle for Health and Wellness "Sacred Tobacco Medicine Teaching"
11 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* 6:30 - 8:00 Hearth Beats Choir*	12 9:30 Walk Club* 12:30 - 4:00 After Breast Cancer Clinic by appt.* 5:30 - 7:30 Men's Drop-In Support Group* 7:00 - 8:00 Zumba* 1/5	13 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 Phoenix Support Group* 1/7	14 9:15 - 10:15 Do It With Ease* 2/8 10:30 - 12:30 Skills For Healing * 2/8 11:00 - 12:00 Tai Chi* 1/7 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group*	15
18 9:00 - 4:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 2/7 10:00-12:00 Therapeutic Touch for Self-Care Workshop 1/6* 1:00 - 5:00 Hearth Place is Closed 1:30 - 3:30 Money Matters Workshop* 4:30 - 6:30 Colorectal Cancer Support Group* 6:30 - 8:00 Hearth Beats Choir*	19 9:30 Walk Club* 10:00 - 12:00 Look Good Feel Better* 7:00 - 8:00 Zumba* 2/5	20 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 Phoenix Support Group* 2/7	21 9:15 - 10:15 Do It With Ease* 3/8 10:30 - 12:30 Skills For Healing * 3/8 11:00 - 12:00 Tai Chi* 2/7 7:00 - 9:00 Lymphedema Support Group*	22 10:30 - 11:30 Laughter Yoga*
25 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 3/7 10:00-12:00 Therapeutic Touch for Self-Care Workshop 2/6* 1:00 - 5:00 Hearth Place is closed 2:30 - 3:30 Food For Thought Workshop*	26 9:30 Walk Club* 5:00 - 7:00 Meditation & Spiritual Study* 7:00 - 8:00 Zumba* 3/5	27 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session 5:30 - 7:30 Life Story* 6:30 - 8:00 Phoenix Support Group* 3/7 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group*	28 9:15 - 10:15 Do It With Ease* 4/8 10:30 - 12:30 Skills For Healing * 4/8 11:00 - 12:00 Tai Chi* 3/7 6:00 - 8:00 Pediatric Cancer Family Support Group*	29 1:00 - 4:00 Hearth Place 20th Anniversary Open House!

PROGRAM HIGHLIGHTS

Therapeutic Touch for Self-Care Workshop
6 weeks beginning Monday, September 18th from 10:00am - 12:00pm
Therapeutic Touch is a wellness therapy offered at Hearth Place that reduces anxiety, helps in healing tissues, alters perception of pain and is safe to use in conjunction with cancer treatments. This series will teach participants a variety of techniques that they can use at home to improve their overall sense of well-being. Caregivers are welcome!

Laughter Yoga
Friday, September 22nd and Friday, October 27th from 10:30-11:30am
Come laugh with us! The benefits of Laughter Yoga include reducing stress, increased concentration and relaxation. It also helps to reduce negative emotions and build self-confidence.

Phoenix Support Group
7 weeks beginning Wednesday, September 13th from 6:30-8:00pm
A support group for women who have completed active treatment. Join us as we explore the meaning of survivorship and how we cope with its challenges.

Brain Fog
8 weeks beginning on Thursday, October 5th from 1:00-3:00pm
Brain Fog is an interactive program where you will learn strategies to help improve or regain your memory, task management and psychological well-being following cancer treatments. Please commitment to attend all sessions.

Namaste Grief Support Group
Begins Tuesday, October 24th and meets bi-weekly for 8 weeks
This is an eight week support group for adults who have lost a loved one to cancer. It will encompass both educational and emotional support. A commitment to attend all eight sessions is requested.

Evening Zumba
5 weeks beginning Tuesday, September 12th from 7:00-8:00pm
Come join us for an hour of laughter and dancing! No experience required!

FUNDRAISING INFORMATION

Spaghetti Dinner
Sunday October 22, 2017
Family fun evening with activities, raffle, games, and food for the whole family! Tickets are available now! \$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

Annual Bazaar
November 13th through to November 24th at Hearth Place.
Join us for your holiday shopping.
Your donations of new items are gratefully accepted Nov. 6-10th
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