



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 December 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>*Please call to pre-register. Be aware that the size of some classes may be limited or require minimum registration to run.</p>			<p>1</p> <p>10:00 - 12:00 Sharing Circle for Health and Wellness "What is the Sweat Lodge Ceremony?"</p> <p>10:30 - 11:30 Drum Song 4/5</p>
<p>4</p> <p>10:00 - 12:00 Newly Diagnosed Cancer Support Group* 5/7</p> <p>1:00 - 5:00 Hearth Place is closed</p> <p>1:30 - 3:30 Managing the Holidays When You Have Cancer*</p> <p>6:30 - 8:00 Hearth Beats Choir*</p> <p>7:00 - 8:30 Bouncing Back* 4/9</p>	<p>5</p> <p>9:30 Walk Club*</p> <p>2:00 - 3:30 Namaste Grief Support Group* 4/8</p> <p>5:00 - 7:00 Meditation & Spiritual Study*</p> <p>7:00 - 8:30 Yoga for Lymphedema* 5/6</p>	<p>6</p> <p>9:30 & 11:00 Yoga*</p> <p>12:30 - 2:30 Metastatic Cancer Support Group*</p> <p>2:30 - 3:30 Breast Cancer Pre-Surgery Information Session*</p> <p>2:30 - 5:00 Steps Towards Spiritual Healing* 6/8</p> <p>5:30 - 7:30 Life Story*</p> <p>6:30 - 8:00 Melanoma Support Group*</p>	<p>7</p> <p>9:15 - 10:15 Do It With Ease* 6/8</p> <p>11:00 - 12:00 Tai Chi* 6/8</p>	<p>8</p> <p>10:30 - 11:30 Drum Song 5/5</p>
<p>11</p> <p>10:00 - 12:00 Newly Diagnosed Cancer Cancer Support Group* 6/7</p> <p>Hearth Place is closed</p> <p>1:30 - 3:30 Money Matters Workshop*</p> <p>7:00 - 8:30 Bouncing Back* 5/9</p>	<p>12</p> <p>9:30 Walk Club*</p> <p>10:00-12:00 Look Good Feel Better*</p> <p>12:30 - 4:00 After Breast Cancer Clinic by appt*</p> <p>5:30 - 7:30 Men's Drop-In Group*</p> <p>7:00 - 8:30 Yoga for Lymphedema* 6/6</p> <p>7:00 - 9:00 Couples Support Group*5/6</p>	<p>13</p> <p>9:30 & 11:00 Yoga*</p> <p>12:30 - 2:30 Metastatic Cancer Support Group*</p> <p>2:30 - 3:30 Breast Cancer Pre-Surgery information Session*</p> <p>2:30 - 5:00 Steps Towards Spiritual Healing* 7/8</p>	<p>14</p> <p>9:15 - 10:15 Do It With Ease* 7/8</p> <p>11:00 - 12:00 Tai Chi* 7/8</p> <p>7:00 - 9:00 Lymphoma and Blood Related Cancers Support Group*</p>	<p>15</p> <p>10:00 - 12:00 Sharing Circle for Health and Wellness "Christmas Open House Round Dance"</p>
<p>18</p> <p>9:00 - 4:00 Lymphedema Clinic by appt</p> <p>10:00 -12:00 Newly Diagnosed Breast Cancer Support Group*7/7</p> <p>1:00 - 5:00 Hearth Place closed</p> <p>4:30 - 6:30 Colorectal Support Group*</p> <p>6:30 - 8:00 Hearth Beats Choir*</p> <p>7:00 - 8:30 Bouncing Back* 6/9</p>	<p>19</p> <p>9:30 Walk Club*</p> <p>11:00 - 12:00 Holiday Zumba*</p> <p>2:00 - 3:30 Namaste Grief Support Group* 5/8</p> <p>5:00 - 7:00 Meditation & Spiritual Study*</p> <p>7:00 - 9:00 Couples Support Group*6/6</p>	<p>20</p> <p>9:30 & 11:00 Yoga*</p> <p>12:30 - 2:30 Metastatic Cancer Support Group*</p> <p>2:30 - 3:30 Breast Cancer Pre-Surgery Information Session*</p> <p>2:30 - 5:00 Steps Towards Spiritual Healing* 8/8</p>	<p>21</p> <p>9:15 - 10:15 Do It With Ease* 8/8</p> <p>11:00 - 12:00 Tai Chi* 8/8</p>	<p>22</p>
<p>25</p> <p>Christmas Day</p>	<p>26</p> <p>Boxing Day</p>	<p>27</p> <p>Hearth Place is closed and will re-open on January 2nd, 2018</p>	<p>28</p>	<p>29</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.

November & December 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