



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 November 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 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session 2:30 - 5:00 Steps Towards Spiritual Healing* 1/8 6:30 - 8:00 Melanoma Support Group*	2 9:15 - 10:15 Do It With Ease* 1/8 10:30 - 12:30 Coping With Cancer Stress* 1/4 11:00 - 12:00 Tai Chi* 1/8 1:00 - 3:00 Brain Fog* 5/8	3 Hearth Place is Closed today due to tree removal
6 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 1/7	7 9:30 Walk Club* 2:00 - 3:30 Namaste Grief Support Group* 2/8 5:00 - 7:00 Meditation & Spiritual Study* 7:00 - 8:30 Yoga for Lymphedema* 1/6	8 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 5:00 Steps Towards Spiritual Healing* 2/8 5:30 - 7:30 Life Story* 7:00 - 9:00 Pink Sensations*	9 9:15 - 10:15 Do It With Ease* 2/8 10:30 - 12:30 Coping With Cancer Stress* 2/4 11:00 - 12:00 Tai Chi* 2/8* 1:00 - 3:00 Brain Fog 6/8* 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group*	10 10:00 - 12:00 Sharing Circle for Health and Wellness "Story Telling" 10:30 - 11:30 Drum Song* 1/5	
1:00 - 5:00 Hearth Place is closed					
1:30 - 3:30 Money Matters Workshop 6:30 - 8:00 Hearth Beats Choir*					
13 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 2/7 1:00 - 5:00 Hearth Place is closed 7:00 - 8:30 Bouncing Back* 1/9	14 9:30 Walk Club* 12:30 - 4:00 After Breast Cancer Clinic by appt.* 1:00 - 3:00 Young Hearts Workshop* 5:30 - 7:30 Men's Drop-In Support Group* 7:00 - 8:30 Yoga for Lymphedema* 2/6 7:00 - 9:00 Couples Support Group* 3/6	15 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 2:30 - 5:00 Steps Towards Spiritual Healing* 3/8	16 9:15 - 10:15 Do It With Ease* 3/8 10:30 - 12:30 Coping With Cancer Stress* 3/4 11:00 - 12:00 Tai Chi* 3/8 1:00 - 3:00 Brain Fog* 7/8	17 10:30 - 11:30 Drum Song* 2/5	
20 9:00 - 4:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 3/7 1:00 - 5:00 Hearth Place is Closed 1:30 - 3:30 Take A Breath Workshop* 4:30 - 6:30 Colorectal Cancer Support Group* 6:30 - 8:00 Hearth Beats Choir* 7:00 - 8:30 Bouncing Back* 2/9	21 9:30 Walk Club* 10:00 - 12:00 Look Good Feel Better* 2:00 - 3:30 Namaste Grief Support Group* 3/8 5:00 - 7:00 Meditation & Spiritual Study* 7:00 - 8:30 Yoga for Lymphedema* 3/6	22 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 2:30 - 5:00 Steps Towards Spiritual Healing* 4/8 5:30 - 7:30 Life Story* 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group*	23 9:15 - 10:15 Do It With Ease* 4/8 10:30 - 12:30 Coping With Cancer Stress 4/4 11:00 - 12:00 Tai Chi* 4/8 1:00 - 3:00 Gynecological Cancer Support Group* 1:00 - 3:00 Brain Fog* 8/8 6:00 - 8:00 Pediatric Cancer Family Support Group* 6:30 - 8:00 Young Hearts Alumni*	24 10:00 - 12:00 Sharing Circle for Health and Wellness "Creating Sacred Space" 10:30 - 11:30 Drum Song* 3/5	
27 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 4/7 1:00 - 5:00 Hearth Place is closed 2:30 - 3:30 Food For Thought Workshop* 7:00 - 8:30 Bouncing Back* 3/9	28 9:30 Walk Club* 7:00 - 8:30 Yoga for Lymphedema* 4/6 7:00 - 9:00 Couples Support Group* 4/6	29 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session 2:30 - 5:00 Steps Towards Spiritual Healing* 5/8	30 9:15 - 10:15 Do It With Ease* 5/8 11:00 - 12:00 Tai Chi* 5/8		

PROGRAM HIGHLIGHTS

Young Hearts Workshop

Tuesday, November 14th from 1:00 - 3:00pm
Are you a young adult (under age 40) with a cancer diagnosis? Join us for an afternoon workshop that will focus on issues unique to being a young adult with cancer. Topics will include living with fear, anger, sadness; cancer's impact on your relationships; how to support children; fertility issues and how to create a life after diagnosis. Registration is required.

Coping With Cancer Stress (Level 1)

4 weeks beginning Thursday, November 2nd from 10:30am - 12:30pm
This 4 week program explores stress management techniques such as deep relaxation, thought control, mental imaging, emotional expression and goal setting.

Holiday Zumba!

Tuesday, December 19th from 11:00am - 12:00pm
Take some time out of a busy week and come dance and laugh with us! Katie will be teaching a fun holiday Zumba class that is sure to have you laughing and grooving! Our regular Zumba class will return in the new year.

Yoga for Lymphedema

6 week session begins Tuesday, November 7th from 7:00 - 8:30pm
This program is designed to help prevent and alleviate the symptoms of lymphedema, teach techniques for coping with the emotional challenges of lymphedema and provide tips for incorporating daily lymphedema exercises. Pre-registration is required.

Drum Song

5 weeks beginning Friday, November 10th from 10:30-11:30am
Discover the many healing voices of the drum. Resonate to your body's powerful rhythms as you boost your immune system, calm and focus your mind, and lift your spirit! No previous drumming or musical ability required, if you can tap your foot you can drum!

FUNDRAISING INFORMATION

Inside Ride

Sunday November 12, 2017
10:00 am - 12:00 pm
Our 3rd annual indoor stationary cycling team event where members ride for 5 minutes each. Join a team of 6 and 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

23rd Annual Ski & Spa Day

Thursday, January 25th 2018
\$150 per person. Includes transportation, meals, cocktails, lift ticket/spa, prizes and more! Visit www.hearthplace.org/skispad for more information.

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