



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 February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:15 - 10:15 Do It With Ease* 4/7 10:30 - 12:30 Skills For Healing * 3/9 11:00 - 12:00 Tai Chi* 4/7	2 10:30 - 11:30 Drum Song* 4/6
5 9:00 - 4:00 Lymphedema Clinic by appt 10:00 - 12:00 Newly Diagnosed Breast Cancer Support Group* 5/7 11:00 - 5:00 Hearth Place is closed 1:30 - 3:30 Money Matters Workshop* 6:30 - 8:00 Hearth Beats Choir*	6 9:30 Walk Club* 11:00-12:00 Zumba* 3/9 12:00 - 2:00 Gynecological Support Group* 3/6 2:00 - 3:30 Namaste Grief Support Group* 8/8 6:15 - 7:30 Kids Connection* 4/6	7 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 Melanoma Support Group*	8 9:15 - 10:15 Do It With Ease* 5/7 10:30 - 12:30 Skills For Healing * 4/9 11:00 - 12:00 Tai Chi* 5/7 7:00 - 9:00 Lymphoma and Blood Related Cancers Support Group*	9 10:00 - 12:00 Sharing Circle for Health and Wellness "Local Indigenous Resources" 10:30 - 11:30 Drum Song 5/6
12 9:00 - 4:00 Lymphedema Clinic by appt 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 6/7 Hearth Place is closed 1:30 - 3:30 Take A Breath Workshop* 6:30 - 8:00 Hearth Beats Choir*	13 9:30 Walk Club* 11:00-12:00 Zumba* 4/9 12:30 - 4:00 After Breast Cancer Clinic by appt* 12:00 - 2:00 Gynecological Support Group* 4/6 5:00 - 7:00 Men's Support Group 5:30 - 7:30 Meditation & Spiritual Study* 6:15 - 7:30 Kids Connection* 5/6	14 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 Pink Sensations*	15 9:15 - 10:15 Do It With Ease* 6/7 10:30 - 12:30 Skills For Healing * 5/9 11:00 - 12:00 Tai Chi* 6/7	16 10:30 - 11:30 Drum Song 6/6
19 Hearth Place is Closed for Family Day	20 9:30 Walk Club* 10:00-12:00 Look Good Feel Better* 12:00 - 2:00 Gynecological Support Group* 5/6 6:15 - 7:30 Kids Connection* 6/6	21 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*	22 9:15 - 10:15 Do It With Ease* 7/7 10:30 - 12:30 Skills For Healing * 6/9 11:00 - 12:00 Tai Chi* 7/7 1:00 - 3:00 Gynecological Alumni Support Group* 6:00 - 8:00 Pediatric Cancer Family Support Group*	23 10:00 - 12:00 Sharing Circle for Health and Wellness "Resiliency"
26 10:00-12:00 Newly Diagnosed Breast Cancer Support Group*7/7 11:00 - 5:00 Hearth Place closed 2:30-4:00 Food For Thought Workshop* 4:30 - 6:30 Colorectal Support Group* 6:30 - 8:00 Hearth Beats Choir*	27 9:30 Walk Club 11:00 - 12:00 Zumba* 5/9 12:00 - 2:00 Gynecological Support Group* 6/6 7:00 - 9:00 Meditation & Spiritual Study*	28 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* 7:00 - 9:00 Lymphoma and Blood Related Cancers Support Group*	*Wellness Therapies of Reiki, Therapeutic Touch, Reflexology and Massage are available by appointment. Please call for availability and to schedule an appointment.	*Please call to pre-register. Be aware that the size of some classes may be limited or require minimum registration to run.



To Hearth Place

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.

January & February 2018 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.

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Federal Charitable No. 89280 8478 RR0001