



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 2019



Monday	Tuesday	Wednesday	Thursday	Friday
*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.			1 10:00-12:00 Sharing Circle for Health and Wellness "Patient Experience Presentation"
4 9:00 – 3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 5/7 1:00 - 5:00 Drop-in service not available 1:30 - 3:30 Money Matters* 6:30 – 8:00 Hearth Beats Choir*	5 9:30 Walk Club* 11:00 -12:00 Zumba* 3/10 2:00 - 3:30 Namaste Grief Support Group* 7/8 4:00 - 5 :30 Caregiver Support Group*	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 - 8:30 Melanoma Support Group* 7:00 - 8:30 Bouncing Back*1/8	7 9:15 - 10:15 Do It With Ease* 5/8 11:00 - 12:00 Tai Chi* 5/12 1:00 - 3:30 Skills for Healing* 4/10	8
11 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 6/7 1:00 - 5:00 Drop-in service not available 1:30 - 3:30 Take A Breath Workshop*	12 9:30 Walk Club* 11:00 -12:00 Zumba* 4/10 1:00 - 4:00 After Breast Cancer Clinic by appt* 2:00 – 3:30 Namaste Grief Support Group* 8/8 5:30 - 7:30 Men's Support Group* 5:30 – 7:30 Meditation & Spiritual Study*	13 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 - 8:30 Bouncing Back*2/8 7:00 - 9:00 Pink Sensations*	14 9:15 - 10:15 Do It With Ease* 6/8 11:00 - 12:00 Tai Chi* 6/12 1:00 - 3:30 Skills for Healing* 5/10 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group*	15 10:00 - 12:00 Sharing Circle For Health and Wellness "Medicine Wheel for Self-Care Exercise"
18 Closed for Family Day	19 9:30 Walk Club* 10:00 -12:00 Look Good Feel Better* 4:00 – 5 :30 Caregiver Support Group*	20 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 - 8:30 Bouncing Back*3/8	21 9:15 - 10:15 Do It With Ease* 7/8 11:00 - 12:00 Tai Chi* 7/12	22
25 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 7/7 1:00 - 5:00 Drop-in service not available 2:30 - 3:30 Food For Thought* 4:30 - 6:30 Colorectal Cancer Support Group*	26 9:30 Walk Club* 11:00 -12:00 Zumba* 5/10 5:30 – 7:30 Meditation & Spiritual Study*	27 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 – 8:30 Bouncing Back*4/8 7:00 – 9:00 Lymphoma & Blood Related Cancers Support Group*	28 9:15 - 10:15 Do It With Ease* 8/8 11:00 - 12:00 Tai Chi* 8/12 1:00 - 3:30 Skills for Healing* 6/10 1:00 - 3:00 Gynecological Cancer Alumni Support Group* 6:30 - 8:00 Pediatric Cancer Family Support Program*	



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 2019 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