



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 January 2019

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.	1 Happy New Year	2 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*	3	4 10:00 - 12:00 Sharing Circle for Health and Wellness "What is a Sharing Circle?"
7 9:00 - 3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 1/7 1:00 - 5:00 Drop-in service not available 1:30 - 3:30 Money Matters Workshop* 6:30 - 8:00 Hearth Beats Choir*	8 9:30 Walk Club* 2:00 - 3:30 Namaste Grief Support Group* 5/8 4:00 - 5:30 Caregiver Support Group* 5:30 - 7:30 Men's Support Group*	9 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	10 9:15 - 10:15 Do It With Ease* 1/8 11:00 - 12:00 Tai Chi* 1/12 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group*	11 10:00 - 12:00 Sharing Circle for Health and Wellness "Indigenous Outreach Liaison Meet & Greet"
14 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 2/7 1:00 - 5:00 Drop in service not available 1:30 - 3:30 Take A Breath Workshop*	15 9:30 - 11:00 Walk Club* 10:00-12:00 Look Good Feel Better* 1:00 - 3:00 After Breast Cancer Fitting Clinic by appt.* 5:30 - 7:30 Meditation & Spiritual Study*	16 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session*	17 9:15 - 10:15 Do It With Ease* 2/8 11:00 - 12:00 Tai Chi* 2/12 1:00 - 3:30 Skills for Healing* 1/10	18
21 9:00 - 3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 3/7 1:00 - 5:00 Drop in service not available 4:30 - 6:30 Colorectal Cancer Support Group* 6:30 - 8:00 Hearth Beats Choir*	22 9:30 Walk Club* 11:00 - 12:00 Zumba* 1/10 2:00 - 3:30 Namaste Grief Support Group* 6/8 4:00 - 5:30 Caregiver Support Group*	23 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 Lymphoma & Blood Related Cancers Support Group*	24 9:15 - 10:15 Do It With Ease* 3/8 11:00 - 12:00 Tai Chi* 3/12 1:00 - 3:00 Gynecological Cancer Alumni Support Group* 1:00 - 3:30 Skills for Healing* 2/10 6:30 - 8:00 Pediatric Cancer Family Support Program*	25
28 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 4/7 1:00 - 5:00 Drop in service not available 2:30 - 3:30 Food For Thought Workshop*	29 9:30 Walk Club* 11:00 - 12:00 Zumba* 2/10 5:30 - 7:30 Meditation & Spiritual Study*	30 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session*	9:15 - 10:15 Do It With Ease* 4/8 11:00 - 12:00 Tai Chi* 4/12 1:00 - 3:30 Skills for Healing* 3/10	*Wellness Therapies of Reiki, Therapeutic Touch, Reflexology and Massage are available by appointment. Please call for availability and to schedule an appointment.

PROGRAM HIGHLIGHTS

Do It With Ease

Thursday mornings from 9:15 - 10:15am beginning January 10th
This 8 week exercise program is open to men and women who have recently completed treatment. It will help to gently rebuild the strength and endurance that various cancer treatments can deplete.

Coping With Cancer Stress & Skills For Healing (Healing Journey 1&2)

Thursday afternoons beginning January 17th from 1:00-3:30pm
This program combines levels 1 & 2 of the Healing Journey. You will learn stress management techniques like deep relaxation, thought control, emotional awareness and expression, as well as, self-help techniques including consulting an inner healer, meditation, journaling and spiritual aspects of healing.

Tai Chi Returns!

Beginning Thursday, January 10th from 11:00 -12:00pm
Tai chi is a gentle moving meditation of the body and spirit. Beginners welcome....come out and try it!

Look Good Feel Better

Tuesday, January 15th & February 19th from 10:00am - 12:00pm
Hearth Place is pleased to host the Look Good Feel Better program which is a national public service program dedicated to helping women living with cancer manage the appearance-related side effects of cancer and its treatment.

Bouncing Back

Wednesday evenings beginning February 6th from 7- 8:30pm
Have you finished treatment and are planning to head back to work soon? This program will help you explore the dynamics of returning to work following a cancer diagnosis and treatment.

Newly Diagnosed Breast Cancer Support Group

Monday mornings from 10:00am-12:00pm for 7 weeks
A weekly-facilitated peer support group for women in active treatment. This group offers emotional support and strength in dealing with breast cancer, as well as educational material and resources to help manage breast cancer treatments.

Sharing Circle for Health and Wellness

Friday, January 4th and 11th & February 1st and 15th
The Sharing Circle is an aboriginal approach to holistic health and wellness. It is an opportunity for anyone who wants to share their life experiences and learn from others about holistic health approaches.

FUNDRAISING EVENTS FUNDRAISING INFORMATION

24th Annual Ski & Spa Day

Thursday, January 24th, Blue Mountains
For more information go to www.hearthplace.org/skispa

3rd party: Valentine's Dance

Saturday, February 16th, Scugog Comm. Rec Centre
For more information email valentinesfundraiser@hotmail.com

Havana Nights Gala

Saturday, April 13th, Ajax Convention Centre
For more information go to www.hearthplace.org/gala

Call or email Shauna for more event and fundraising information and Janette for program information - 905-579-4833
Shauna@hearthplace.org or Janette@hearthplace.org