



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 March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Please call to pre-register. Be aware that the size of some classes may be limited or require minimum registration to run.</p>				
4	5	6	7	8
10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 1/9 1:00 – 5:00 Drop-in service not available 6:30 – 8:00 Hearth Beats Choir*	*Wellness Therapies of Reiki, Therapeutic Touch, Reflexology and Massage are available by appointment. Please call for availability and to schedule an appointment. 9:30 Walk Club* 11:00 –12:00 Zumba* 8/10 4:00 - 5:30 Caregiver Support Group*	9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 3:00 – 5:30 Steps Towards Spiritual Healing* 1/9 6:30 - 8:00 Melanoma Support Group* 7:00-8:30 Bouncing Back* 1/9	9:15 – 10:15 Do It With Ease* 1/8 11:00 - 12:00 Tai Chi* 9/12 1:00 – 3:30 Skills for Healing* 7/10	10:00 –12:00 Sharing Circle for Health and Wellness “Understanding Indigenous Healing”
11	12	13	14	15
10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 2/9 1:00 - 5:00 Drop in service not available 6:30 – 8:00 Hearth Beats Choir*	9:30 Walk Club* 11:00-12:00 Zumba* 7/10 1:00 - 4:00 After Breast Cancer Fitting Clinic by appt.* 5:30 – 7:30 Men’s Support Group* 5:30 - 7:30 Meditation & Spiritual Study*	9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 3:00 – 5:30 Steps Towards Spiritual Healing* 2/9 7:00 - 9:00 Pink Sensations 7:00-8:30 Bouncing Back* 2/9	9:15 – 10:15 Do It With Ease* 2/8 11:00 - 12:00 Tai Chi* 10/12 1:00 – 3:30 Skills for Healing* 8/10 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group*	10:00 –12:00 Sharing Circle for Health and Wellness “Emotional Health”
18	19	20	21	22
9:00 - 3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 3/9 1:00 - 5:00 Drop in service not available 4:30 – 6:30 Colorectal Cancer Support Group* 6:30 – 8:00 Hearth Beats Choir*	9:30 Walk Club* 10:00 –12:00 Look Good Feel Better* 4:00 - 5:30 Caregiver Support Group*	9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 3:00 – 5:30 Steps Towards Spiritual Healing* 3/9 7:00-8:30 Bouncing Back* 3/9	9:15 – 10:15 Do It With Ease* 3/8 11:00 - 12:00 Tai Chi* 11/12 Skills for Healing* 9/10 1:00 – 3:30	10:00 –12:00 One Guiding Word* 3/12
25	26	27	28	29
10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 4/9 1:00 – 5:00 Drop in service not available 6:30 – 8:00 Hearth Beats Choir*	9:30 Walk Club* 11:00 - 12:00 Zumba*8/10 2:00 - 3:30 Namaste Grief Support Group* 1/8 5:30 - 7:30 Meditation & Spiritual Study*	9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 3:00 – 5:30 Steps Towards Spiritual Healing* 4/9 7:00-8:30 Bouncing Back* 4/9 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group*	9:15 – 10:15 Do It With Ease* 4/8 11:00 - 12:00 Tai Chi* 12/12 1:00 – 3:00 Gynecological Cancer Alumni Support Group* 1:00 – 3:30 Skills for Healing* 10/10 6:30 - 8:00 Pediatric Cancer Family Support Program*	10:00 –12:00 Sharing Circle for Health and Wellness “Creating My sacred Space for Optimum Health”

PROGRAM HIGHLIGHTS

Do It With Ease

Thursday mornings from 9:15 – 10:15am beginning March 7th
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.

Bouncing Back

Wednesday evenings beginning March 6th from 7:00 - 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 9 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, March 1st, 15th and 29th & April 5th
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.

Hormone Therapy Presentation

Tuesday, April 16th from 7:00 – 8:30pm
Dr. Arnold from Markham Stouffville Hospital will be speaking about hormone therapies and issues with hormone dysregulation as a result of cancer treatments. This talk is geared to women who have had gynecological, breast or thyroid cancer treatments.

Drum Song Open House

Friday, April 12th from 10:00 -11:00am
Come and try drumming in this introductory class. No experience required and fun is guaranteed! Weekly program will resume in May.

FUNDRAISING EVENTS FUNDRAISING INFORMATION

Havana Nights Gala

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

AITG Plant & Book Sale

Saturday, May 11th, Hearth Place
For more information go to www.artistsinthegarden.com

3rd party: Las Vegas Fundraising Dance

Saturday, March 30th, Club Loreley
For more information call or text 905-718-7864

3rd party: Dance For Hope

Saturday, April 13th, Solina Hall
For more information call 905-243-1084

3rd party: No Tap 5-Pin Bowling Tournament

Sunday, April 14th, NEB’s Fun World
For more information email prockburn@rogers.com

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