



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 April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 – 3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 5/9 1:00 - 5:00 Drop-in service not available 6:30 – 8:00 Hearth Beats Choir*	2 9:30 Walk Club* 11:00 -12:00 Zumba* 9/10 4:00 - 5 :30 Caregiver Support Group*	3 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* 5/9 6:30 - 8:30 Melanoma Support Group* 7:00 - 8:30 Bouncing Back*5/9	4 9:15 - 10:15 Do It With Ease* 5/8	5 10:00-12:00 Sharing Circle for Health and Wellness “Sacred Water Teachings”
8 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 6/9 1:00 - 5:00 Drop-in service not available 6:30 – 8:00 Hearth Beats Choir*	9 9:30 Walk Club* 11:00 -12:00 Zumba*10/10 12:30 – 4:00 After Breast Cancer Clinic by appt* 2:00 - 3:30 Namaste Grief Support Group* 2/8 5:30 - 7:30 Men’s Support Group* 5:30 - 7:30 Meditation & Spiritual Study*	10 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* 6/9 7:00 - 8:30 Bouncing Back*6/9 7:00 - 9:00 Pink Sensations*	11 9:15 - 10:15 Do It With Ease* 6/8 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group*	12 10:00 – 11:00 Introductory Drum Song Open House*
15 9:00 – 3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 7/9 1:00 - 5:00 Drop-in service not available 4:30 - 6:30 Colorectal Cancer Support Group* 6:30 – 8:00 Hearth Beats Choir*	16 9:30 Walk Club* 10:00 -12:00 Look Good Feel Better* 4:00 – 5 :30 Caregiver Support Group* 7:00 – 8:30 Hormone Therapy Presentation with Dr. Arnold	17 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* 7/9 7:00 - 8:30 Bouncing Back*7/9	18 9:15 - 10:15 Do It With Ease* 7/8	19 <p style="text-align: center;">Closed for Good Friday</p>
22 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 8/9 1:00 - 5:00 Drop-in service not available 6:30 – 8:00 Hearth Beats Choir*	23 9:30 Walk Club* 2:00 – 3:30 Namaste Grief Support Group* 3/8 5:30 - 7:30 Meditation & Spiritual Study*	24 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* 8/9 7:00 - 8:30 Bouncing Back*8/9 7:00 – 9:00 Lymphoma & Blood Related Cancers Support Group*	25 9:15 - 10:15 Do It With Ease* 8/8 1:00 – 3:30 Gynecological Cancer Alumni Support Group* 6:30 - 8:00 Pediatric Cancer Family Support Program*	26 10:00 – 12:00 One Guiding Word* 4/12
29 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 9/9 1:00 - 5:00 Drop-in service not available 2:30 - 3:30 Hearth Beats Choir*	30 9:30 Walk Club*		*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.



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.

March & April 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.

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