



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 June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 – 3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 4/7 1:00 - 5:00 Drop-in service not available 6:15 – 7:45 Healing Kids Hearts* 3/6 6:30 – 8:00 Hearth Beats Choir*	4 9:30 Walk Club* 11:00 -12:00 Zumba* 4/6 2:00 - 3:30 Namaste Grief Support Group* 5/6 4:00 - 5 :30 Caregiver Support Group* 5:30 - 7:30 Meditation & Spiritual Study*	5 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 1:30 – 3:30 Tai Chi* 5/8 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 6:30 - 8:30 Melanoma Support Group*	6 9:15 - 10:15 Do It With Ease* 6/9 1:00 – 3:30 Steps Towards Spiritual Healing* 4/9	7 10:30 – 11:30 Drum Song * 6/8
10 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 5/7 1:00 - 5:00 Drop-in service not available 6:15 – 7:45 Healing Kids Hearts* 4/6	11 9:30 Walk Club* 11:00 -12:00 Zumba*5/6 12:30 – 4:00 After Breast Cancer Clinic by appt* 5:30 - 7:30 Men's Support Group*	12 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 1:30 – 3:30 Tai Chi* 6/8 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session*	13 9:15 - 10:15 Do It With Ease* 7/9 1:00 – 3:30 Steps Towards Spiritual Healing* 5/9 7:00 - 9:00 Lymphoma & Blood Related Cancers Support Group*	14 10:00-12:00 Sharing Circle for Health and Wellness "NIPD Celebration" 10:30 – 11:30 Drum Song* 7/8
17 9:00 – 3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 6/7 1:00 - 5:00 Drop-in service not available 4:30 - 6:30 Colorectal Cancer Support Group* 6:15 – 7:45 Healing Kids Hearts* 5/6 6:30 – 8:00 Hearth Beats Choir*	18 9:30 Walk Club* 10:00 -12:00 Look Good Feel Better* 2:00 – 4:00 Look Good Feel Better* 2:00 - 3:30 Namaste Grief Support Group* 6/6 4:30 – 6 :00 Caregiver Support Group* 5:30 - 7:30 Meditation & Spiritual Study*	19 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 1:30 – 3:30 Tai Chi* 7/8 2:30 - 3:30 Breast Cancer Pre-Surgery information Session*	20 9:15 - 10:15 Do It With Ease* 8/9 1:00 – 3:30 Steps Towards Spiritual Healing* 6/9	21 10:30 – 11:30 Drum Song* 8/8
24 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 7/7 1:00 - 5:00 Drop-in service not available 6:15 – 7:45 Healing Kids Hearts* 6/6	25 9:30 Walk Club*	26 9:30 & 11:00 Yoga* 12:30 - 2:30 Metastatic Cancer Support Group* 1:30 – 3:30 Tai Chi* 8/8 2:30 - 3:30 Breast Cancer Pre-Surgery Information Session* 7:00 – 9:00 Lymphoma & Blood Related Cancers Support Group*	27 9:15 - 10:15 Do It With Ease* 9/9 1:00 – 3:30 Steps Towards Spiritual Healing* 7/9 1:00 - 3:00 Gynecological Cancer Alumni Support Group* 6:30 - 8:00 Pediatric Cancer Family Support Program*	28 10:00-12:00 Sharing Circle for Health and Wellness "Creativity For Healing" 10:00 – 12:00 One Guiding Word* 6/12
Please note we will have limited onsite parking for our programs until the fall. Please check our website www.hearthplace.org regularly for updates.	Programs highlighted in RED will be taking place at WOODVIEW COMMUNITY CENTRE (151 Cadillac Ave N, Oshawa, L1G 6C3) while we are under construction.		*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.

May & June 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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