



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 October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Walk Club* 11:00 – 12:00 Zumba* 2/9 4:00 – 5:30 Caregiver Support Group*	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 – 8:30 Melanoma Support Group*	3 1:00 – 3:30 Skills for Healing* 1/8	4 9:15 – 10:15 Do it With Ease* 5/8 10:00 – 11:30 Breast Cancer Support Group 10:30 – 11:30 Drum Song* 3/10
7 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 Kids Connection* 2/8 6:30 – 8:00 Hearth Beats Choir	8 9:30 Walk Club* 11:00 – 12:00 Zumba* 3/9 12:30 – 4:00 After Breast Cancer Fitting Clinic by appt.* 1:00 – 3:00 Flowering House* 1/9 5:30 – 7:30 Men's Support Group* 5:30 – 7:30 Meditation and Spiritual Study*	9 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 Phoenix Group* 1/7 7:00 – 9:00 Pink Sensations*	10 10:00 – 11:30 Fatigue Management Information Session* 1:00 – 3:30 Skills for Healing* 2/8 7:00 – 9:00 Lymphoma & Blood Related Cancers Support Group* 7:00 – 8:30 Yoga Therapy* 1/12	11 9:15 – 10:15 Do it With Ease* 6/8 10:00 – 12:00 Sharing Circle for Health and Wellness "Seven Grandfather Teachings" 10:30 – 11:30 Drum Song* 4/10
14 Closed for Thanksgiving	15 9:30 Walk Club* 10:00 – 12:00 Look Good Feel Better* 1:00 – 3:00 Flowering House* 2/9 4:00 – 5:30 Caregiver Support Group* 6:30 – 8:00 Breast Cancer Support Group	16 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 Phoenix Group* 2/7	17 1:00 – 3:30 Skills for Healing* 3/8 7:00 – 8:30 Yoga Therapy* 2/12	18 9:15 – 10:15 Do it With Ease* 7/8 10:30 – 11:30 Drum Song* 5/10
21 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 Kids Connection* 3/8 6:30 – 8:00 Hearth Beats Choir	22 9:30 Walk Club* 10:00 – 1:00 Art for Cancer* 11:00 – 12:00 Zumba* 4/9 1:00 – 3:00 Flowering House* 3/9 5:30 – 7:30 Meditation and Spiritual Study 7:00 – 8:30 Fatigue Management Information Session*	23 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 Phoenix Group* 3/7 7:00 – 8:30 Namaste Grief Group* 1/8 7:00 – 9:00 Lymphoma & Blood Related Cancers Support Group	24 1:00 – 3:30 Skills for Healing* 4/8 1:00 – 3:00 Gynecological Cancer Alumni Support Group* 6:30 – 8:00 Pediatric Cancer Family Support Group*	25 9:15 – 10:15 Do it With Ease* 8/8 10:00 – 12:00 One Guiding Word* 10/12 10:00 – 12:00 Sharing Circle for Health and Wellness "Sacred Feast" 10:30 – 11:30 Drum Song* 6/10
28 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 7/7f 1:00 – 5:00 Drop-in service not available 6:15 – 7:45 Kids Connection* 4/8	29 9:30 Walk Club* 11:00 – 12:00 Zumba* 5/9 1:00 – 3:00 Flowering House 4/9	30 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 Phoenix Group* 4/7	31 1:00 – 3:30 Skills for Healing* 5/8	*Please call to pre-register. Please note that some class sizes may be limited or require minimum registrations to run. Wellness Therapies of Reiki, Therapeutic Touch, Reflexology and Massage are available by appointment. Please call us at 905-579-4833 to book an appointment.



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.

September & October 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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Federal Charitable No. 89280 8478 RR0001