



# 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 September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>Closed for the Labour Day Holiday</b>	3 9:30 Walk Club* 4:00 – 5:30 Caregiver Support Group*	4 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*	5	6 9:15 – 10:15 Do It With Ease* 1/8 10:00 – 11:30 Breast Cancer Support Group*
9 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 1/7 1:00 – 5:00 Drop-in service not available	10 9:30 Walk Club* 12:30 – 4:30 After Breast Cancer Fitting Clinic by appt.* 5:30 – 7:30 Men's Support Group*	11 9:30 & 11:00 Yoga* 12:30 – 2:30 Metastatic Cancer Support Group* 2:30 – 3:30 Breast Cancer Pre-Surgery Information Session*	12 7:00 – 9:00 Lymphoma and Blood Related Cancers Support Group	13 9:15 – 10:15 Do It With Ease* 2/8 10:00 – 12:00 Sharing Circle for Health and Wellness "Indigenous Storytelling"
16 9:00 – 3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 2/7 1:00 – 5:00 Drop-in service not available 4:30 – 6:30 Colorectal Cancer Support Group 6:30 – 8:00 Hearth Beats Choir*	17 9:30 Walk Club* 10:00 – 12:00 Look Good Feel Better* 4:00 – 5:30 Caregiver Support Group* 6:30 – 8:00 Breast Cancer Support Group	18 9:30 & 11:00 Yoga* 12:30 – 2:30 Metastatic Cancer Support Group* 2:30 – 3:30 Breast Cancer Pre-Surgery Information Session*	19	20 9:15 – 10:15 Do It With Ease* 3/8 10:00 – 12:00 One Guiding Word 9/12 10:30 – 11:30 Drum Song* 1/10
23 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 3/7 1:00 – 5:00 Drop in service not available	24 9:30 Walk Club* 11:00 – 12:00 Zumba* 1/9 5:30 – 7:30 Meditation and Spiritual Study*	25 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*	26 1:00 – 3:00 Gynecological Cancer Alumni Support Group* 6:30 – 8:00 Pediatric Cancer Family Support Group*	27 9:15 – 10:15 Do It With Ease* 4/8 10:30 – 11:30 Drum Song* 2/10
30 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 Kids Connection* 1/8 6:30 – 8:00 Hearth Beats Choir*			*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 schedule an appointment.	

### PROGRAM HIGHLIGHTS

We will have limited onsite parking for our programs until late fall. Please check our website [www.hearthplace.org](http://www.hearthplace.org) regularly for updates.

#### The Flowering House

Begins Tuesday, October 8<sup>th</sup> for 9 weeks, from 1:00 – 3:00pm  
This program is based on Life Coach Paige Stirling Fox's book The Flowering House. Through a series of exercises she will help participants increase self-awareness, self-nurturance, and inner peace.

#### Art for Cancer

Tuesday, October 22<sup>nd</sup> from 10am – 1:00pm  
Come find your voice and tell your story, through art. This acrylic painting class is open to anyone with cancer.  
No prior painting experience necessary.

#### Phoenix Support Group

Begins Wednesday, October 9<sup>th</sup> from 6:30-8:00pm, for 7 weeks  
Designed for women who are one year out of treatment, this closed group discusses topics around the meaning of coping with survivorship, including fear of recurrence, self-care and new self-image

#### Namaste Grief Support Group

Bi-weekly starting Wednesday, October 23<sup>rd</sup>, 7:00-8:30 for 8 sessions  
Designed for adults who have lost a loved one to cancer. Participants must be bereaved a minimum of 3 months to join. This group offers both educational and emotional support.

#### Do it With Ease - \*\*\*NEW DAY – Moved to Fridays

Starts Friday September 6<sup>th</sup> from 9:15 – 10:15 for 8 weeks  
This program is for men and women who have recently completed treatments. It will help to gently build strength and endurance using fitness tools such as stability balls and light hand weights.

### FUNDRAISING EVENTS AND INFORMATION

#### Ride For Hearth Place Motorcycle Poker Run

Sunday, Sept 8<sup>th</sup>, Hearth Place  
For more information go to [www.hearthplace.org/ride](http://www.hearthplace.org/ride)

#### 3<sup>rd</sup> Party: Swing Fore Hope Charity Golf Tournament

Thursday, Sept 12<sup>th</sup>, Deer Creek Golf Club  
To register email [ALambert@durhammortgage.com](mailto:ALambert@durhammortgage.com)

#### 3<sup>rd</sup> Party: Supporting Little Angels Charity Dinner

Friday, Sept 20<sup>th</sup>, Pickering Recreation Complex  
For more information and tickets go to [www.fican.ca](http://www.fican.ca)

#### 3<sup>rd</sup> party: Wings & Wheels Car Show

Sat., Sept 28<sup>th</sup>, Oshawa Airport, 10am-3pm  
Spectators Free-Visit [www.pccc.ca](http://www.pccc.ca) for more information

#### 5<sup>th</sup> Annual Family Friendly Spaghetti Dinner

Sunday, Oct. 27<sup>th</sup>, Ajax Convention Centre  
For information & tickets [www.hearthplace.org/spaghetti](http://www.hearthplace.org/spaghetti)

#### 3<sup>rd</sup> party: 1<sup>st</sup> Annual Books In Line Charity Gala

Saturday, Nov 9<sup>th</sup>, Jubilee Pavilion  
For information & tickets email [info@booksinline.ca](mailto:info@booksinline.ca)

Call or email Shauna for more event and fundraising information and Stephanie for program information - 905-579-4833  
[Shauna@hearthplace.org](mailto:Shauna@hearthplace.org) or [Stephanie@hearthplace.org](mailto:Stephanie@hearthplace.org)