



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 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Wellness Therapies of Reiki, Therapeutic Touch, Reflexology and Massage are available by appointment. Please call us at 905-579-4833 to book an appointment.	*Please call to pre-register. Please note that some class sizes may be limited or require minimum registrations to run.	1 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 Melanoma Support Group* 7:00-8:30 Bouncing Back* 2/9	2 9:15-10:15 Do It With Ease* 5/9 11:00-12:00 Tai Chi* 1:00-3:30 Coping with Cancer Stress* 1/4 7:00-8:00 Yoga Therapy* 1/8	3
6 9:00-3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 6/8 1:00-5:00 Drop-in service not available 6:30-8:00 Hearth Beats Choir*	7 9:30 Walk Club* 4:00-5:30 Caregiver Support Group* 5:30-7:30 Meditation and Spiritual Study* 6:30-8:00 Women's Support Group*	8 9:30 & 11:00 Yoga* 12:30-2:30 Metastatic Cancer Support Group* 2:30-3:30 Breast Cancer Pre-Surgery Information Session* 7:00-8:00 Pink Sensations* 7:00-8:30 Bouncing Back* 3/9	9 9:15-10:15 Do It With Ease* 6/9 11:00-12:00 Tai Chi* 1:00-3:30 Coping with Cancer Stress* 2/4 7:00-9:00 Lymphoma & Blood Related Cancers Support Group*	10 Closed for Good Friday
13 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 7/8 1:00-5:00 Drop-in service not available	14 9:30 Walk Club* 11:00-12:00 Zumba* 1/9 12:30-4:00 After Breast Cancer Fitting Clinic by appt.* 5:30-7:30 Men's Support Group*	15 9:30 & 11:00 Yoga* 12:30-2:30 Metastatic Cancer Support Group* 2:30-3:30 Breast Cancer Pre-Surgery Information Session* 7:00-8:30 Bouncing Back* 4/9	16 9:15-10:15 Do It With Ease* 7/9 11:00-12:00 Tai Chi* 1:00-3:30 Coping with Cancer Stress* 3/4 3:30-5:00 An Afternoon of Fun and Games! 7:00-8:00 Yoga Therapy* 2/8	17 10:00-12:00 Sharing Circle for Health and Wellness* "Sacred Water Teaching"
20 9:00-3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 8/8 1:00-5:00 Drop-in service not available 4:30-6:30 Colorectal Cancer Support Group* 6:30-8:00 Hearth Beats Choir*	21 9:30 Walk Club* 10:00-12:00 Look Good Feel Better* 11:00-12:30 Zumba* 2/9 2:00-4:30 Steps Towards Spiritual Healing* 1/9 4:00-5:30 Caregiver Support Group* 5:30-7:30 Meditation and Spiritual Study* 6:30-8:00 Women's Support Group*	22 9:30 & 11:00 Yoga* 12:30-2:30 Metastatic Cancer Support Group* 2:30-3:30 Breast Cancer Pre-Surgery Information Session* 7:00-8:30 Bouncing Back* 5/9 7:00-9:00 Lymphoma and Blood Related Cancers Support Group*	23 9:15-10:15 Do It With Ease* 8/9 11:00-12:00 Tai Chi* 1:00-3:00 Gynecological Cancer Support Group 1:00-3:30 Coping with Cancer Stress* 4/4 6:30-8:00 Pediatric Cancer Family Support Group*	24 10:00-12:00 Sharing Circle for Health and Wellness* "Cedar Tree Teaching" 10:00-12:00 One Guiding Word* 3/12
27 1:00-5:00 Drop-in service not available	28 9:30 Walk Club* 11:00-12:00 Zumba* 3/9 2:00-4:30 Steps Towards Spiritual Healing* 2/9	29 9:30 & 11:00 Yoga* 12:30-2:30 Metastatic Cancer Support Group* 2:30-3:30 Breast Cancer Pre-Surgery Information Session* 7:00-8:30 Bouncing Back* 5/9	30 9:15-10:15 Do It With Ease* 9/9 11:00-12:00 Tai Chi*	



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 and April 2020 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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