



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 March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00-3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group 1/8 1:00-5:00 Drop-in service not available 6:15-7:45 Healing Kids' Hearts* 7/8 6:30-8:00 Hearth Beats Choir*</p>	<p>3</p> <p>9:30 Walk Club* 11:00-12:00 Zumba* 5/8 2:00-4:30 Steps Towards Spiritual Healing* 8/9 4:00-5:30 Caregiver Support Group* 6:30-8:00 Women's Support Group*</p>	<p>4</p> <p>9:30 & 11:00 Yoga* 12:30-2:30 Metastatic Cancers Support Group* 6:30-8:00 Melanoma Support Group</p>	<p>5</p> <p>9:15-10:15 Do It With Ease* 1/9 11:00-12:00 Tai Chi* 1:00-3:30 Skills for Healing* 9/10</p>	<p>6</p> <p>10:00-12:00 Sharing Circle for Health and Wellness* "Indigenous Craft Making"</p> <p>7</p> <p>9:30-12:30 Lymphedema Awareness Event</p>
<p>9</p> <p>10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 2/8 1:00-5:00 Drop-in service not available 6:15-7:45 Healing Kids' Hearts* 8/8</p>	<p>10</p> <p>9:30 Walk Club* 11:00-12:00 Zumba* 6/8 12:30-4:00 After Breast Cancer Fitting Clinic by appt.* 2:00-4:30 Steps Towards Spiritual Healing* 9/9 5:30-7:30 Meditation and Spiritual Study* 5:30-7:30 Men's Support Group*</p>	<p>11</p> <p>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*</p>	<p>12</p> <p>9:15-10:15 Do It With Ease* 2/9 11:00-12:00 Tai Chi* 1:00-3:30 Skills for Healing* 10/10 7:00-9:00 Lymphoma and Blood Related Cancers Support Group*</p>	<p>13</p>
<p>16</p> <p>9:00-3:00 Lymphedema Clinic by appt. 10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 3/8 1:00-5:00 Drop-in service not available 4:30-6:30 Colorectal Cancer Support Group* 6:30-8:00 Hearth Beats Choir*</p>	<p>17</p> <p>9:30 Walk Club* 10:00-12:00 Look Good Feel Better* 11:00-12:00 Zumba* 7/8 4:00-5:30 Caregiver Support Group* 6:30-8:00 Women's Support Group*</p>	<p>18</p> <p>9:30 & 11:00 Yoga* 12:30-2:30 Metastatic Cancer Support Group* 2:30-3:30 Breast Cancer Pre-Surgery Information Session*</p>	<p>19</p> <p>9:15-10:15 Do It With Ease* 3/9 11:00-12:00 Tai Chi*</p>	<p>19</p>
<p>23</p> <p>10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 4/8 1:00-5:00 Drop-in service not available</p>	<p>24</p> <p>9:30 Walk Club* 11:00-12:00 Zumba* 8/8 5:30-7:30 Meditation and Spiritual Study*</p>	<p>25</p> <p>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* 1/9 7:00-9:00 Lymphoma and Blood Related Cancers Support Group*</p>	<p>26</p> <p>9:15-10:15 Do It With Ease* 4/9 11:00-12:00 Tai Chi* 1:00-3:00 Gynecological Cancer Support Group* 6:30-8:00 Pediatric Cancer Family Support Group*</p>	<p>27</p> <p>10:00-12:00 One Guiding Word* 3/12 10:00-12:00 Sharing Circle for Health and Wellness* "Nurturing My Emotional Health"</p>
<p>30</p> <p>10:00-12:00 Newly Diagnosed Breast Cancer Support Group* 5/8 1:00-5:00 Drop in service not available</p>	<p>31</p> <p>9:30 Walk Club*</p>		<p>Wellness therapies of Reiki, Therapeutic Touch, Reflexology and Massage are available by appointment. Please call us at 905-579-4833 to schedule an appointment</p>	<p>*Please call to pre-register. Please note that some class sizes may be limited or require minimum registration numbers to run.</p>

PROGRAM HIGHLIGHTS

Please call Stephanie for any questions or to register.

Lymphedema Awareness Event

Saturday March 7th from 10:00-12:30

Join us for an informative morning and learn about Lymphedema. Jason Mandalentis RMT will deliver a talk about Lymphedema, and we will have a panel discussion about living with Lymphedema, as well as vendors and other resources.

Sharing Circle for Health and Wellness

March 6th & 27th and April 17th & 24th, from 10:00-12:00pm

The Sharing Circle is an Indigenous approach to health and wellness. Spiritual in nature, this interactive group addresses the emotional needs of those who attend. Each meeting has a separate theme.

Bouncing Back

Wednesday evenings from 7:00-8:30pm, beginning March 25th

Have you finished treatments, and plan on heading back to work? This 8 week program will help you explore the dynamics of returning to work following a cancer diagnosis. Topics covered include setting boundaries, negotiating new work place relationships, handling questions about your cancer, and more.

Healing Journey Level 1: Coping With Cancer Stress

4 weeks beginning Thursday, April 2nd from 1:00-3:30pm

A cancer diagnosis can be incredibly stressful. This program will introduce participants to self-help practices, including thought management, mental imaging and meditation.

Yoga Therapy Begins on April 2nd

Runs on the 1st and 3rd Thursdays of each month from 7:00-8:00pm

This therapeutic yoga series will focus on deep relaxation to help promote sleep and relieve general levels of anxiety that can occur during and after cancer treatments. Calm your mind using conscious breathing, gentle movement, visualizations, sound and meditation.

Men's Support Group

Second Tuesday of the month from 5:30-7:30

This group is for men who have been recently diagnosed, or are still in treatment, or have finished treatment. It is a space for conversation, support and for sharing experiences and resources.

FUNDRAISING EVENTS AND INFORMATION

Viva Las Vegas Gala

Saturday, Apr 18th, Ajax Convention Centre

For more information and Tickets go to www.hearthplace.org/gala

3rd Party: Dance For Hope

Saturday., Apr 18th, Solina Hall

For Tickets or Information call 905-243-1084

3rd Party: Pampered Chef Party

Thursday, Apr 30th, Hearth Place Cancer Support Centre

To register email kmacleod@rogers.com

Please call Shauna or Kirsten for more event and fundraising information - [905-579-4833](tel:905-579-4833)