



ELLICSR presents  
National Cancer  
Survivors Day

Community  
Connections at  
ELLICSR

Meet the  
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Organizations

## ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

# ELLICSR presents National Cancer Survivors Day

By: Myann Marks-Aitken, Program Coordinator, Cancer Rehab and Survivorship Program ELLICSR: Health, Wellness & Cancer Survivorship



### Save the date!

Come celebrate life and unite with other survivors on Monday June 4th at ELLICSR for National Cancer Survivors Day!

There will be a Keynote Speaker, who will present on current research done in cancer survivorship. Enjoy free wellness workshops, seated massages, food and fun!



### From 2017 Participants:

This is the first time I have come to this event. I am really disappointed that I did not come before. This has been truly amazing day with such talented people. I can't thank you enough

Introduction to a number of topics that I had heard of, but hadn't had an opportunity to know anything of

The program for the day is being developed. Stay tuned!

This is a free event for anyone touched by cancer, including patients, family and caregivers.

For more information on how to register and to see a complete list of workshops visit:

[www.ellicsr.ca/nscsd](http://www.ellicsr.ca/nscsd)

**Patients, friends and family members are welcome to attend.**



Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

Community Connections is a regular event at ELLICSR that is held on the third Thursday of every month.

**Stop by Community Connections to:**

- Get to know the supportive care organizations in your community
- Attend workshops and programs
- Meet other people affected by cancer

For more information about this event, call ELLICSR Reception at: 416-581-8620.



## Community Connections at ELLICSR

**Thursday April 20, 2018 9:30 am – 1:30 pm**

### Meet Community Partners

Drop by the community booth to meet a representative from national cancer care organizations to hear about programs and resources available in your community. You can visit anytime from 9:30 – 12:30 pm.

10:30 pm –  
12:00 pm

### Gilda's Club Greater Toronto & ELLICSR present Yoga

Yoga can help improve fitness, relaxation and stress levels. This class includes a gentle flow linking breathing with movement and guided meditation. Registration required. Call 416-581-8620

12:15 pm –  
1:15 pm

### ELLICSR Kitchen: Cooking for Health

Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. Cooking samples always provided!

The next Community Connections is: **Thursday May 17, 2018, 9:30 am to 3:30 pm**

## ELLICSR: Health, Wellness & Cancer Survivorship Centre

Located in the Toronto General Hospital. From the University Avenue entrance of Toronto General Hospital (near Starbucks), take the Munk elevators down to basement level (B). Follow the signs to ELLICSR.

# Meet the Community Connections Supportive Care Organizations

## Art for Cancer Foundation

416-763-8752

[www.artforcancerfoundation.org](http://www.artforcancerfoundation.org)



## Bikur Cholim

416-783-7983

[www.bikurcholim.ca](http://www.bikurcholim.ca)



## Bladder Cancer Canada

1-866-674-8889

[www.bladdercancer.ca](http://www.bladdercancer.ca)



## Canadian Breast Cancer Foundation

1-888-778-3100

[support.cbcf.org](http://support.cbcf.org)



## The Canadian Cancer Society

1-888-939-3333

[www.cancer.ca](http://www.cancer.ca)



## The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

[www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)



## The Canadian Amyloidosis Support Network

905-787-999 or 1-877-303-4999

[info@thecasn.org](mailto:info@thecasn.org)



## Dr. Jay Children's Grief Centre

416-360-1111

[www.drjaychildrensgriefcentre.ca](http://www.drjaychildrensgriefcentre.ca)



## Gilda's Club Greater Toronto

416-214-9898

[www.gildasclubtoronto.org](http://www.gildasclubtoronto.org)



## Kidney Cancer Canada

1-866-598-7166

[www.kidneycancer.ca](http://www.kidneycancer.ca)



## Leukemia & Lymphoma Society of Canada (LLSC)

647-253-5503 or 1-877-668-8326 x5503

[www.llscanada.org](http://www.llscanada.org)



## Lung Cancer Canada

416-785-3439 or 1-888-445-4403

[www.lungcancer.ca](http://www.lungcancer.ca)



## Lymphoma Foundation Canada

1-866-659-5556

[www.lymphoma.ca](http://www.lymphoma.ca)



## Melanoma Network of Canada (MNC)

289-242-2010

[www.melanomanetwork.ca](http://www.melanomanetwork.ca)



## Nanny Angel Network

416-730-0025

[www.nannyangelnetwork.com](http://www.nannyangelnetwork.com)



## The Olive Branch of Hope

416-256-3155 or 1-877-251-0770

[olivebranch@theolivebranch.ca](mailto:olivebranch@theolivebranch.ca)

[www.theolivebranch.ca](http://www.theolivebranch.ca)



## Ovarian Cancer Canada

1-877-413-7970 x231

[www.ovariancanada.org](http://www.ovariancanada.org)



## Ovarian Cancer Peer Support Network

Greater Toronto Area

[www.ovCAPeers.com](http://www.ovCAPeers.com)



## Pancreatic Cancer Canada

1-888-726-2269

[www.pancreaticcancer.ca](http://www.pancreaticcancer.ca)



## POGO

416-592-1232

[www.pogo.ca](http://www.pogo.ca)



## Prostate Cancer Canada

416-441-2131 or 1-888-255-0333

[www.prostatecancer.ca](http://www.prostatecancer.ca)



## Rebounders

905-338-1530

[www.rebounders.ca](http://www.rebounders.ca)



## Rethink Breast Cancer

[www.rethinkbreastcancer.com](http://www.rethinkbreastcancer.com)



## Testicular Cancer

519-894-0134

[www.testicularcancer.ca](http://www.testicularcancer.ca)



## Thyroid Cancer Canada

416-487-8267

[www.thyroidcancer.ca](http://www.thyroidcancer.ca)



## Waldenstrom's Macroglobulinemia Foundation of Canada (WMFC)

905-337-2450



## Wellspring Cancer Support Network

416-961-1928

[www.wellspring.ca](http://www.wellspring.ca)



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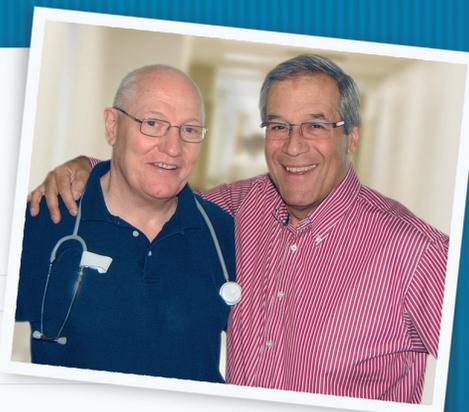
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**“When you’ve had cancer,  
every day is a gift.”** -Chris Taylor

*“Thanks to the groundbreaking research, the care of  
Dr. Messner and the compassion of the whole team  
at The Princess Margaret,  
I’m here today.”*



A gift left in your Will can save lives.

If cancer is your cause, support one of the top 5 cancer research centres in the world. To learn more about planning your gift, call 416-946-2295 or email [legacy@thepmcf.ca](mailto:legacy@thepmcf.ca)

See Chris Taylor's story at [www.thepmcf.ca](http://www.thepmcf.ca)

The Princess Margaret Cancer Foundation  **UHN**

#### Patient & Survivorship Education

**Editor:** Myann Marks-Aitken – Oncology Survivorship Program Coordinator | **Editorial Board:** Karen Chuk, Maureen Daniels, Daniela Fierini, Robin Forbes, Janet Papadakos | **Graphic Artist:** Adam Latuns | Please forward comments, questions or submissions to [myann.marks@uhnresearch.ca](mailto:myann.marks@uhnresearch.ca)  
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