



ELLICSR presents  
National Cancer  
Survivors Day

Community  
Connections at  
ELLICSR

Meet the  
Community  
Connections  
Supportive Care  
Organizations



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

### “Music Meet-Up”, a new opportunity for AYA (Adolescents and Young Adults)

By: SarahRose Black, Music Therapist, Princess Margaret Cancer Centre



Music moves us. It is a universal language that helps us:

- Connect with ourselves and others
- Navigate our emotions
- Tune into our thoughts of the world
- Create meaning, and process our experiences.
- It is also an evidence-based tool for health and wellness.

Music in a group setting has been shown to be useful and effective in addressing physical, emotional, cognitive, and social needs. Starting in June 2018, Dr. Chana Korenblum (Psychosocial Oncology) and SarahRose Black (Music Therapy) will facilitate “Music Meet-Up”, a new opportunity for AYA (Adolescents and Young Adults).

“Music Meet-Up” is a 6-session group program offered to support young people dealing with the challenges with having a cancer diagnosis and its treatment. Each weekly session is focused on a theme and includes music-based activities to develop of practical coping skills.

Participants should be well enough and willing to attend all 6 weekly, 1 and a half hour sessions. There is no fee for this program. No previous music experience is required.

If you have questions about “Music Meet-Up”, feel free to contact SarahRose Black ([sarahrose.black@uhn.ca](mailto:sarahrose.black@uhn.ca), or 416 946 4501 x2494).

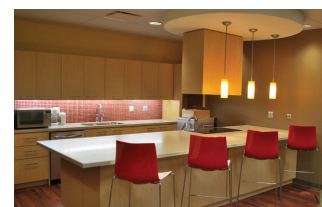
Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

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 May 17, 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 am – 12:30 pm.

9:30 am –  
12:00 pm

**Art for Cancer Foundation Presents: Creating from Within – a free painting workshop**

Express your creativity with acrylic paints, no experience required and all supplies are provided. To register for this workshop contact: ELLICSR Reception 416.581.8620

10:30 am –  
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 June 21, 2018, 9:30 am to 1:30 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.cbcbf.org](http://support.cbcbf.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)



## WORKING TOGETHER TO ADVANCE HEALTH CARE



As Ontario's leading provider of client centred health care solutions, we are committed to providing clients with integrated services that seamlessly adapt to their current and future health care needs.

Our diverse health care solutions include:

### Home Health Care Services



Our home health care division, **Spectrum Health Care**, can provide you or your loved one with:

- Nursing
- Personal and Home Support
- Palliative and Advanced Illness Care
- Wound and Ostomy Care
- Physiotherapy
- Foot Care
- Family Caregiver Support
- Immunization Clinics

[spectrumhealthcare.com](http://spectrumhealthcare.com) • TORONTO 416.964.0322 • PEEL 905.272.2271 • YORK 905.771.2766

### Patient Transfer Services



Our non-urgent patient transfer division, **Spectrum Patient Services**, can provide you or your loved one with:

- Stretcher Transfer Services
- Pediatric Transfer Services
- Wheelchair Transfer Services
- Dialysis Transfer Services
- Bariatric Transfer Services
- Hospital and Patient Shuttle Services

[spectrumpatientservices.com](http://spectrumpatientservices.com) • 1.866.527.9191

### Companion Services



Our non-medical seniors home care division, **Seniors for Seniors**, can provide you or your loved one with:

- Driver Companions
- Live-In/Drop-In Companions
- Overnight Companions
- Hospital Bedside Companions
- Handypersons
- House Cleaners

[seniorsforseniors.ca](http://seniorsforseniors.ca) • 1.844.422.7399

