



The “ART for Cancer Foundation” presents: Creating from within – a holiday card making workshop at ELLICSR

Community Connections at ELLICSR

Meet the Community Connections Supportive Care Organizations

ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

The “ART for Cancer Foundation” presents

Creating from within – a holiday card making workshop at ELLICSR

By: Kelly Thorarinson, Instructor, ART for Cancer Foundation

Come to a watercolour paint workshop to express yourself. This workshop is free and all supplies are provided. No experience is needed.

Sometimes there are just no words to express how you're feeling when you're living with cancer. Painting is a powerful way to let your hands do the talking

workshop participant



- Date:** Thursday November 15, 2018
- Time:** 9:30 am to 12:00 pm
- Location:** ELLICSR: Health, Wellness & Cancer Survivorship Centre
Toronto General Hospital, Munk Building Basement Level,
Room B, PMB-130, 585 University Ave, Toronto, ON

Please Register. Call 416.581.8620



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 November 15, 2018 9:30 am – 1:30 pm	
9:30 am – 12:00 pm	<p>Art for Cancer Foundation Presents: Creating from Within – a free Holiday card making painting workshop</p> <p>Express your creativity with watercolour, no experience required and all supplies are provided. To register for this workshop contact: ELLICSR Reception 416.581.8620</p>
10:30 am – 12:00 pm	<p>Gilda's Club Greater Toronto & ELLICSR present Yoga</p> <p>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</p>
12:15 pm – 1:15 pm	<p>ELLICSR Kitchen: Cooking for Health</p> <p>Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. Cooking samples always provided!</p>

The next Community Connections is: **Thursday December 20, 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



Melanoma Network of Canada (MNC)

289-242-2010

www.melanomanetwork.ca



Bikur Cholim

416-783-7983

www.bikurcholim.ca



Nanny Angel Network

416-730-0025

www.nannyangelnetwork.com



Bladder Cancer Canada

1-866-674-8889

www.bladdercancer.ca



The Olive Branch of Hope

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

olivebranch@theolivebranch.ca

www.theolivebranch.ca



Canadian Breast Cancer Foundation

1-888-778-3100

support.cbccf.org



Ovarian Cancer Canada

1-877-413-7970 x231

www.ovariancanada.org



Ovarian Cancer Canada
Cancer de l'ovaire Canada

The Canadian Cancer Society

1-888-939-3333

www.cancer.ca



Ovarian Cancer Peer Support Network

Greater Toronto Area

www.ovCAPeers.com



The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

www.colorectal-cancer.ca



Pancreatic Cancer Canada

1-888-726-2269

www.pancreaticcancer.ca



The Canadian Amyloidosis Support Network

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

info@thecasn.org



Pink Pearl Foundation

www.pinkpearl.org



Dr. Jay Children's Grief Centre

416-360-1111

www.drjaychildrensgriefcentre.ca



POGO

416-592-1232

www.pogo.ca



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Prostate Cancer Canada

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

www.prostatecancer.ca



Kidney Cancer Canada

1-866-598-7166

www.kidneycancer.ca



Rebounders

905-338-1530

www.rebounders.ca



Leukemia & Lymphoma Society of Canada (LLSC)

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

www.llscanada.org



Rethink Breast Cancer

www.rethinkbreastcancer.com



Lung Cancer Canada

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

www.lungcancer.ca



Testicular Cancer

519-894-0134

www.testicularcancer.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancer.ca



Lymphoma Foundation Canada

1-866-659-5556

www.lymphoma.ca



Waldenstrom's Macroglobulinemia Foundation of Canada (WMFC)

905-337-2450



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



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