ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

ELLICSR.ca has a new look!
By Alaina Cyr, Social Media Coordinator, Princess Margaret Web & Digital Innovation

ELLICSR: Health, Wellness & Cancer Survivorship Centre offers cancer survivors the opportunity to find information on health and wellness, meet other survivors, participate in a class or program, or sit and relax before and after appointments.

If you've visited ellicsr.ca in the past few weeks, you may have noticed a change. The ELLICSR website got a whole new look! The new design is easier to read, improving accessibility for people with visual impairments.

The ELLICSR team has also worked to make the information you need easier to find, including moving the ELLICSR Kitchen recipe archive and ELLICSR blog under the same (virtual) roof!

- Visit the About Us section to find the history of ELLICSR, contact information, and how to get to the centre
- Explore the Research section and learn about ELLICSR research and some of the current projects
- Find information about the self-management programs available in the Clinics & Programs section, like the late and long-term side effects clinics (Survivorship Clinic), the wellness exercise program (WE-Can), and the healthy cooking and nutrition program (ELLICSR Kitchen)
- See what’s happening at ELLICSR by checking out the Classes & Events section
- Connect With ELLICSR and get to know members of the ELLICSR community by checking out the blog and newsletter

Visit the new ELLICSR.ca today!
# Community Connections at ELLICSJR

<table>
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<th>Time</th>
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| 10:30 am – 12:00 pm | **New! Yoga**  
Yoga can help improve fitness, relaxation and stress levels. This class includes a gentle flow linking breathing with movement and guided meditation. Presented by Gilda’s Club Greater Toronto. Registration required. Call 416-581-8620 |
| 10:30 am – 12:00 pm | **New! Write for Your Life**  
Write for Your Life (4 weekly sessions): You have a story to tell! Telling your story can be a useful tool to cope with cancer. Join to see how writing exercises and sharing with others can help you tell your story. This class is for people who have a cancer diagnosis. Registration required: 416-581-8620 |
| 12:15 pm – 1:15 pm | **Survivor’s Kitchen: Cooking for Health**  
Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. Cooking samples always provided! |
| 1:30 pm – 2:15pm | **A Spoon Full of Laughter: Improv Comedy**  
Robert Hawke, an alumni of The Second City will lead participants through a fun filled session that will include hilarious and easy improv games that anyone can do. |
| 2:30 pm – 3:30 pm | **Getting Back on Track**  
Join a social worker to discuss what to expect after your treatment is over and you are being seen for follow-up care. This ½ hour class is free and available to all Princess Margaret patients. |

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

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

**For more information, call 416-581-8620.**
Meet the Community Connections
Supportive Care Organizations

Art for Cancer Foundation
416-763-8752
www.artforcancerfoundation.org

Bikur Cholim
416-783-7983
www.bikurcholim.ca

The Canadian Cancer Society
1-888-939-3333
www.cancer.ca

The Colorectal Cancer Association of Canada (CCAC)
416-920-4333
www.colorectal-cancer.ca

The Canadian Amyloidosis Support Network
905-787-999 or 1-877-303-4999
info@thecasn.org

Gilda’s Club Greater Toronto
416-214-9898
www.gildasclubtoronto.org

Kidney Cancer Canada
1-866-598-7166
www.kidneycancercanada.ca

The Leukemia & Lymphoma Society (LLS)
416-585-2873 or 1-866-585-2873
www.lls.org/tor

Lung Cancer Canada
416-785-3439 or 1-888-445-4403
www.lungcancercanada.ca

Lymphoma Foundation Canada
1-866-659-5556
www.lymphoma.ca

Melanoma Network of Canada (MNC)
289-242-2010
www.melanomanetwork.ca

Nanny Angel Network
416-730-0025
www.nannyangelnetwork.com

The Olive Branch of Hope
416-256-3155 or 1-877-251-0770
olivebranch@theolivebranch.ca
www.theolivebranch.ca

Ovarian Cancer Canada
1-877-413-7970 x231
www.ovariancanada.org

Pancreatic Cancer Canada
1-888-726-2269
www.pancreaticcancercanada.ca

POGO
416-592-1232
www.pogo.ca

Prostate Cancer Canada
416-441-2131 or 1-888-255-0333
www.prostatecancer.ca

Rebounders
905-338-1530
www.rebounders.ca

Rethink Breast Cancer
www.rethinkbreastcancer.com

Testicular Cancer
519-894-0134
www.testicularcancercanada.ca

Thyroid Cancer Canada
416-487-8267
www.thyroidcancercanada.org

Wellspring Cancer Support Network
416-961-1928
www.wellspring.ca

Willow Breast Cancer Support Canada
416-778-5000
www.willow.org
“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

See Chris Taylor’s story at www.thepmcf.ca

The Princess Margaret Cancer Foundation

If you’d like to support this Newsletter by placing an ad, contact us

1-800-339-5662 | willowpublishing.com

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