



ELLICSR.ca has a new look!

Community Connections at ELLICSR

Meet the Community Connections Supportive Care Organizations

## 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](http://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](http://ellicsr.ca) today!



# Community Connections at ELLICSR

Thursday June 18, 2015

9:30 am – 3:30 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 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 ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

Stop by ELLICSR 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.**

Community Connections is held on the third Thursday of every month!

The next Community Connections is:

**Thursday July 16, 2015**

**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 West 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)



## 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)



## 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)



## The Leukemia & Lymphoma Society (LLS)

416-585-2873 or 1-866-585-2873

[www.lls.org/tor](http://www.lls.org/tor)



## 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)



## 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)



## Wellspring Cancer Support Network

416-961-1928

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



## Willow Breast Cancer Support Canada

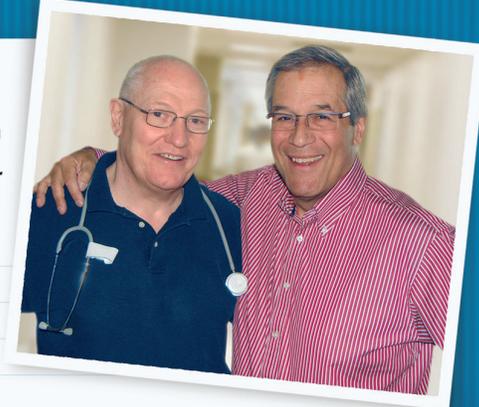
416-778-5000

[www.willow.org](http://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](mailto:legacy@thepmcf.ca)

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

The Princess Margaret Cancer Foundation  **UHN**

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