



Getting Back
on Track

Community
Connections
at ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

Getting Back on Track



After a cancer diagnosis and treatment, it takes time to adjust to a “new normal”. Getting Back on Track can assist you in:

- understanding what to expect after treatment and
- how to cope through this time.

The Getting Back on Track session is open to patients and caregivers. It is best to attend when your treatment is complete.

The experience of cancer has an impact on patients and caregivers. The Getting Back on Track session provides an opportunity to review the effects that cancer has had on your life. It also helps you explore new ways of coping and adapting to life after treatment.

Getting Back on Track is offered at The ELLICSR: Health & Wellness & Cancer Survivorship Centre at Toronto General Hospital. This session involves one session of education in a group setting and is facilitated by a social worker. The session is tailored towards the group and will vary depending on the needs of the individuals and side effects they experience. The following is covered in the session:



- Coping with ongoing side effects
- Social relationships
- Emotional health and well-being
- Supports and coping strategies
- Connection to community supports
- Care after treatment

Getting Back on Track is open to all Princess Margaret patients and caregivers who are interested in learning more after cancer treatment.

Call the Survivorship Centre at 416-946-4501 ext. 2363 with any questions and to register.

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.

The next Community Connections is:

Thursday January 19, 2017
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.

Community Connections at ELLICSR

Thursday December 15, 2016

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.

9:30 am –
12:00 pm

Art for Cancer Foundation presents Holiday Card making, a free acrylic workshop

Registration required, call 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. The demonstrations led by Jeremy Capone, Wellness Chef, will focus on cooking and culinary expertise. Nutrition information and/or nutrition advice, specific to your healthcare needs, will not be provided. Cooking samples always provided!

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.

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



Bladder Cancer Canada
1-866-674-8889
www.bladdercancer.ca



Canadian Breast Cancer Foundation
1-888-778-3100
support.cbcf.org



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



Dr. Jay Children's Grief Centre
416-360-1111
www.drjaychildrensgriefcentre.ca



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



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



Leukemia & Lymphoma Society of Canada (LLSC)
647-253-5503 or 1-877-668-8326 x5503
www.llscanada.org



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



Ovarian Cancer Peer Support Network
Greater Toronto Area
www.ovCApeers.com



Pancreatic Cancer Canada
1-888-726-2269
www.pancreaticcancer.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.testicularcancer.ca



Thyroid Cancer Canada
416-487-8267
www.thyroidcancer.ca



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



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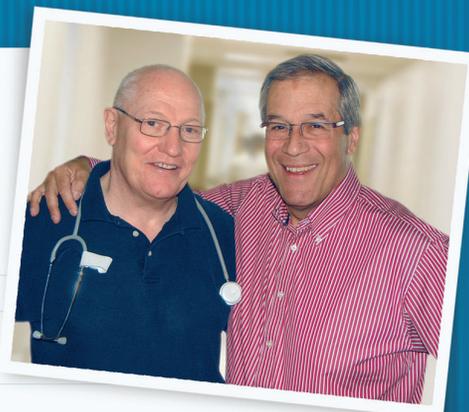
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**“When you’ve had cancer,
every day is a gift.”** -Chris Taylor

*“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

See Chris Taylor's story at 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:** Kristin Foster | Please forward comments, questions or submissions to myann.marks@rmp.uhn.on.ca
The Patient Education and Survivorship Programs are supported by the Princess Margaret Cancer Foundation.

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