



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](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)



**Wellspring Cancer Support Network**  
416-961-1928  
[www.wellspring.ca](http://www.wellspring.ca)



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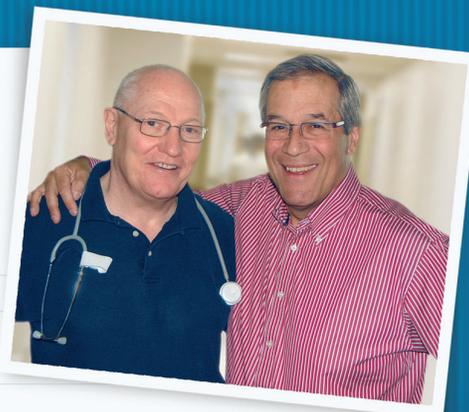
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**“When you’ve had cancer,  
every day is a gift.”** -Chris Taylor

*“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](mailto:legacy@thepmcf.ca)

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

The Princess Margaret Cancer Foundation  **UHN**

### Patient & Survivorship Education

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