

## Workshops

### **What is Happening to Me? What can I Do?** 12:00 pm or 1:15 pm

Jean will offer and lead an experiential workshop of Relaxation and Guided Imagery. To use relaxation methods and to intentionally use imagery are very useful ways to help one with all the challenges, the many feelings and desires for Health, Wellness and Cancer Survivorship.

Facilitator : Jean Jackson, RN MA CGT

### **Food & Feelings** 12:00 pm or 2:30 pm

Find out the connection between feelings and food cravings in this interactive cooking and nutrition workshop. Gain the knowledge and skills you need to eat mindfully and make healthy choices.

Facilitators : Jeremy Capone, Wellness Chef & Christy Brissette, Registered Dietitian

### **Laughter Yoga** 12:00 pm

Learn the medical benefits of laughter and how you can use them to your benefit every day with comedian and cancer survivor Robert Hawke.

Facilitator: Robert Hawke, Resident Comedian

### **WE-Can : Chair Yoga** 12:00 pm

Yoga positions will be seated on a chair or in standing, and is designed for individuals who cannot sit on the floor, have pain or difficulty with putting weight through their hands or wrists, or who have dizziness in a forward bent position. No previous experience required.

Facilitator : Tania Trojetto, Registered Physiotherapist, RYT 200

### **WE-Can : Gentle Yoga** 1:15 pm or 2:30 pm

Designed as an introductory class, this session will focus on breathing and physical postures to help improve our awareness of the present moment. Individuals should be able to get on and off the floor. No previous experience required.

Facilitator : Tania Trojetto, Registered Physiotherapist, RYT 200

### **Sex & Intimacy** 2:30 pm

Too often sexuality is put on the back burner while going through cancer treatment, this is an opportunity to recognize that sex and intimacy are healing and can be fun. Let's talk openly and with ease about the meaning of Sex.

Facilitators: Sandra Rotholc, RST RSW RMFT & Lianne McCabe, BScH MScPT

### **Creative Writing for the Caregiver** 1:15 pm


Using short writing exercises, participants will explore their voice and their own personal story while also hearing the stories of those around them. *"We should write because writing brings clarity and passion to the act of living."*

Facilitator: Daniel Nicki Gallo, writer, actor & improviser

### **Laughter Heals** 3:30 pm

Help us close out our day with Laughter Heals. Laughter Heals is a dynamic presentation that brings together the spontaneity of improvisational comedy, the fun of laughter yoga and the science behind feeling good.

Facilitator : Robert Hawke, Resident Comedian

 People of all physical abilities can participate in these workshops. If you have a specific concern, please speak to the instructor before the workshop.

**Seated Massages** Sylvia Crowhurst, RMT/CDT Pam Hammond



Thank you to our supporter Meridian™.

The Patient Education and Survivorship Programs are supported by the Princess Margaret Cancer Foundation.

ELLICSR  
walking together



**Learning to understand how you're feeling**

**A National Cancer Survivors Day event at ELLICSR:  
Health, Wellness & Cancer Survivorship Centre**

**Monday June 8**

**9:30am - 4:00pm**

**Programme**

# Emotional Wellness Talk & Panel

## Agenda

\* See back page for more details.

9:30 - 10:00	Registration
10:00 - 11:45	<b>Emotional Wellness Talk &amp; Panel</b>
11:45 - 12:00	Break
12:00 - 1:00	<b>Workshops *</b>
1:00 - 1:15	Break
1:15 - 2:15	<b>Workshops *</b>
2:15 - 2:30	Break
2:30 - 3:30	<b>Workshops *</b>
3:30 - 4:00	<b>Laughter Heals</b>

## Emotional Wellness Talk & Panel

### Keynote & Panel Facilitator



#### **Dr. Gary Rodin, MD, FRCPC**

Gary Rodin is the Joint University of Toronto/University Health Network Harold and Shirley Lederman Chair in Psychosocial Oncology and Palliative Care and is Head of the Department of Psychosocial Oncology and Palliative Care at Princess Margaret Hospital in Toronto. Dr. Rodin is the Director of the Global Institute of Psychosocial, Palliative and End-of-Life Care (GIPPEC) and a Professor of Psychiatry at the University of Toronto. He is a clinician-investigator who has published widely on the psychiatric and psychosocial aspects of cancer and other medical illnesses. Under his leadership, the Psychosocial Oncology and Palliative Care Program at PMH

has now achieved an international reputation for its academic and clinical excellence. Dr. Rodin has authored texts on Depression in the Medically Ill, and on the Psychiatric Aspects of Transplantation and is currently leading research on the psychological impact of advanced and terminal disease in affected patients and their families.

### Panelists

#### **Jean Jackson, RN M.A. CGT**

Jean Jackson is a Nurse Counsellor, Therapist and Healthcare Consultant. Jean specializes in working with individuals and their families facing life-threatening illnesses and loss. An advocate for the development of supportive cancer care programs for adults and children facing cancer, Jean has been a program leader at Wellspring since 2005, facilitating programs such as the Healing Journey, support groups for patients, caregivers and the bereaved and relaxation and visualization.



#### **Alexandra Ginty, MD CCFP(EM) FCFP**

Dr. Alexandra Ginty is the Regional Primary Care Lead for Mississauga/ Halton in Cancer Care with Cancer Care Ontario and strives to educate and improve the quality of care for patients in the cancer journey on committees at the local and provincial level. As a cancer survivor and hereditary breast gene carrier herself, she has a passion for survivorship and oncology education in the primary care setting. She is active in media and has been a blogger for Facingcancer.ca for 4 years to support women's emotional journey through cancer as well as radio and TV events, her own website and published her book in 2014 – Both Sides, when the doctor becomes the cancer patient.

#### **Deborah W. Aber, RN, BSN, OCN**

Deb Aber has been involved in the care and treatment of oncology patients in both Canada and the United States for over 35 years. Deb was one of the first nurses to join the Oncology Nursing Society upon its inception in 1974 while she was in private practice in Pittsburgh, and later received her OCN (Oncology Certified Nurse) designation in Advanced Practice. Since that time, she has worked for both private practitioners as well as major hospitals in Hartford, CT and Boston, MA (Dana Farber Institute). Her affiliation with Gilda's Club dates back to 2003, when she began as a volunteer, and she is currently the Wellness Facilitator for the Adult Program.



#### **Jon Eddington**

Jon is a 73 years old Telecommunications Consultant, now retired. He was the primary caregiver for his wife, Jeanne, for two and a half years.

Despite having been diagnosed with terminal cancer his wife wanted to continue to enjoy life in every possible way. She wanted new experiences, things she could look forward to that would take her mind off her treatments.

By April of last year, his wife's fatigue was overwhelming. She had reached the point where her quality of life was more important than prolonging her quantity of life by several months at most. In May, she decided to stop all further treatments. It was her decision, and reluctantly her family supported her. She called a family conference, told them her wishes, and dictated her own obituary. With that out of the way, she had a terrific summer. Within a month she had regained her strength, vitality and zest for life. Because Jon had two and a half years to grieve prior to his wife's death, he has been able to move forward with his life and is doing very well, all things considered.