



New Support
Group: Restoring
Body Image After
Breast Cancer
(ReBIC)

Community
Connections at
ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

New Support Group: Restoring Body Image After Breast Cancer (ReBIC)

By: Lianne Trachtenberg, PhD, Psychologist (Supervised Practice),
Toronto General Research Institute

Along with the emotional toll that breast cancer and its treatments can cause, many women face challenges coping with changes to their appearance, sexuality and overall sense of self. Restoring Body Image After Breast Cancer (ReBIC) is a 10-week support group focused on helping women with concerns about their body image and/or sexual function. ReBIC was developed in 2006 in a pilot study and later in a randomized trial and has since helped countless women improve their body image after cancer treatment.

ReBIC support group:

- Is a 10 week program held once a week
- Explores, shares, and processes themes around body image, sexuality and identity change
- Includes information on current research, and factors that can add to self-esteem
- Includes strategies to manage body-specific distress and sexual function issues
- Uses guided imagery exercises



A past group member shared her comments after participating in ReBIC:

I learned & shared a lot... I learned to face reality, touch my scar and look at myself in the mirror. My self-esteem went up and I became less self-conscious of my cancer scar... I feel stronger now.

When: Thursday evenings, 6:30pm - 8:00pm

Where: ELLICSR: Health, Wellness & Cancer Survivorship Centre Toronto General Hospital, Munk Building Basement Level, Room B PMB-130, 585 University Ave, Toronto, ON

Registration: Required. There is no fee. Call 416-581-8155

The ReBIC support group is run by:

- Dr. Mary Jane Esplen, PhD, RN
- Dr. Lianne Trachtenberg, PhD, Psychologist (Supervised Practice)

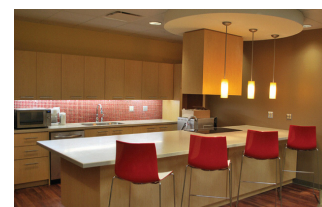
Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

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.



Community Connections at ELLICSR

Thursday February 15, 2018

9:30 am – 1:30 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 10:30 – 1:30 pm.

9:30 am –
12:00 pm

Art for Cancer Foundation Presents: Creating from Within – a free painting workshop

Express your creativity with acrylic paints, no experience required and all supplies are provided. To register for this workshop contact: ELLICSR Reception 416.581.8620

10:30 pm –
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. Cooking samples always provided!

The next Community Connections is: **Thursday March 15, 2018, 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.

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.cbcbf.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



Waldenstrom's Macroglobulinemia Foundation of Canada (WMFC)

905-337-2450



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



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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:** Adam Latuns | Please forward comments, questions or submissions to myann.marks@uhnresearch.ca
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