



ELLICSR Hosts
9th National
Cancer Survivors
Day on Survivors
& Caregivers

Community
Connections at
ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

ELLICSR Hosts 9th National Cancer Survivors Day on Survivors & Caregivers

By: Myann Marks-Aitken, Program Coordinator at ELLICSR



On Monday June 4th, ELLICSR: Health, Wellness & Cancer Survivorship Centre hosted its 9th Annual National Cancer Survivors Day event to honour cancer survivors.



View this video for a sneak peek of the activities throughout the day

https://youtu.be/ny_WtT8Takc

The day began with a keynote address by Dr. Karen Fergus, Clinical Psychologist and panel discussion with Dr. Rinat Nissim, Psychologist, Teri Henderson, Social Worker and Nikki Leigh McKean, creator of the 'Let's Radiate' Project, followed by cooking, mindfulness, writing and exercise sessions. This year, we were particularly thrilled to have Chef Victor Barry from restaurant Piano Piano joining our cooking demonstration with Chef, Jeremy Capone and Dietitian, Stephanie Gladman.

Connecting cancer survivors

The event attracted 100 attendees including cancer survivors, friends, family and staff. Every year, ELLICSR holds an event on National Cancer Survivors Day with the goal of connecting cancer survivors and providing a day of activities that is both enjoyable and beneficial for its participants.

We hope to see you next year in June.

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 July 19, 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 9:30 am – 12:30 pm.

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. Cooking samples always provided!

The next Community Connections is: **Thursday August 16, 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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