A NEWSLETTER FOR
PATIENTS, FAMILIES, STAFF
AND COMMUNITY MEMBERS





ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

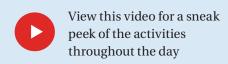
ELLICSR Hosts 9th National Cancer Survivors Day on Survivors & Caregivers

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.



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, Geremy 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.

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Community
Connections at
ELLICSR

Meet the Community Connections Supportive Care Organizations



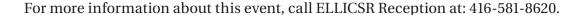


Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

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







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.bladdercancercanada.org



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. Jav 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.kidneycancercanada.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.lungcancercanada.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.pancreaticcancercanada.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.testicularcancercanada.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancercanada.org



Waldenstrom's Macroglobulinemia Foundation of Canada (WMFC)

905-337-2450



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



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- Physiotherapy
- Foot Care
- Family Caregiver Support
- Immunization Clinics

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- Wheelchair Transfer Services
- Dialysis Transfer Services
- Bariatric Transfer Services
- Hospital and Patient Shuttle Services

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Companion Services





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- Overnight Companions
- Hospital Bedside Companions
- Handypersons
- House Cleaners

seniorsforseniors.ca • 1.844.422.7399







