



New Class at
ELLICSR: Prepare
to Return to Work

Community
Connections at
ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

New Class at ELLICSR: Prepare to Return to Work

By: Lydia Beck, Occupational Therapist, Cancer Rehabilitation and Survivorship Program

The idea of returning to work can feel daunting after cancer diagnosis and treatment. If you are planning to return to work, consider attending the Prepare to Return to Work class. The class will help you prepare to go back to work. The class covers:

- Common work-related challenges caused by cancer, and ways to manage
- Information on the law and your rights
- How to talk to your employer, and other ways to prepare for being back at work
- Return to work planning template which can be used as a tool to help you talk to employers



This free class is offered at ELLICSR on the first Monday of the month, from 10:30am-12:00pm. To register, call 416-581-8620.

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 August 16, 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 September 20, 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



Melanoma Network of Canada (MNC)

289-242-2010

www.melanomanetwork.ca



Bikur Cholim

416-783-7983

www.bikurcholim.ca



Nanny Angel Network

416-730-0025

www.nannyangelnetwork.com



Bladder Cancer Canada

1-866-674-8889

www.bladdercancer.ca



The Olive Branch of Hope

416-256-3155 or 1-877-251-0770

olivebranch@theolivebranch.ca

www.theolivebranch.ca



Canadian Breast Cancer Foundation

1-888-778-3100

support.cbcbf.org



Ovarian Cancer Canada

1-877-413-7970 x231

www.ovariancanada.org



Ovarian Cancer Canada
Cancer de l'ovaire Canada

The Canadian Cancer Society

1-888-939-3333

www.cancer.ca



Ovarian Cancer Peer Support Network

Greater Toronto Area

www.ovCAPeers.com



The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

www.colorectal-cancer.ca



Pancreatic Cancer Canada

1-888-726-2269

www.pancreaticcancer.ca



The Canadian Amyloidosis Support Network

905-787-999 or 1-877-303-4999

info@thecasn.org



Pink Pearl Foundation

www.pinkpearlfoundation.org



Dr. Jay Children's Grief Centre

416-360-1111

www.drjaychildrensgriefcentre.ca



POGO

416-592-1232

www.pogo.ca



Prostate Cancer Canada

416-441-2131 or 1-888-255-0333

www.prostatecancer.ca



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Rebounders

905-338-1530

www.rebounders.ca



Kidney Cancer Canada

1-866-598-7166

www.kidneycancer.ca



Rethink Breast Cancer

www.rethinkbreastcancer.com



Leukemia & Lymphoma Society of Canada (LLSC)

647-253-5503 or 1-877-668-8326 x5503

www.llscanada.org



Testicular Cancer

519-894-0134

www.testicularcancer.ca



Lung Cancer Canada

416-785-3439 or 1-888-445-4403

www.lungcancer.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancer.ca



Lymphoma Foundation Canada

1-866-659-5556

www.lymphoma.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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- Physiotherapy
- Foot Care
- Family Caregiver Support
- Immunization Clinics

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