



The “ART for Cancer Foundation” presents: Creating from within – a holiday card making workshop at ELLICSR

Community Connections at ELLICSR

Meet the Community Connections Supportive Care Organizations



## ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

The “ART for Cancer Foundation” presents

# Creating from within – a holiday card making workshop at ELLICSR

By: Kelly Thorarinson, Instructor, ART for Cancer Foundation

Come to a watercolour paint workshop to express yourself. This workshop is free and all supplies are provided. No experience is needed.

**Sometimes there are just no words to express how you're feeling when you're living with cancer. Painting is a powerful way to let your hands do the talking**

workshop participant



**Date:** Thursday November 15, 2018

**Time:** 9:30 am to 12:00 pm

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

Please 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 November 15, 2018 9:30 am – 1:30 pm	
9:30 am – 12:00 pm	<p><b>Art for Cancer Foundation Presents: Creating from Within – a free Holiday card making painting workshop</b></p> <p>Express your creativity with watercolour, no experience required and all supplies are provided. To register for this workshop contact: ELLICSR Reception 416.581.8620</p>
10:30 am – 12:00 pm	<p><b>Gilda's Club Greater Toronto &amp; ELLICSR present Yoga</b></p> <p>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</p>
12:15 pm – 1:15 pm	<p><b>ELLICSR Kitchen: Cooking for Health</b></p> <p>Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. Cooking samples always provided!</p>

The next Community Connections is: **Thursday December 20, 2018, 9:30 am to 1:30 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](http://www.artforcancerfoundation.org)



### Bikur Cholim

416-783-7983

[www.bikurcholim.ca](http://www.bikurcholim.ca)



### Bladder Cancer Canada

1-866-674-8889

[www.bladdercancer.ca](http://www.bladdercancer.ca)



### Canadian Breast Cancer Foundation

1-888-778-3100

[support.cbcbf.org](http://support.cbcbf.org)



### The Canadian Cancer Society

1-888-939-3333

[www.cancer.ca](http://www.cancer.ca)



### The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

[www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)



### The Canadian Amyloidosis Support Network

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

[info@thecasn.org](mailto:info@thecasn.org)



### Dr. Jay Children's Grief Centre

416-360-1111

[www.drjaychildrensgriefcentre.ca](http://www.drjaychildrensgriefcentre.ca)



### Gilda's Club Greater Toronto

416-214-9898

[www.gildasclubtoronto.org](http://www.gildasclubtoronto.org)



### Kidney Cancer Canada

1-866-598-7166

[www.kidneycancer.ca](http://www.kidneycancer.ca)



### Leukemia & Lymphoma Society of Canada (LLSC)

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

[www.llscanada.org](http://www.llscanada.org)



### Lung Cancer Canada

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

[www.lungcancer.ca](http://www.lungcancer.ca)



### Lymphoma Foundation Canada

1-866-659-5556

[www.lymphoma.ca](http://www.lymphoma.ca)



### Melanoma Network of Canada (MNC)

289-242-2010

[www.melanomanetwork.ca](http://www.melanomanetwork.ca)



### Nanny Angel Network

416-730-0025

[www.nannyangelnetwork.com](http://www.nannyangelnetwork.com)



### The Olive Branch of Hope

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

[olivebranch@theolivebranch.ca](mailto:olivebranch@theolivebranch.ca)

[www.theolivebranch.ca](http://www.theolivebranch.ca)



### Ovarian Cancer Canada

1-877-413-7970 x231

[www.ovariancanada.org](http://www.ovariancanada.org)



### Ovarian Cancer Peer Support Network

Greater Toronto Area

[www.ovCAPeers.com](http://www.ovCAPeers.com)



### Pancreatic Cancer Canada

1-888-726-2269

[www.pancreaticcancer.ca](http://www.pancreaticcancer.ca)



### Pink Pearl Foundation

[www.pinkpearlfoundation.org](http://www.pinkpearlfoundation.org)



### POGO

416-592-1232

[www.pogo.ca](http://www.pogo.ca)



### Prostate Cancer Canada

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

[www.prostatecancer.ca](http://www.prostatecancer.ca)



### Rebounders

905-338-1530

[www.rebounders.ca](http://www.rebounders.ca)



### Rethink Breast Cancer

[www.rethinkbreastcancer.com](http://www.rethinkbreastcancer.com)



### Testicular Cancer

519-894-0134

[www.testicularcancer.ca](http://www.testicularcancer.ca)



### Thyroid Cancer Canada

416-487-8267

[www.thyroidcancer.ca](http://www.thyroidcancer.ca)



### Waldenstrom's Macroglobulinemia Foundation of Canada (WMFC)

905-337-2450



### Wellspring Cancer Support Network

416-961-1928

[www.wellspring.ca](http://www.wellspring.ca)



## WORKING TOGETHER TO ADVANCE HEALTH CARE



As Ontario's leading provider of client centred health care solutions, we are committed to providing clients with integrated services that seamlessly adapt to their current and future health care needs.

Our diverse health care solutions include:

### Home Health Care Services



Our home health care division, **Spectrum Health Care**, can provide you or your loved one with:

- Nursing
- Personal and Home Support
- Palliative and Advanced Illness Care
- Wound and Ostomy Care
- Physiotherapy
- Foot Care
- Family Caregiver Support
- Immunization Clinics

[spectrumhealthcare.com](http://spectrumhealthcare.com) • TORONTO 416.964.0322 • PEEL 905.272.2271 • YORK 905.771.2766

### Patient Transfer Services



Our non-urgent patient transfer division, **Spectrum Patient Services**, can provide you or your loved one with:

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

[spectrumpatientservices.com](http://spectrumpatientservices.com) • 1.866.527.9191

### Companion Services



Our non-medical seniors home care division, **Seniors for Seniors**, can provide you or your loved one with:

- Driver Companions
- Live-In/Drop-In Companions
- Overnight Companions
- Hospital Bedside Companions
- Handypersons
- House Cleaners

[seniorsforseniors.ca](http://seniorsforseniors.ca) • 1.844.422.7399

