



New! Keep Calm and Carry on With These New Wellness Classes Offered at ELLICSR

Community Connections at ELLICSR

Meet the Community Connections Supportive Care Organizations



Patient & Family Education

ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

New! Keep Calm and Carry on With These Wellness Classes Offered at ELLICSR

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The hustle and the bustle from the Holiday season can leave you feeling drained and eager to get back to your regular schedule. January is a great time to relax and rejuvenate by attending wellness classes that focus on the mind and body. ELLICSR & Gilda's Club Greater Toronto are now offering new classes to help you get back to your post-holiday schedule. Here are some new classes to help with the post-holiday blues.

- **Write for Your Life (4 weekly sessions):** You have a story to tell! Telling your story can be a useful tool to cope with cancer. Join to see how writing exercises and sharing with others can help you tell your story. This class is for people who have a cancer diagnosis.
- **Tai Chi:** Tai Chi uses fluid-like body movements and can improve balance and the ability to move. This class includes gentle movement, breathing exercises and meditation. Presented by Gilda's Club Greater Toronto and the Toronto Tai Chi Society of Canada.
- **Mindfulness Meditation:** Mindfulness is about paying attention to the present moment and how we think and feel. It can help you with feelings of anxiety, stress and not being certain about the future. This class includes techniques such as breathing and body relaxation. Presented by Gilda's Club Greater Toronto.
- **Yoga:** Yoga can help improve fitness, relaxation and stress levels. This class includes a gentle flow linking breathing with movement and guided meditation. Presented by Gilda's Club Greater Toronto.



All of these classes are held at ELLICSR. See location details on page 2. See the Patient & Family Education Calendar for dates and times at: www.ThePrincessMargaret.ca/en/calendar

To register for these workshops contact: ELLICSR Reception at 416.581.8620

Community Connections at ELLICSR

Thursday January 15, 2015

9:30 am – 3:30 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 – 12:30 pm.

10:30 am –
12:00 pm

Write for Your Life Expressive Writing Workshop

You have a story to tell! Experiencing cancer is challenging and life changing. Join a community and explore your own personal narrative through easy and entertaining writing exercises. No writing experience necessary! Everybody wins when you Write for Your Life. The program consists of 4 sessions.

To register for this workshop contact: ELLICSR Reception 416.581.8620

11:00 am –
12:00 pm

Relaxation Therapy

Learn how to use deep breathing, muscle relaxation, and imagery to heal the mind, body, and spirit.

12:15 pm –
1:15 pm

Survivor's Kitchen: Cooking for Health

Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. Cooking samples always provided!

1:30 pm –
2:30 pm

A Spoon Full of Laughter: Improv Comedy

Robert Hawke, an alumni of The Second City, will lead participants through a fun filled session that will include hilarious and easy improv games that anyone can do. Come and participate or just watch and enjoy. No experience necessary.

2:30 pm –
3:30 pm

Getting Back on Track

Join a social worker to discuss what to expect after your treatment is over and you are being seen for follow-up care. This ½ hour class is free and available to all Princess Margaret patients.

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

Stop by ELLICSR to:

- Get to know the supportive care organizations in your community
- Attend workshops and programs
- Meet other people affected by cancer

For more information, call 416-581-8620.

Community Connections is held on
the third Thursday of every month!

The next Community Connections is:

Thursday February 19, 2015

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 West 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



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



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Kidney Cancer Canada

1-866-598-7166

www.kidneycancerCanada.ca



The Leukemia & Lymphoma Society (LLS)

416-585-2873 or 1-866-585-2873

www.lls.org/tor



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



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



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



Willow Breast Cancer Support Canada

416-778-5000

www.willow.org



**“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**

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