

MAY 2015

A NEWSLETTER FOR
PATIENTS, FAMILIES, STAFF
AND COMMUNITY MEMBERS



ELLICSR presents
National Cancer
Survivors Day:
Emotional
Wellness

Community
Connections
at ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

ELLICSR presents National Cancer Survivors Day: Emotional Wellness

By: Myann Marks-Aitken, Program Coordinator ELLICSR

Come celebrate life and unite with other survivors on Monday June 8th at ELLICSR for National Cancer Survivors Day!

Keynote Speaker, Dr. Gary Rodin is the Joint University of Toronto/University Health Network Harold and Shirley Lederman Chair in Psychosocial Oncology and Palliative Care and is Head of the Department of Supportive Care at the Princess Margaret Cancer Centre. Dr. Rodin will speak about emotional wellness and cancer.

Join a panel of experts in emotional wellness to hear about how your emotions can help you through your cancer journey. Learn strategies, tools and techniques to help understand and cope with your own emotional wellbeing.

Enjoy free wellness workshops, seated massage, food and entertainment.

Workshops will include:

- Mindfulness presented by Wellspring
- Food and Feelings
- Care for the Caregiver presented by Gilda's Club Greater Toronto
- Sex and Intimacy

And many more.

For more information on how to register and to see a complete list of workshops visit: www.ellicsr.ca/ncsd

Patients, friends and family members are welcome to attend.

Community Connections at ELLICSR

Thursday May 21, 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.

9:30 am –
12:00 pm

Art for Cancer Foundation Presents: Creating from Within – a free painting workshop

Express your creativity with acrylic paints, no experience required and all supplies are provided. To register for this workshop contact: ELLICSR Reception 416-581-8620

10:30 am –
12:00 pm

New! Write for Your Life

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.

Registration required: 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 –
2:15pm

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.

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 June 18, 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**

If you’d like to **support**
this Newsletter by
placing an ad, contact us

1-800-339-5662 | willowpublishing.com



patient directory.ca

Quality Healthcare Publications



Proudly Canadian Since 1994



Patient & Survivorship Education

Editor: Myann Marks-Aitken – Oncology Survivorship Program Coordinator | **Editorial Board:** Karen Chuk, Maureen Daniels, Daniela Fierini, Robin Forbes, Janet Papadakos | **Graphic Artist:** Kristin Foster | Please forward comments, questions or submissions to myann.marks@rmp.uhn.on.ca

The Patient Education and Survivorship Programs are supported by the Princess Margaret Cancer Foundation.

The information contained in this newsletter is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

© University Health Network - Princess Margaret Hospital - Patient and Family Library - 2015