



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2:00pm Surviving and Thriving 30</p>	<p>2:00pm Chemo Questions & Concerns 31 2:00pm Surviving and Thriving</p>	<p>1:00pm Look Good Feel Better – Teen Workshop 1 1:00pm Relaxation Therapy 1:00pm Healthy-Steps 2:00pm Radiation Therapy: Answering Your Questions 2:00pm Surviving and Thriving</p>	<p>10:00am Eating Well After Breast Cancer Treatment 2 12:00pm www.caringvoices.ca: Relaxation and Energy Saving Techniques 1:30pm Look Good Feel Better 1:30pm Managing Your Cancer Journey – Medical Information I Need To Know 2:00pm Chemo Questions & Concerns</p>	<p>3</p>
<p>6 Library Closed for Holiday</p>	<p>10:30am The Healing Journey Program 7 12:30pm Lymphedema Awareness 2:00pm Chemo Questions & Concerns</p>	<p>10:00am Look Good Feel Better 8 1:00pm Relaxation Therapy 1:00pm www.caringvoices.ca: Coping with Cancer Related Fatigue 1:00pm Healthy-Steps 3:00pm www.caringvoices.ca: Radiation Therapy Questions</p>	<p>11:00am Cancer Related Fatigue 9 1:00pm www.caringvoices.ca: Coping with Gynaecologic Cancer 1:30pm Look Good Feel Better 1:30pm Managing Your Cancer Journey – Balancing Life with Cancer Dr. Buckman will be away 2:00pm Chemo Questions & Concerns</p>	<p>10</p>
<p>11:00am www.caringvoices.ca: CANCER is a Word, Not a Sentence 13 12:30pm www.caringvoices.ca: Radiation Therapy: Answering Your Questions 2:00pm Surviving and Thriving</p>	<p>10:00am Head Wrap Workshop 14 10:30am The Healing Journey Program 1:00pm Radiation Therapy: Answering Your Questions 2:00pm Chemo Questions & Concerns 2:00pm Surviving and Thriving 7:00pm Brain Tumour Support Group</p>	<p>10:00am Look Good Feel Better 15 11:00am What To Eat When You Don't Feel Like Eating 12:00pm www.caringvoices.ca: Coping with GI Cancer 1:00pm Relaxation Therapy 1:00pm Healthy-Steps 2:00pm Surviving and Thriving</p>	<p>10:30am Radiation Therapy: Answering Your Questions 16 1:30pm Managing Your Cancer Journey – Medical Information I Need to Know 2:00pm Chemo Questions & Concerns</p>	<p>17</p>
<p>11:00am What You Can Do About Brain Fog 20 12:00pm www.caringvoices.ca: Drug Coverage Options 2:00pm Surviving and Thriving</p>	<p>10:30am The Healing Journey Program 21 12:30pm Lymphedema Awareness 2:00pm Chemo Questions & Concerns 2:00pm Surviving and Thriving 7:00pm Prostate Cancer Information Session 8:30pm www.caringvoices.ca: Open Chat for Caregivers</p>	<p>10:00am Look Good Feel Better 22 12:00pm www.caringvoices.ca: Multiple Myeloma: What Can I Eat? 1:00pm Relaxation Therapy 1:00pm Healthy-Steps 2:00pm Surviving and Thriving</p>	<p>10:00am Healthy Eating During Breast Cancer Treatment 23 11:00am Cancer Related Fatigue 1:00pm www.caringvoices.ca: Coping with Gynecologic Cancer 1:30pm Managing Your Cancer Journey – cancelled 2:00pm Chemo Questions & Concerns</p>	<p>24</p>
<p>12:00pm www.caringvoices.ca: Cognitive Concerns After Chemo 27 2:00pm Surviving and Thriving</p>	<p>10:00am Head Wrap Workshop 28 10:30am Radiation Therapy: Answering Your Questions 10:30am The Healing Journey Program 11:30pm Lunch & Learn: Lymphoma 2:00pm Chemo Questions & Concerns 2:00pm Surviving and Thriving</p>	<p>1:00pm Relaxation Therapy 29 1:00pm Healthy-Steps 2:00pm Surviving and Thriving</p>	<p>1:30pm Managing Your Cancer Journey – cancelled 30 2:00pm Chemo Questions & Concerns</p>	<p>1</p>

Caring Voices 
www.caringvoices.ca

Meet other cancer survivors just like you by taking part in online chats and discussions. Access current resources and learn about upcoming events at:
www.caringvoices.ca

See reverse for class locations and descriptions

Description of Programs & Classes

Brain Tumour Support Groups (1 ½ hours)

PMH, 18th Floor, The Pencer Brain Tumour Centre

Connect with other people who are going through similar experiences. For more information, contact Maureen Daniel at 416-946-2240.

Cancer Related Fatigue (1 hour)

PMH, 2nd Floor, 2-631 (Cancer Survivorship Centre Conference Room)

Cancer related fatigue is a feeling of being very tired that doesn't go away with rest or sleep. It can affect your body, mind, and emotions. This class will teach you some non-medical ways and everyday things you can do to help with your fatigue.

Chemo Questions & Concerns (1 hour)

PMH, 2nd Floor, 2-919 (Wharton Conference Room)

Starting chemo soon and not sure what to expect? This class can help you plan for your treatment. A nurse of pharmacist can go over what to expect during treatment for your type of cancer and give you tips for managing side effects.

All patients and family are welcome.

Clinical Trials 101 (1 hour)

PMH, 2nd Floor, 2-919 (Wharton Conference Room)

Find out more about clinical trial studies. What is a clinical trial study? Why participate... or not? Who is eligible?

Eating Well After Breast Cancer Treatment (1 hour)

PMH, 2nd Floor, 2-631 (Cancer Survivorship Centre Conference Room)

For patients who have completed (or have nearly completed) active treatment for breast cancer. Learn about healthy eating for the future. Led by a PMH dietitian.

Finding Health Information Online (1 hour)

TGH, Basement, BCS-021 (ELLICSR)

Visit the Patient & Family Library for your map & directions.

Learn how to decide which websites can be trusted and where to go to find the most reliable, accurate, and up-to-date health information. Book your appointment with the Patient Education Librarian at 416-946-4501 ext 3691.

Head Wrap Workshop (2 hours)

PMH, 3rd Floor, 3-642 (Wig Salon & Accessories Boutique)

Watch, learn and practice how to tie head wraps. Classes are held on the 2nd and 4th Tuesdays of each month.

For more information or to register, call 416-946-6596.

The Healing Journey Program (1 ½ hours)

PMH, 18th Floor, The Pencer Brain Tumour Centre

Led by Dr. Alastair Cunningham, this program is designed to help cancer patients and their support person cope with the stress of cancer and its treatments.

Please contact Jan Ferguson at 416-946-2062 for the dates of the next course offering and to enroll.

Healthy Eating During Breast Cancer Treatment (1 hour)

PMH, 2nd Floor, 2-631 (Cancer Survivorship Centre Conference Room)

This course is for patients who have recently been diagnosed with breast cancer. Have your questions about healthy eating in preparation for treatment, and weight gain during treatment answered by a dietitian.

Healthy-Steps (1 hour)

TGH, Basement, BCS-021 (ELLICSR Gym)

Visit the Patient & Family Library for your map & directions.

For cancer survivors who have finished their treatment.

A therapeutic exercise and movement program designed to help all cancer survivors thrive!

For more information or to register, contact Barbara at 416-286-3474.

Look Good Feel Better (2 hours)

PMH, 3rd Floor, 3-642 (Wig Salon & Accessories Boutique)

Led by professional cosmeticians and wig specialists, this workshop helps women living with cancer manage the appearance-related side effects of their cancer treatment. Each participant receives a complimentary kit to take home. For more information or to register, call 416-946-2075.

Lymphedema Awareness (1 hour)

PMH, 2nd Floor, 2-631 (Cancer Survivorship Centre Conference Room)

If you have had lymph nodes removed and/or radiation to lymph nodes as part of your treatment, you may be at risk of lymphedema in the affected area. Learn about lymphedema, its signs and symptoms, and what you can do to lower your risk of developing it.

Managing Your Cancer Journey (1 ½ hours)

TGH, Basement, BCS-021 (ELLICSR Boardroom)

Visit the Patient & Family Library for your map & directions.

These two classes will help you answer the questions you have about cancer. Classes are co-led by Dr. Robert Buckman, Medical Oncologist, and Fiorella Lubertacci, Social Worker.

- Class 1- Balancing Life With Cancer
Set priorities and plan how to get it all done
- Class 2 – Medical Information I Need to Know
Learn the basics about cancer and its treatment

To register, call 416-946-4501 ext 5090.

Prostate Cancer Information Session (1 ½ hours)

PMH, 4th Floor, 4-907 (Prostate Centre)

Nutrition, physical activity, and prostate cancer information session for patients and caregivers.

For more information or to register, contact Kristen Currie at 416-946-4501 ext 3815 or Kristen.Currie@uhn.on.ca.

For more information about any of these programs, please call the Patient & Family Library at 416-946-4501 ext 5383, or the Patient Education Office at 416-946-4501 ext 5090.

continued on back...

Patient & Survivorship Education

Calendar of Events



Patient & Survivorship Education Program

610 University Avenue
 Toronto, ON M5G 2M9
 416-946-4501 x 5090 or x 5383



The Patient & Family Library

The Patient & Family Library is here to help you and your family find reliable, up-to-date and accurate information about cancer to help you make educated health decisions, maintain healthy behaviours, and better cope with your diagnosis and treatment.

Visit us in the Main Floor lobby of Princess Margaret Hospital, or call us at 416-946-4501 ext. 5383.

Library Hours of Operation:

Monday - Thursday	8:30 am – 5 pm
Friday	8:30 am – 4 pm
Saturday & Sunday	CLOSED

The Survivorship Program

We invite you and your family to come and learn about the program to gain information that will help you with, through, and beyond your breast cancer journey.

Visit us on the 2nd floor of Princess Margaret Hospital, next to the Breast Clinic or call us at 416-946-4501 ext 2363.

Program Hours of Operation:

Monday - Thursday	9 am – 5 pm
Friday	9 am – 12:30 pm
Saturday & Sunday	CLOSED

View the calendar online at:
http://survivorship.ca/docs/web_calendar.pdf

Community Partners

Wellspring
 81 Wellesley Street East
 Toronto, ON M4Y 1H8
 416-961-1928
www.wellspring.ca



Gilda's Club
 110 Lombard Street
 Toronto, ON M5C 1M3
 416-214-9898
www.gildasclub.org



Living with cancer?
 Come as you are.

Description of Programs & Classes

Radiation Therapy: Answering Your Questions (1 hour)

PMH, 1Below, 1B-204

A radiation therapist will explain radiation therapy and answer your questions about treatment.

For more information, contact Caroline at 416-946-4648 or Angela at 416-946-4633.

Relaxation Therapy Sessions (1 hour)

PMH, 18th Floor, The Pencer Brain Tumour Centre

These sessions give you the opportunity to learn how to use deep breathing, muscle relaxation, and imagery to heal the mind, body, and spirit.

All PMH patients are welcome. For more information, call 416-946-2240.

Surviving and Thriving (1 hour)

TGH, Basement, BCS-021 (ELLICSR Library)

Visit the Patient & Family Library for your map & directions.

Join Dr. Robert Buckman, Medical Oncologist for an informal group session to help you recover your balance after a cancer diagnosis. Dr. Buckman will help you talk about your situation so you can receive and give tips to help you cope and feel better. Come as often as you'd like.

What To Eat When You Don't Feel Like Eating (1 hour)

PMH, 2nd Floor, 2-631 (Breast Cancer Survivorship Centre Conference Room)

Learn about appetite loss due to cancer treatment and what you can do to make eating easier. Led by clinical dietitian.

What You Can Do About Brain Fog (1 hour)

TGH, Basement, BCS-021 (ELLICSR Library)

Visit the Patient & Family Library for your map & directions.

Many cancer patients experience changes in their memory and attention during and after their cancer treatment. This class will help you understand why brain fog happens, what to expect after your treatment, and give you some tips for dealing with brain fog in your daily life.