



## Description of Programs & Classes

- **Blood Cancers: Fatigue & Anemia** (1 hour)  
PMH, 6th Floor, Room 6-702  
A nurse will give you and your family tips to manage your fatigue in your every day life. Registration required. Call 416-946-4501 ext 5928.
- **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.
- **Care of Your Spirit** (1 hour)  
TGH, Basement, BCS-021, ELLICSR  
Learn about spirituality and discover how it can support you in your cancer experience. Registration required. Call 416-581-8453.
- **Chemo Questions & Concerns** (1 hour)  
Mon, Wed, Fri: PMH, 2nd Floor, 2-631  
Tue, Thu: PMH, 2nd Floor, 2-919  
A nurse or 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 Cancer Survivorship Centre, 2-631  
What is a clinical trial study? Why participate... or not? Registration required. Call 416-946-4501 ext 5090.
- **Community Connections** (9:30am – 3pm)  
TGH, Basement, BCS-021, ELLICSR  
Stop by ELLICSR to get to know the supportive care organizations in your community, attend workshops and programs, and meet other people affected by cancer.
- **Eating Well After Breast Cancer Treatment** (1 hour)  
PMH, 2nd Floor Cancer Survivorship Centre, 2-631  
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.

- **Head Wrap Workshop** (2 hours)  
PMH, 3rd Floor, 3-642, Wig Salon  
Watch, learn and practice how to tie head wraps. For more information or to register, call 416-946-6596.
- **Healthy Eating During Breast Cancer Treatment** (1 hour)  
PMH, 2nd Floor Cancer Survivorship Centre, 2-631  
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  
A healing exercise and movement program designed to help all cancer survivors thrive! Registration required. Call Barbara before 8 pm at 416-286-3474 for more information.
- **The Labyrinth Walk** (1 hour)  
TGH, Basement, BCS-021, ELLICSR  
The Labyrinth is an ancient spiritual tool, walking meditation and a path of prayer. While walking the Labyrinth some people find peace. Others find a deep state of concentration. Many find insight, clarity and understanding. Registration required. Call 416-581-8453.
- **Letting Cancer Speak** (1 hour)  
TGH, Basement, BCS-021, ELLICSR  
Re-frame and express your story and spirituality in light of your cancer diagnosis. Registration required. Call 416-581-8453.
- **Look Good Feel Better** (2 hours)  
PMH, 3rd Floor, 3-642, Wig Salon  
Led by professional cosmeticians and wig specialists, this workshop helps women living with cancer manage the appearance-related side effects of their cancer treatment. Registration required. Call 416-946-2075 for more information.
- **Lunch & Learn** (1 hour)  
PMH, 6th Floor Auditorium  
Each month a different cancer care, screening or prevention topic is covered in this information session.

- **Lymphedema Awareness** (1 hour)  
TGH, Basement, BCS-021, ELLICSR  
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. Registration required. Call 416-946-4501 ext 2363.
- **Managing Your Cancer Journey** (1 ½ hours)  
TGH, Basement, BCS-021, ELLICSR  
Join Dr. Robert Buckman, author and medical oncologist, and Sue Reid, social worker, to talk about balancing your life with cancer and the medical information you need to know. Registration required. Call 416-946-4501 ext 5090.
- **Managing Your Cancer Related Fatigue** (1 hour)  
PMH, 2nd Floor Cancer Survivorship Centre, 2-631  
Fatigue is a common and frustrating side effect of cancer treatment. Learn about some everyday things you can do to help with your fatigue during treatment and after it has finished. Registration required. Call 416-946-4501 ext 2363.
- **Ovarian Cancer Peer Support Network** (2 hours)  
TGH, Basement, BCS-021, ELLICSR  
Meet other women just like you struggling to cope, to understand, to live with ovarian cancer during this peer-led support group. Call 647-273-7749 for more information.
- **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 Angela at 416-946-4633.

For more information on any of these programs, call 416-946-4501 x 5383

## Description of Programs & Classes

### ▪ **Relaxation Therapy Sessions** (1 hour)

PMH, 18th Floor, The Pencer Brain Tumour Centre

Learn how to use deep breathing, muscle relaxation, and imagery to heal the mind, body, and spirit. All patients are welcome. For more information, call 416-946-2240.

### ▪ **Spirituality through Tale & Tape** (1 hour)

TGH, Basement, BCS-021, ELLICSR

Uncover spiritual themes in a short movie and reflect on how these themes apply to your life story. Registration required. Call 416-581-8453.

### ▪ **Staying the Course** (1 hour)

Mount Sinai Hospital, 12th Floor, Marvella Koffler Breast Centre, Room 1285D

Patients living with metastatic breast cancer have the opportunity to learn about topics of interest to them, and share in a supportive environment. Registration is preferred, but drop in is allowed. Call Velita at 416-586-4800 ext 3807 to register or for more information.

### ▪ **Surviving & Thriving** (1 hour)

TGH, Basement, BCS-021, ELLICSR

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.

### ▪ **The Survivor's Kitchen: Cooking for Health** (1 hour)

TGH, Basement, BCS-021, ELLICSR

Get advice from dietitians and chefs on what to cook during cancer treatment for yourself or a loved one. Samples are always provided.

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

PMH, 2nd Floor Cancer Survivorship Centre, 2-631

Learn about appetite loss due to cancer treatment and what you can do to make eating easier. Led by a clinical dietitian. Registration required. Call 416-946-4501 ext 5090.

### ▪ **What You Can Do About "Brain Fog"** (1 hour)

TGH, Basement, BCS-021, ELLICSR

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. Registration required. Call 416-946-4501 ext 5090.

### ▪ **www.CaringVoices.ca**

Caring Voices is an online community for cancer survivors. Access current resources, take part in chats and meet other people like you. Visit [www.CaringVoices.ca](http://www.CaringVoices.ca) and click on the Events calendar for information on specific chats.

### ▪ **Youth in Time - Young Adult Expressions through the Arts** (1 hour)

PMH, 3rd Floor, 3-642, Wig Salon

Young adult patients and survivors (18 - 30 years) explore a variety of artistic avenues to reflect what is going on in their lives and from their point of view. Registration required. Call Paulene at 647-866-0245.

## The Patient & Family Library

Find information on specific cancer types, tips on coping, and services available to you.

Call 416-946-4501 ext 5383 for more information.

## The Cancer Survivorship Program

For patients with breast or gynecologic cancers, the Cancer Survivorship Program is here to help you from diagnosis through to after treatment is finished.

Call 416-946-4501 ext 2363 for more information.

View the calendar online at:  
[www.survivorship.ca/docs/web\\_calendar.pdf](http://www.survivorship.ca/docs/web_calendar.pdf)

# SEPTEMBER 2011

## Patient & Survivorship Education

### Calendar of Events



## Patient & Survivorship Education Program

Princess Margaret Hospital

610 University Avenue

Toronto, ON M5G 2M9

416-946-4501 x 5383