

Fall Edition 2024

As we turn another leaf and transition into the fall season, CanSupport has some exciting news about new programs and events to look forward to in the coming months. Fall is a time to reflect and enjoy the beauty of nature's cycle of renewal. As we all transition and adapt to changes in our life like the season our team is here to help provide you and your family with free complementary services and programs to help support your journey.



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Celebrating Cedars CanSupport 35th Anniversary



Cedars CanSupport and our founder Gwen Naxos are pleased to announce that we will be celebrating our 35th year anniversary this month. We would like to thank everybody who played a part in the ongoing effort by Cedars CanSupport to care for the future and to provide care for the patients and their families at the Cedars Cancer Center.

CANSHARE Support Groups

We are pleased to announce 'CANSHARE', a new Cedars CanSupport cancer support group in collaboration with the MUHC psychosocial oncology program. If you are interested in joining these sessions feel free to stop by the resource center to find out the upcoming dates.



Pet Therapy CanSupport

Pet Therapy will be introduced in our Palliative Care unit. This program will provide patients and their family with a certified therapy dog to help support and provide friendly visits to those who are interested. Stay tuned for more updates and photos of the newest member of our team.



In Person Gentle Yoga CanSupport

Our yoga instructor Ruth Wani has begun facilitating bi-weekly in person yoga sessions at the Cedars Center. These sessions which also include mindfulness and breathing exercises offers patients a channel to ease stress and relax. For more information about registration please reach out to Lauryn Santiago.



Cedars Healing Notes Live Concerts



CanSupport is pleased to announce the return of our live Healing Notes Concerts. Healing Notes aims to bring the comforting sounds of music into the daily lives of cancer patients treated at the Cedars Cancer Center. Come by the resource Center to find out what concert is next!

Cedars CanSupport BDO Dragon Race Recap



The entire CanSupport team would like to sincerely thank everyone who helped raise funds and organize for the BDO Dragon Boat Race. Thank you to everyone for helping us make a positive difference. Your support encourages our continued commitment to help to enrich the lives of those in need. Together we have raised over **689 000\$** which will go towards providing free programs and services to oncology patients and their families.

The Cedars CanSupport team is here for you

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RUTH WANI

Certified Yoga and Meditation Instructor

MAURIZIO PERNA

Certified Oncology Massage Therapist

LEAH BENDER

Certified Art Therapist

Comment nous joindre | How to reach us

CanSupport des Cèdres | Cedars CanSupport: **514-934-1934 x 31666** ou/ou **35297**

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Fondation du cancer des Cèdres | Cedars Cancer Foundation: **514-656-6662**

cansupport.ca

cedars.ca

JOIN US FOR OUR UPCOMING EVENTS



CEDARS RUN FOR OVARIAN CANCER

OCTOBER 20 - 8:30 am
Danyluk Park, 60 Avenue
Roosevelt
Town of Mount Royal



Flânon dans la course

Stroll & Dash

OCTOBER 6 - 9:00 am
Danyluk Park,
Town of Mount Royal



FONDATION DU
CANCER DES CEDRES
CEDARS CANCER
FOUNDATION



Centre universitaire
de santé McGill
McGill University
Health Centre



VOLUNTEERS NEEDED!

Cedars CanSupport is looking for dedicated individuals to join us in our mission to make a difference.

Contact us today to learn more about this exciting volunteer opportunity.

Requirements

- ✓ 18+
- ✓ Bilingual (French and English)



CONTACT US



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PROGRAMS AND SERVICES



Gentle Yoga

Experience a sense of well-being and peace during the cancer journey. With a focus on posture, breathing and meditation, each session incorporates guided, gentle restorative movements with undivided attentiveness offered to each participant.

WED 10 -10:45 am (online) FRI 3:00 - 4:00 pm (in person)

Meditate, Relax & Breathe

Allow yourself to relax for a brief 30 minutes. Learn techniques to bring awareness to your breath, your body, and your thoughts. Practice how to recenter and restore calmness and balance during the session and for use afterwards.

THURS 10:00 – 10:30 am (online)

Art Therapy Program

Cancer often leads to paths untraveled. Be open to discovery as participants are invited to explore and connect their experiences related to their cancer journey through various approaches in art making. Activities might include drawing, painting, sculpture, collage, or even just talking about your art process with other group members. No art experience necessary.

Tues and Wed 10:00 am– 4:00 pm Group and individual sessions

Creative Writing Workshop

Everyone has something important to say. Writing is a way to find your voice, to experiment on the page, to have fun, to invent a story or tell your own story. This workshop aims to create a judgement-free space to let your inner writer come out and play. We write with prompts and let them lead our imagination. This could be a word, a phrase and image, something to get you started on your way. No writing experience necessary

Limited spaces available. Please inquire for next session.

Massage Therapy

Allow yourself to release the tension. Massage therapy offers temporary relief from the side effects caused by treatments. It helps to relieve pain, anxiety and it can promote a sense of relaxation, comfort and well being. Each session is personalized and adapted to your physical and psychological state.

Mon and Wed 9:00 am– 5:00 pm Call for an appointment

Look Good Feel Better Workshops

Led by professionals, learn how to manage the appearance-related impact of cancer and its treatment. Connect with other women who may have different cancer diagnoses and going through different treatments, but share similar experiences.

**Register online at www.lgbf.ca
or by phone at 1-800-914-5665.**

Montreal Museum of Fine Arts “Making Connections”

Everyone needs a break. Enjoy a free guided tour around the Montreal Museum of Fine Arts. Seeing beauty in nature, appreciating art, making connections with a small group of fellow patients are proven ways to create meaning out of serious illness.

Limited spaces available. Please inquire for next session.

For more information, please contact Lauryn Santiago

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(514) 934 - 1934 ex. 35297

