

Summer Edition 2024

As we enjoy the warm summer days, we are pleased to introduce the new Cedars CanSupport Newsletter, published quarterly to welcome each changing season. Cedars CanSupport offers practical, informational, emotional and humanitarian support to cancer patients and their families. This newsletter will let you stay informed about the programs, services, and upcoming events so that together, we can stay connected and weather the changes related to the cancer experience.



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- Look Good Feel Better in-person workshops return
- The wig and hair alternative room gets a makeover
 - Gwen and Tom Nacos Visiting Professor
 - News You Can Use Public Lectures
 - National Cancer Wellness Awareness Day

Upcoming Events



**COURSE DE BATEAUX-DRAGONS
CANSUPPORT DES CÈDRES**

BDO

**CEDARS CANSUPPORT
DRAGON BOAT RACE**

**SEP
7**

Look Good Feel Better



Cedars CanSupport is pleased to resume the Look Good Feel Better – In Person Workshops at the Cedars Cancer Center. The first session took place June 17th and was a great success with a full registration. This allows patients to connect with other women while learning how to manage the appearance-related impact of cancer through skin care, cosmetics, wigs & hair alternatives.

Located next to the Blood Test Center in room DRC.1305, the wig and hair alternative room recently got a makeover. This quiet space is dedicated to patients so that they can feel at ease when adjusting to the hair loss that accompanies some cancer treatments. Stay tuned for more news as this new space undergoes other transformations.

Cedars CanSupport Wig and Hair Alternative Room



GWEN AND TOM NACOS VISITING PROFESSOR IN SUPPORTIVE PALLIATIVE CARE



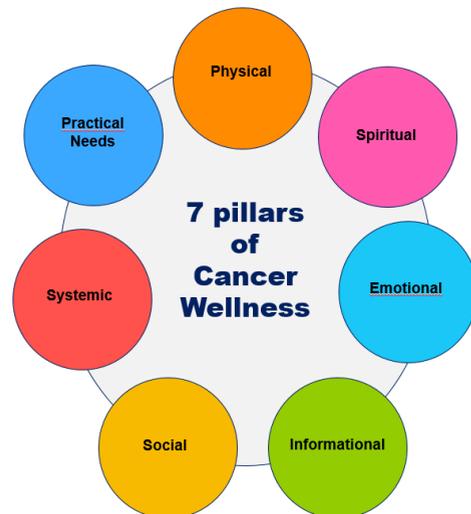
On May 28, palliative care physician Dr. Charlotta Lindvall, Director, Clinical Informatics and Computational Palliative Care Research, Dana Farber Cancer Institute, gave an eye-opening lecture about the innovative use of artificial intelligence to identify patient-centred outcomes from clinical narratives and conversations.

News You Can Use Public Lectures



In collaboration with Bladder Cancer Canada and Melanoma Canada, Cedars hosted hybrid lectures with leading oncologists, researchers, and scientists to give the latest news about treatment and care for bladder cancer on May 7 and skin cancer on June 13. Stay tuned for other upcoming public lectures.

National Cancer Wellness Awareness Day



People CAN and do live well with cancer.

On June 26 2024, Cedars CanSupport joined other cancer wellness centres from coast to coast to raise awareness that wellness is an essential component of comprehensive cancer care. All dimensions of a person are recognized as important to maintain and improve quality of life after a cancer diagnosis. To read more about how the wellness centres lobbied on Parliament Hill to declare National Cancer Wellness Awareness Day, click on <https://wicwc.com/national-cancer-wellness-awareness-day/>



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 9:00 - 5:00 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 recentre and restore calmness and balance during the session and for use afterwards.

THURS 10:00 – 10:30 am online

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.**

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

Art Therapy

Cancer often leads to paths untravelled. 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

‘Making Connections’ at the Montreal Museum of Fine Arts

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.

The Cedars CanSupport team is here for you

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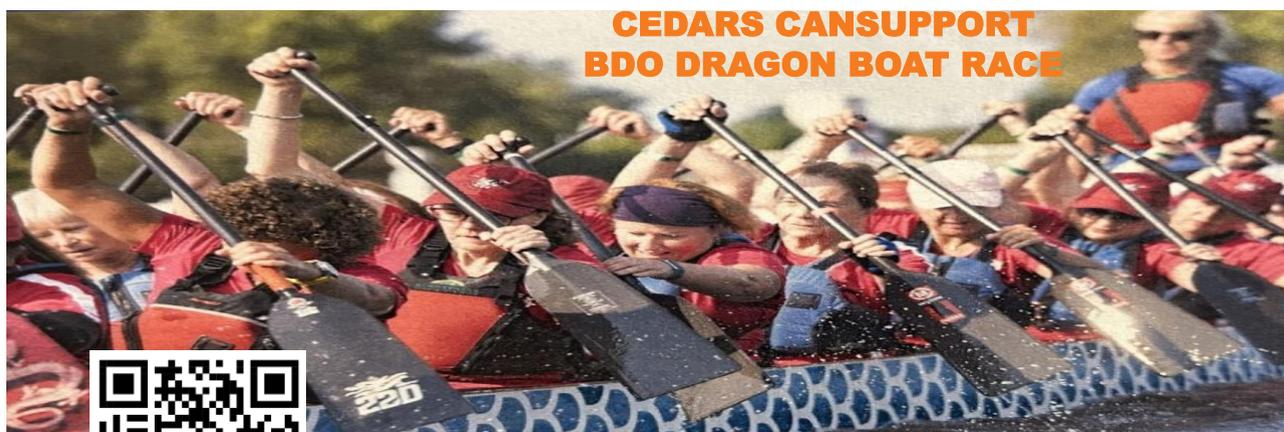
CanSupport des Cèdres | Cedars CanSupport: **514-934-1934 x 31666** ou/or **35297**

Thérapies complémentaires | Complementary therapies: **514-934-1934 x 43810**

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

cansupport.ca

cedars.ca



SAVE THE DATE!

SEPTEMBER 7 2024

The BDO Cedars CanSupport Dragon Boat Race is quickly approaching! This highly anticipated race along the Lachine Canal brings the cancer community together for a day of celebration and remembrance. All proceeds raised are used to fund the programs and activities offered free of charge to cancer patients and families at the Cedars Cancer Center. Be sure to come out and support Cedars CanSupport by donating, volunteering, or paddling!

Anna and Malcolm

2024 CanSupport Dragon Boat team captains