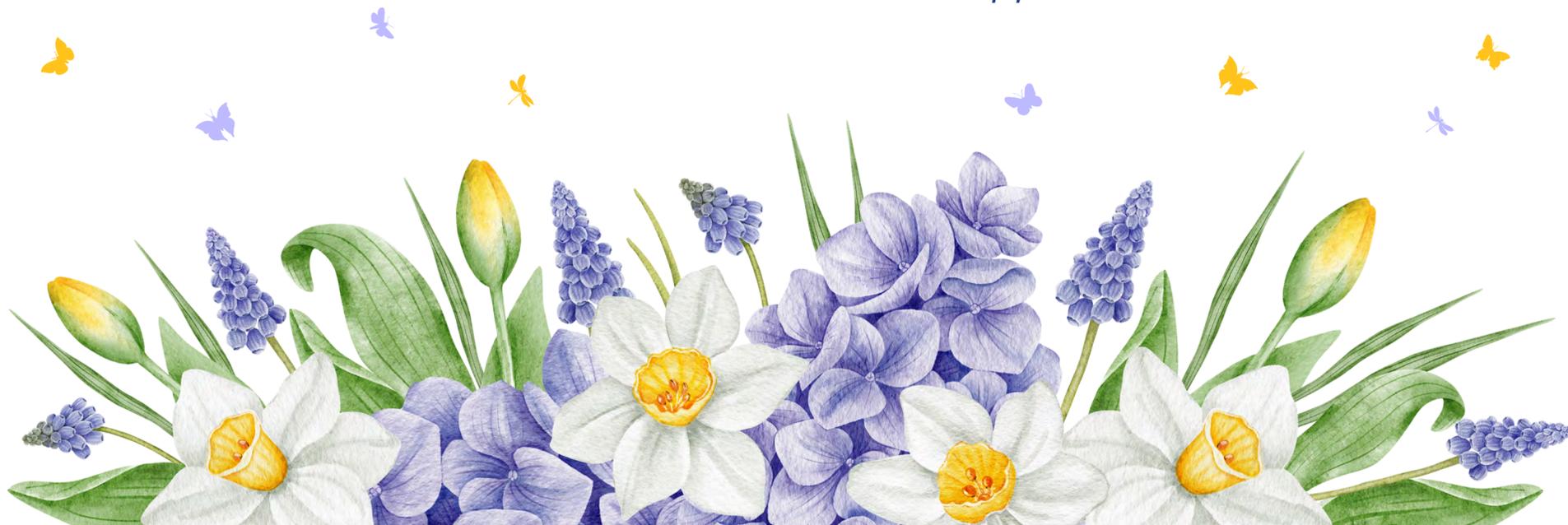


*As the seasons change and spring brings new growth and renewal, we want to take a moment to remind you that hope and strength bloom in the most unexpected places. This season is all about embracing fresh beginnings, finding joy in small moments, and nurturing your body, mind, and spirit. Wishing you peace, warmth, and a season of renewal. Be sure to read on to discover what's been happening and what's new at Cedars CanSupport.*



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## UPCOMING EVENTS

**May 21 (6PM-8PM)**

**Gwen and Tom Nacos Supportive and Palliative Care Visiting Professor**  
**Dr Camilla Zimmerman**

For more information or to register for the event please email Rola Mouchantaf  
at:

[rola.mouchantaf@muhc.mcgill.ca](mailto:rola.mouchantaf@muhc.mcgill.ca)

## Palliative Care Grand Rounds

Our Cedars CanSupport volunteers attended the McGill Palliative Care National Grand Rounds, a vital program dedicated to advancing the field of palliative care. By participating, our volunteers gain access to the latest research, treatment breakthroughs, and best practices, enhancing their ability to provide compassionate support to patients and families fostering a community of learning and excellence in patient-centered care.



## Healing Step by Step

Cedars CanSupport offers an informal bereavement walking group for those who are grieving the loss of a loved one who passed away from cancer. Our walks provide a peaceful space to connect with others who understand, share stories, and find solace in nature. For registration, please contact Lauryn Santiago at [lauryn.santiago@muhc.mcgill.ca](mailto:lauryn.santiago@muhc.mcgill.ca).



## Expressive Arts Workshop

Art Therapist Leah Bender and Creative Writing Facilitator Marisa Gelfusa recently led an inspiring expressive arts workshop at the Nurse Retreat. Through a blend of art and creative writing, they provided a space for nurses to unwind, reflect, and reconnect with their creativity. The workshop encouraged self-expression and emotional release, offering a meaningful and rejuvenating experience for all participants.



## École Arménienne Sourp Hagop Visits MUHC



Cedars CanSupport was pleased to welcome École Arménienne Sourp Hagop to the Cedars Cancer Center. The École Arménienne Sourp Hagop's staff and students were able to fundraise over 3000\$ towards the Healing Notes and Bell Fund Programs. A huge thank you to all of those who were involved in these initiatives.



For the past 9 years the school has been donating handmade Comfort Kit cards which have been distributed to thousands of patients. This initiative is a vital role in the Bell Fund program which distributes these cards and comfort kits to patients receiving their first treatments at the Cedars Cancer Center.



## Jackie Aziz AYA Program At Cedars Lunch with Smiles



Montreal's renowned Chef Danny Smiles hosted a special event at his new restaurant, Le Violon, benefiting the Jackie Aziz AYA (Young Adults) program at Cedars. The event offered young adult patients an opportunity to connect with one another, share experiences, and enjoy a delicious meal prepared by Chef Danny and his staff. It was a beautiful afternoon filled with great food, inspiring conversations, and a sense of community that made everyone feel right at home. A huge thank you to Danny and all who made this memorable event possible!

Stay tuned for upcoming events and news from the Jackie Aziz AYA program at Cedars. For more information about the program please contact Kiki Dranias at (514) 656-6662, poste 226, or via email at [jax@cedarscancer.ca](mailto:jax@cedarscancer.ca).  
<https://montreal.citynews.ca/2025/02/19/cancer-montreal-patients-food/>

## The Cedars CanSupport team is here for you

### **VIRGINIA LEE**

Co-Director, Cedars CanSupport  
Manager, Supportive & Palliative Care Programs  
and Services, MUHC

### **ROLA MOUCHANTAF**

Program Coordinator

### **LAURYN SANTIAGO**

Volunteer Coordinator

### **MALCOLM BAIRD**

Resource Coordinator

### **ANNA BURGOS**

Co-Director, Cedars CanSupport

### **MAURIZIO PERNA**

Certified Oncology Massage Therapist

### **LEAH BENDER**

Certified Art Therapist

### **RUTH WANI**

Certified Yoga and Meditation Instructor

### **MARISA GELFUSA**

Adult Education Creative Writing Facilitator

### **Comment nous joindre | How to Reach Us**

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

Thérapies Complémentaires | Complementary Therapies: **514-934-1934 x 43810**

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

JAX AJA Programmes des Cèdres | JAX AYA Program at Cedars: **(514) 656-6662, poste 226**

[cansupport.ca](http://cansupport.ca)

[cedars.ca](http://cedars.ca)