



Winter Edition 2025

As the holiday season comes to an end, we want to take a moment to send our warmest wishes to you and your loved ones. This time of year is an opportunity to reflect on the joy, gratitude, and connections that make life special. As we welcome in the New Year, we want to express our heartfelt gratitude for your trust and support over the past year. It's been a privilege to be part of your health and wellness journey, and we're excited to continue serving you in the year ahead.



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CEDARS HOLIDAY BASKETS



On December 8th Cedars CanSupport’s staff and volunteers paired up with Entraide Bois de Boulogne to help distribute holiday baskets to numerous families. Through the help of the Cedars Humanitarian Funds, Cedars CanSupport was able to support over 80 families this holiday season.

The Cedars Cancer Center was fortunate to have “Quatuor Rhapsodie’ play a live Christmas Concert in the D.S1 waiting area. The group played a variety of songs ringing in the holidays and bringing joy to the patients and staff at the Cedars Cancer Center.

HEALING NOTES CHRISTMAS SPECIAL



Cedars CanSupport with the help of the MUHC Palliative Care team did their annual gift giving initiative. This initiative is dedicated to providing gifts for patients and their families on the Palliative Care Unit.

HOLIDAY GIFT GIVING





CEDARS CANSUPPORT 35 YEARS OF CARING FOR PATIENTS



Please click the link below to view Cedars CanSupport new promotional video. The video was made to spotlight Cedars CanSupport 35th Anniversary along with its Founder Gwen Naxos, volunteers and staff.

<https://www.youtube.com/watch?v=xzLnebO6YaE>



View more photos of the event on:

<https://www.flickr.com/photos/196532213@N05/albums/72177720321698251>





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

Interim Program Coordinator

LEAH BENDER

Certified Art Therapist

MARISA GELFUSA

Adult Education Creative Writing Facilitator

ANNA BURGOS

Co-Director, Cedars CanSupport
Director of Community Engagement, Cedars
Cancer Foundation

MALCOLM BAIRD

Resource Centre Coordinator

RUTH WANI

Certified Yoga and Meditation Instructor

MAURIZIO PERNA

Certified Oncology Massage Therapist

Comment nous joindre | How to reach us

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



FONDATION DU
CANCER DES CÈDRES
CEDARS CANCER
FOUNDATION



Cedars
CanSupport
des Cèdres

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



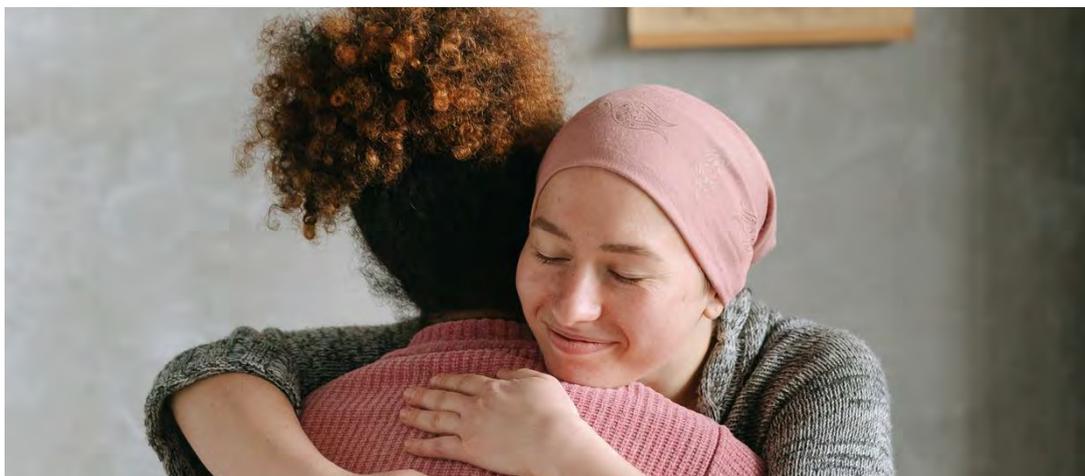
(514) 934-1934 EXT. 42314



malcolm.baird@muhc.mcgill.ca



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

lauryn.santiago@muhc.mcgill.ca

(514) 934 - 1934 ex. 35297

