

CEDARS CANSUPPORT PROGRAMS AND SUPPORTIVE SERVICES FOR PATIENTS, FAMILIES AND CAREGIVERS SPRING/SUMMER CALENDAR 2025

ONLINE PROGRAMS	P/C	DATE	DAY & TIME	LANGUAGE
Yoga Movements For Daily Practice (Weekly) *Registration is required	P/C	May 14 - August 27	Wed. 10:00 – 10:45am	BIL
Meditate, Relax & Breathe (Weekly) *Registration is required	P/C	May 15 – August 28	Thurs. 10:00 – 10:30am	BIL
Look Good Feel Better *Please register online at LGFB.ca	P	Please consult website	Please consult website	FR ENG
IN-PERSON PROGRAMS				
Gentle Yoga (Bi-Weekly) *Registration is required	P/C	May 2, 16, 30 June 13, 27 August 8, 22	Friday 3:00pm-4:00pm	BIL
Creative Writing Workshop (Monthly) *Registration is required.	P	June 17 July 22	Tuesday 1:00 – 3:00pm Tuesday 1:00 – 3:00pm	BIL
Look Good Feel Better (Monthly) *Please register online at LGFB.ca	P	May 26 June 23 July 28	Monday 12:30 – 2:30pm	BIL
Montreal Museum of Fine Arts Workshop (Monthly) *Registration is required. *Taking place at the Montreal Museum of Fine Arts	P/C	May 28 June 26 July 30	Wednesday 1:00 – 3:30pm Thursday 1:00 – 3:30pm Wednesday 1:00 – 3:30pm	BIL
Wellness Through Art & Writing *Registration is required	P	May 30	Friday 1:00 – 3:00pm	BIL
Wigs and Head Covers Program *At the Cedars Cancer Centre DRC-1329	P	-----	Monday - Friday 8:00am – 4:00pm	BIL
SUPPORT GROUPS				
Art Therapy Support Group (Weekly) *Registration is required.	P	May 2 – August 29	Friday 1:00 – 3:00pm	BIL
Bereavement Walking Group (Weekly) <i>'Healing Step By Step'</i> *Westmount Park	B	May 7 - August 27	Wednesday 11:00pm-12:30pm	BIL
Cancer Support Group <i>'CANcerSHARE'</i>	P	May 5, 26 June 9, 23 July 14, 28 August 11, 18	Monday 10:00-11:00pm	BIL

P: patients **C:** caregivers **P/C:** patients and caregivers **B:** bereavement

Location: (unless otherwise noted): Online via Zoom application software, or Cedars Cancer Centre, Glen site, MUHC. **All dates and times are subject to change.**

All our services and resources are free.

Information & Registration: rola.mouchantaf@muhc.mcgill.ca

☎ 514 934-1934 ext. 35297 / 31666 - **Visit our Resource Centre on site (DRC-1329)**

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Art Therapy Support Group (IN-PERSON) WEEKLY

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. The goal of the group is to provide a supportive environment for everyone to express and connect with others who are going through similar life experiences. **No art experience necessary. To provide equal participation opportunity, if the group is full, you will be placed on the wait list for the following week. Art Materials provided by Cedars CanSupport.**

Yoga Movements For Daily Practice (ONLINE) WEEKLY

During the session, guided gentle restorative posture movements are incorporated, with a focus on posture, breathing and meditation. Please wear comfortable clothing. **If the session is full, you will be placed on the list for the following session. Participants may not attend both online & in-person session within the same week.**

Gentle Yoga (IN-PERSON) BI-WEEKLY

Gentle mindful movements to encourage, compliment and assist with overall wellness, stretching, breathing, posture and balance. With a focus on reducing stress and tension.

Meditate, Relax & Breathe (ONLINE) WEEKLY

Join us for our Meditate, Relax & Breathe weekly session for an opportunity to learn and practice techniques to relax, balance, and experience a sense of well-being and calmness. **If the session is full, you will be placed on the list for the following session.**

Support Group CANcerSHARE' (IN-PERSON)

Where your story will make a difference. A new support group for cancer patients oncology program. **Register early or walk-in.**

Bereavement Walking Group (IN-PERSON) WEEKLY

'Healing Step By Step'

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. **The walk is delivered by a qualified facilitator and takes place at Westmount Park.**

Wellness Through Art & Writing (IN-PERSON)

In this unique workshop, we blend creative writing and artmaking to explore our personal creativity in a supportive environment. We begin with an introduction to the visual art medium we'll be using. As you create your artwork, you'll also develop a complementary piece of writing that reflects or enhances your visual work. An opportunity to share in a welcoming space that fosters community and connection. **No prior experience in art or writing necessary.**

Montreal Museum of Fine Arts - Workshop (IN-PERSON) MONTHLY

An interactive group tour, where you will have the opportunity to visit art collections, and engage in creative art making workshops in the Museum's Art studio. Facilitated by a Museum Mediator.

If the workshop is full and / or you are interested in participating in additional workshops, you will be placed on the list for the following session.

Creative Writing Workshop (IN-PERSON) MONTHLY

Writing is a way to find your voice, to experiment on the page, to have fun, to invent a story or share your own story. This workshop aims to create a judgement-free space. Together, we'll do a few simple and short writing exercises to lead our imagination. **No writing experience necessary.**

Look Good Feel Better (LGFB) (ONLINE & IN-PERSON) MONTHLY

"At the Look Good Feel Better workshops, people with cancer can learn how to manage the appearance-related impact of cancer and its treatment. Offering a unique sense of community".(LGFB website) **Online Registration is required: www.Lgfb.ca or by telephone 1-800-914-5665**