



# PMH Patient Education Calendar of Events

January 2010

## ONGOING PROGRAMS

### Magic Castle – Playcare:

This fully supervised children's play centre is offered for all patients and families. Newborns to 12 years are welcome. Reservations are required for babies under 2 years. Open weekdays 9:00-4:00, for information or reservations please call (416) 946-4501 ext.5157

### Wig Salon and Accessories Boutique

By appointment only, weekdays 9:00-4:00. 3rd floor, room 642. To book an appointment please call (416) 946-6596

### Diversional Activities

Reading materials, games, crafts, and walkmans are available to in-patients through the volunteers' mobile cart in-patient units on Mondays, Wednesdays and Fridays. To request an activity, call (416) 946-4501 x.7501

### Music in the Atrium

\*Main Floor, Atrium\* This Program is a weekly event that will feature many of Canada's own talented artists. Please check the main atrium for the artist performing each week. Please contact (416) 946-4609 for information.

### Spiritual Care Department

The Spiritual Care Department is located on the main floor M-517. We invite you to come and sit for a quiet moment in the reflective space. Spiritual Care professionals are available 24/7 and can be contacted at (416) 719-1234

See reverse for Community Partner Programs and Events.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				CLOSED for New Years Day	
Diversional Activities Cart 4	10:00 Head Wrap Workshop 5 12:30 Lymphedema Introduction 2:00 Chemo Questions?	1:00 Look Good Feel Better- Teen Work Shop 6 1:00 Relaxation Therapy 1:00 Finding Health Information Online 2:00 Radiation Therapy: Answering Your Questions  Diversional Activities Cart	10:00 Nutrition For Wellness After Treatment For Breast Cancer 7 1:30 Look Good Feel Better 1:30 Chemo Questions? 1:30 Managing your Cancer Journey - Class #1 Balancing Life with Cancer (PMH, 16-726)	Diversional Activities Cart 8	
Diversional Activities Cart 11	1:00 Radiation Therapy: Answering Your Questions 12 2:00 Chemo Questions? 7:00 Brain Tumor Support Group	10:00 Look Good Feel Better 13 1:00 Relaxation Therapy  Diversional Activities Cart	10:00 Nutrition for Women Newly Diagnosed with Breast Cancer 14 11:00 Cancer Related Fatigue 1:30 Look Good Feel Better 1:30 Chemo Questions? 1:30 Managing your Cancer Journey Class #2 Medical Information I Need to Know (PMH, 16-726)	Diversional Activities Cart 15	
11:00 Cancer and Our Spirit 18  Diversional Activities Cart	11:30 Lunch & Learn PMH, 6-604 19 <i>How we are improving care at PMH</i> Sarah Downey  12:30 Lymphedema Introduction 2:00 Chemo Questions? 8:30 Open Chat for Caregivers ( <a href="http://www.caringvoices.ca">www.caringvoices.ca</a> )	10:00 Look Good Feel Better 20 11:00 What to Eat When You Don't Feel Like Eating 1:00 Relaxation Therapy  Diversional Activities Cart	10:30 Radiation Therapy: Answering Your Questions 21 1:30 Chemo Questions? 1:30 Managing your Cancer Journey - Class #1 Balancing Life with Cancer (PMH, 16-726)	Diversional Activities Cart 22	
8:00 Coping with lifestyle changes ( <a href="http://www.caringvoices.ca">www.caringvoices.ca</a> ) 25  Diversional Activities Cart	10:30 Radiation Therapy Questions ( <a href="http://www.caringvoices.ca">www.caringvoices.ca</a> ) 26 10:30 Radiation Therapy: Answering Your Questions  11:30 Lunch & Learn PMH, 6-604 <i>Sexuality and Cancer</i> Barb Willson  2:00 Chemo Questions?	10:00 Look Good Feel Better 27 1:00 Clinical Trials 1:00 Relaxation Therapy 7:00 Prostate Cancer Information Session  Diversional Activities Cart	10:00 Nutrition for Women Newly Diagnosed with Breast Cancer 28 11:00 Cancer Related Fatigue 1:30 Chemo Questions? 1:30 Managing your Cancer Journey Class #2 Medical Information I Need to Know( TGH Basement, ELLICSR) 8:00 Exploring Intimacy and Body Issues ( <a href="http://www.caringvoices.ca">www.caringvoices.ca</a> )	Diversional Activities Cart 29	

## Description of Programs and Events

For more information about any of these events please call the Patient & Family Library at ext. 5383. at ext. 5383. Or the Patient Education Office at 416.946.4501 ext .5905

### Brain Tumor Support Groups

The Gerry & Nancy Pencer Brain Tumor Centre, 18th Floor. These support groups run the second Tuesday of each month from 7:00-8:30pm. These groups are led by several Pencer Centre staff members. Patients meet as one group, while caregivers meet in another room. This is a drop-in program and no prior registration is required. Simply come to the Centre on the evening the group meets. The groups provide a wonderful way to gain support by connecting with others who are going through a similar experience. For more information call Maureen Daniels at 416 946-2240.

### Cancer And Our Spirit

Main Floor, M-517. This class runs the third Monday of every month from 11:00-12:00 . This is an education session for patients, family members, partners and friends to explore spirituality. In this group we invite you to learn about spirituality and discover how it can support you in your cancer experience. Registration is not required.

### Cancer Related Fatigue

Breast Centre Conference Room, 2nd Floor Room 2-631. These classes run the second and forth Thursday of every month from 11:00-12:00. Cancer related fatigue is a feeling of being very tired that doesn't go away. It can affect your body, mind, and emotions. This class will teach you some non-medical ways to change how you do things to help with your fatigue.

### Chemo Questions?

2<sup>nd</sup> Floor Wharton Conference Room 2-919. These classes run every Tuesday from 2:00-3:00 and every Thursday from 1:30-2:30. This ongoing information session is one hour and is for patients about to receive chemotherapy. A health care professional will provide information on how chemo is given, side effects, drug coverage and who is involved in your care.

### Clinical Trials Introduction

2nd Floor Wharton Conference Room 2-919. This class runs the last Wednesday of every month from 1:00-2:00. Patients and families are welcome to attend an information session to find out more about clinical trials. What is a clinical trial study? Why participate...or not? Who is eligible?

### Diversional Activities Cart

Patients who experience a lengthy wait may feel anxious about leaving their seats to find refreshments; the mobile refreshment cart delivers free juice and cookies to out-patient clinics allowing patients to meet their needs without risking losing their seat or missing their turn. By offering this program in all clinic waiting areas we hope to reduce some patient anxiety and increase patient satisfaction.

### Finding Health Information Online

Breast Centre Conference Room, 2nd Floor Room 2-631. This class runs the first Wednesday of every month from 1:00-2:00. Join the Patient Education Librarian for an informative hour on how to find accurate, reliable, and up to date health information online. You will learn how to decide which websites can be trusted and which sites contain the most reliable information.

### Healing Journey Program

The Healing Journey Program Level One Coping with Cancer Stress Led by Dr. Alastair Cunningham, this program is designed to help cancer patients and one support person cope with the stress of cancer and its treatments. You will need to plan to attend Wednesday mornings. For the date of the next course offering and to enroll, please call 416-946-2062. [www.healingjourney.ca](http://www.healingjourney.ca)

### Head Wrap Workshop

3rd Floor 3-642, Wig Salon and Accessories Boutique. These classes run the first Tuesday of every month from 10:00-12:00. Come watch, learn, and practice how to tie head wraps. Call to register (416) 946 6596.

### Look Good Feel Better Program

3rd Floor, 3-642. These classes run every Wednesday from 10:00-12:00 and the first two Thursdays of each month from 1:30-3:30pm. A two hour workshop that helps women living with cancer manage the appearance-related side effects of cancer treatments. It is led by professional cosmeticians and wig specialists. Each participant will receive a complimentary kit to take home. Teens are invited to the LGFB for Teens the first Wednesday of the month. To register call 416-946-2075.

### Lymphedema Introduction Education Session

Breast Centre Conference Room, 2nd Floor Room 2-631. These classes run the first and third Tuesday of every month from 12:30-1:30 . Breast cancer survivors are encouraged to attend the Lymphedema Introduction education session. Participants will learn about Lymphedema, its signs and symptoms, and most importantly - what can be done to minimize their risk of developing it.

### Managing Your Cancer Journey

PMH, 16th Floor, Rm. 16-726. *Please note that on January, 28<sup>th</sup> that class will be held at ELLICSR.* For directions please call 416-946-4501 ext. 5905. These classes run every Thursday at 1:30. These two classes will help you find answers to the questions you would like to know about cancer. Both classes are co-led by Dr. Robert Buckman, Medical Oncologist, and Fiorella Lubertacci, Social Worker.  
Class # 1 Balancing Life with Cancer  
Set priorities and plan how to get it all done  
Class # 2 Medical Information I Need to Know  
Learn the basics about cancer and treatment

### Man to Man Prostate Cancer Support and Resources

Prostate Centre, GU Clinic Support Room, 4th Floor. Two prostate cancer survivors from the Patient Support Group "Man to Man" offer resources, counseling and assistance to patients. Please call the Man to Man hotline: 416-932-8220

### Multiple Myeloma & Diet: Online Event

Register and log on to [www.caringvoices.ca](http://www.caringvoices.ca) to join a registered dietitian to get your questions answers about nutrition problems you may face if you have multiple myeloma. Topic can include: diet related anemia, kidney problems, diabetes and hypercalcemia.

### Nutrition for Wellness After Treatment for Breast Cancer

This class runs the first Thursday of every month at 10:00. This presentation is designed for women who have completed (or nearly finished) active treatment for breast cancer, and who are interested in learning about healthy eating for the future. Session lead by a PMH dietitian.

### Nutrition for Women Newly Diagnosed with Breast Cancer

Breast Centre Conference Room, 2nd Floor Room 2-631. These classes will be held on the 2nd and 4th Thursday of the each month at 10:00. Patients can have their questions answered on topics such as:  
•Healthy eating in preparation for treatment  
•The issue of weight gain during treatment

### Prostate Cancer Information Session

Prostate Centre 4th floor Room 4-907. Nutrition, physical activity, and prostate cancer information session. Interested participants can call or email for registration: 416-946-4501 x 3815 or [kristen.currie@uhn.on.ca](mailto:kristen.currie@uhn.on.ca)

### Radiation Therapy: Answering your Questions

1B Room 1B-204. These information sessions are one hour and are for patients who are about to receive radiation therapy. Family members and caregivers are welcome. A radiation therapist will provide useful information and answer frequently asked questions regarding treatment. Call Caroline or Angela at 946-4633 or 946-4648 for more information.

### Relaxation Therapy Sessions

The Gerry & Nancy Pencer Brain Tumor Centre, 18th Floor. These classes run every Wednesday at 1:00-2:00. This ongoing program provides patients with the opportunity to learn and use deep breathing, muscle relaxation and imagery to heal the mind, body and spirit. For information regarding sessions, please call 416-946-2240.

### What to Eat When You Don't Feel Like Eating

2nd Floor, Room 2-631. This class runs the third Wednesday of every month from 11:00-12:00 . Patients and Families are invited to attend an interesting and informative session that will talk about loss of appetite due to cancer treatments and what can be done to make eating easier. Please join one of our clinical dietitians for this interactive session on the third Wednesday of every month.

## Wellspring

81 Wellesley Street East  
Toronto Ontario M4Y 1H8  
416 961 1928  
www.wellspring.ca



## Gilda's Club

110 Lombard Street  
Toronto, Ontario M5C 1M3  
416 214 9898  
www.gildasclub.org



### Programs Registration Required

Aboriginal Cancer Education Program  
Art Therapy  
Back At Work (NEW!)  
Brain Fog  
Bereavement Support Group  
Breast Cancer Support Group  
Body-Mind Meditation  
Cancer Exercise  
Children's and Parents' Support Group  
Drumming  
Gay Men & Lesbian Bereavement Support Group  
The Healing Journey Levels 1,2 & 3  
Metastatic Cancer Support Group  
Mindfulness Based Stress Reduction (MBSR)  
Music Therapy  
Return to Work  
Spiritual Growth  
Qi Gong  
Tai Chi  
Writing for the Health of It

For more information about these programs ask for a Wellspring program calendar at the Patient & Family Library, or contact Wellspring directly.

### Workshops, Lectures, Support Groups

Adult Bereavement Support Group  
Art of Wellness  
Breast Cancer Networking Group  
Family and Friends Support Group  
Healthy Cooking with Estella  
i-Connect Networking Group  
Kid's Grieve Too  
Kid's Talk Out  
Teen Corner  
Metsters Networking Group  
Parent Networking Group  
Surviving and Thriving  
Nia Healing Movement & Dance  
Wellness Groups  
Yoga Connect with Bruna  
  
Interested in becoming a member? It's FREE and easy. Call 416.214.9898 to sign up for a New Member's Meeting.  
  
For more information about these programs contact Gilda's Club directly.

## Patient Education Calendar of Events



## January 2010 Calendar



Princess Margaret Hospital

University Health Network

### Patient Education Program

610 University Avenue Toronto, ON M5G 2M9  
416 946-4501 ext. 5090 or 5383