



Monday	Tuesday	Wednesday	Thursday	Friday
<p>11:00am Radiation Therapy: Answering Your Questions 2</p> <p>2:00pm Surviving & Thriving</p> <p>2:30pm Chemo Questions & Concerns</p> <p>See back for class locations and descriptions</p>	<p>10:00am Blood Cancers: Fatigue & Anemia 3</p> <p>2:00pm Chemo Questions & Concerns</p> <p>2:00pm Surviving & Thriving</p>	<p>10:00am The Labyrinth Walk 4</p> <p>12:00pm Healthy-Steps</p> <p>12:00pm Lymphedema Awareness</p> <p>1:00pm Look Good Feel Better – Young Adults Workshop</p> <p>1:00pm Relaxation Therapy</p> <p>2:00pm Surviving & Thriving</p> <p>2:30pm Chemo Questions & Concerns</p>	<p>10:00am Eating Well After Breast Cancer Treatment 5</p> <p>11:00am Managing Your Cancer Related Fatigue After Treatment</p> <p>11:30am Cooking & Nutrition Demo</p> <p>1:30pm Look Good Feel Better</p> <p>1:30pm Managing Your Cancer Journey Dr. Buckman Away</p> <p>2:00pm Chemo Questions & Concerns</p>	<p>2:30pm Chemo Questions & Concerns 6</p>
<p>2:00pm Surviving & Thriving 9</p> <p>2:30pm Chemo Questions & Concerns</p>	<p>10:00am Blood Cancers: Fatigue & Anemia 10</p> <p>10:00am Head Wrap Workshop</p> <p>12:30pm Radiation Therapy: Answering Your Questions</p> <p>2:00pm Chemo Questions & Concerns</p> <p>2:00pm Surviving & Thriving</p> <p>7:00pm Brain Tumour Support Group</p>	<p>10:00am Letting Cancer Speak 11</p> <p>10:00am Look Good Feel Better</p> <p>12:00pm Healthy-Steps</p> <p>1:00pm Relaxation Therapy</p> <p>1:00pm Clinical Trials 101</p> <p>1:00pm www.CaringVoices.ca: Coping with Cancer Related Fatigue</p> <p>2:00pm Surviving & Thriving</p> <p>2:30pm Chemo Questions & Concerns</p>	<p>10:00am Healthy Eating During Breast Cancer Treatment 12</p> <p>11:00am Managing Your Fatigue During Cancer Treatment</p> <p>1:00pm www.CaringVoices.ca: Managing Money Issues</p> <p>1:30pm Look Good Feel Better</p> <p>1:30pm Managing Your Cancer Journey – Balancing Life With Cancer</p> <p>2:00pm Chemo Questions & Concerns</p>	<p>2:30pm Chemo Questions & Concerns 13</p>
<p>1:00pm What You Can Do About “Brain Fog” 16</p> <p>2:00pm Surviving & Thriving</p> <p>2:30pm Chemo Questions & Concerns</p>	<p>10:00am Blood Cancers: Fatigue & Anemia 17</p> <p>10:00am www.CaringVoices.ca: Open Chat for Caregivers</p> <p>1:00pm www.CaringVoices.ca: All About Clinical Trials</p> <p>2:00pm Chemo Questions & Concerns</p> <p>2:00pm Surviving & Thriving</p>	<p>10:00am Look Good Feel Better 18</p> <p>10:00am Care of Your Spirit</p> <p>11:00am What To Eat When You Don’t Feel Like Eating</p> <p>12:00pm Healthy-Steps</p> <p>12:00pm Lymphedema Awareness</p> <p>1:00pm Relaxation Therapy</p> <p>2:00pm Surviving & Thriving</p> <p>2:30pm Chemo Questions & Concerns</p>	<p>9:30am Community Connections 19</p> <p>11:00am Radiation Therapy: Answering Your Questions</p> <p>11:00am Managing Your Cancer Related Fatigue After Treatment</p> <p>1:30pm Managing Your Cancer Journey – Medical Information I Need to Know</p> <p>2:00pm Chemo Questions & Concerns</p> <p>2:00pm www.CaringVoices.ca: Radiation Therapy – Answering Your Questions</p>	<p>12:00pm www.CaringVoices.ca: Paying for Meds Without Emptying my Pockets 20</p> <p>2:30pm Chemo Questions & Concerns</p>
<p>Library Closed due to Holiday 23</p>	<p>10:00am Head Wrap Workshop 24</p> <p>10:00am Blood Cancers: Fatigue & Anemia</p> <p>11:30am Lunch & Learn: Care Of Your Spirit Location: PMH, 6th Floor, Rm 6-604</p> <p>2:00pm Chemo Questions & Concerns</p> <p>2:00pm Surviving & Thriving</p>	<p>10:00am Spirituality through Tape & Tale 25</p> <p>10:00am Look Good Feel Better</p> <p>12:00pm Healthy-Steps</p> <p>1:00pm Relaxation Therapy</p> <p>2:00pm Surviving & Thriving</p> <p>2:30pm Chemo Questions & Concerns</p>	<p>10:00am Healthy Eating During Breast Cancer Treatment 26</p> <p>11:00am Managing Your Fatigue During Cancer Treatment</p> <p>1:00pm www.CaringVoices.ca: Self Identity & Gyne Cancers</p> <p>1:30pm Managing Your Cancer Journey – Balancing Life With Cancer</p> <p>2:00pm Chemo Questions & Concerns</p>	<p>10:00am Blood Cancers: Fatigue & Anemia 27</p> <p>Temporary room change: PMH, 6th Floor, Rm 6-104</p> <p>12:30pm Radiation Therapy: Answering Your Questions</p> <p>2:30pm Chemo Questions & Concerns</p>
<p>2:00pm Surviving & Thriving 30</p> <p>2:30pm Chemo Questions & Concerns</p>	<p>10:00am Blood Cancers: Fatigue & Anemia 31</p> <p>2:00pm Chemo Questions & Concerns</p> <p>2:00pm Surviving & Thriving</p>	<p>10:00am The Labyrinth Walk 1</p> <p>12:00pm Healthy-Steps</p> <p>12:00pm Lymphedema Awareness</p> <p>2:00pm Surviving & Thriving</p> <p>2:30pm Chemo Questions & Concerns</p>	<p>10:00am Eating Well After Breast Cancer Treatment 2</p> <p>11:00am Managing Your Cancer Related Fatigue After Treatment</p> <p>1:30pm Look Good Feel Better</p>	<p>2:30pm Chemo Questions & Concerns 3</p>

Dates and times are subject to change. Call the Patient & Family Library at 416-946-4501 x 5383 to confirm.

Description of Programs & Classes

• **Blood Cancers: Fatigue & Anemia** (1 hour)

PMH, 6th Floor, Room 6-702

A nurse will give you and your family tips to manage your fatigue in your every day life. Registration required. Call 416-946-4501 ext 5928.

• **Brain Tumour Support Groups** (1 ½ hours)

PMH, 18th Floor, The Pencer Brain Tumour Centre

Connect with other people who are going through similar experiences. For more information, contact Maureen Daniel at 416-946-2240.

• **Care of Your Spirit** (1 hour)

TGH, Basement, BCS-021 (ELLICSR Library)

[Visit the Patient & Family Library for your map & directions.](#)

Learn about spirituality and discover how it can support you in your cancer experience.

• **Chemo Questions & Concerns** (1 hour)

Mon, Wed, Fri: PMH, 2nd Floor, 2-631 (Survivorship Program Conference Room)

Tue, Thu: PMH, 2nd Floor, 2-919 (Wharton Head & Neck Conference Room)

A nurse or pharmacist can go over what to expect during treatment for your type of cancer and give you tips for managing side effects. All patients and family are welcome.

• **Clinical Trials 101** (1 hour)

PMH, 2nd Floor Cancer Survivorship Centre, 2-631 (The Cancer Survivorship Program Conference Room)

What is a clinical trial study? Why participate... or not? Registration required. Call 416-946-4501 ext 5090.

• **Community Connections** (9:30am – 3pm)

TGH, Basement, BCS-021 (ELLICSR)

[Visit the Patient & Family Library for your map & directions.](#)

• Stop by ELLICSR to get to know the supportive care organizations in your community, attend workshops and programs, and meet other people affected by cancer.

• **Cooking & Nutrition Demo** (1 hour)

TGH, Basement, BCS-021 (ELLICSR)

[Visit the Patient & Family Library for your map & directions.](#)

Get advice from dietitians and chefs on what to cook during cancer treatment for yourself or a loved one. Samples are always provided.

• **Eating Well After Breast Cancer Treatment** (1 hour)

PMH, 2nd Floor Cancer Survivorship Centre, 2-631 (The Cancer Survivorship Program Conference Room)

For patients who have completed (or have nearly completed) active treatment for breast cancer. Learn about healthy eating for the future. Led by a PMH dietitian.

• **Head Wrap Workshop** (2 hours)

PMH, 3rd Floor, 3-642 (Wig Salon & Accessories Boutique)

Watch, learn and practice how to tie head wraps.

For more information or to register, call 416-946-6596.

• **Healthy Eating During Breast Cancer Treatment** (1 hour)

PMH, 2nd Floor Cancer Survivorship Centre, 2-631 (The Cancer Survivorship Program Conference Room)

Have your questions about healthy eating in preparation for treatment, and weight gain during treatment answered by a dietitian.

• **Healthy-Steps** (1 hour)

TGH, Basement, BCS-021 (ELLICSR Gym)

[Visit the Patient & Family Library for your map & directions.](#)

A healing exercise and movement program designed to help all cancer survivors thrive! Registration required. Call Barbara at 416-286-3474 for more information.

• **The Labyrinth Walk** (1 hour)

TGH, Basement, BCS-021 (ELLICSR Library)

[Visit the Patient & Family Library for your map & directions.](#)

The Labyrinth is an ancient spiritual tool, walking meditation and a path of prayer. While walking the Labyrinth some people find peace. Others find a deep state of concentration. Many find insight, clarity and understanding.

• **Letting Cancer Speak: The courage to re-frame the life you have, not the life you imagined!** (1 hour)

TGH, Basement, BCS-021 (ELLICSR Gym)

[Visit the Patient & Family Library for your map & directions.](#)

Re-frame and express your story and spirituality in light of your cancer diagnosis.

For more information about any of these programs, please call the Patient & Family Library at 416-946-4501 ext 5383, or the Patient Education Office at 416-946-4501 ext 5090.

• **Look Good Feel Better** (2 hours)

PMH, 3rd Floor, 3-642 (Wig Salon & Accessories Boutique)

Led by professional cosmeticians and wig specialists, this workshop helps women living with cancer manage the appearance-related side effects of their cancer treatment. Young adult workshops are for those aged 18 – 24 years old. For more information or to register, call 416-946-2075.

• **Lymphedema Awareness** (1 hour)

TGH, Basement, BCS-021 (ELLICSR Boardroom)

[Visit the Patient & Family Library for your map & directions.](#)

If you have had lymph nodes removed and/or radiation to lymph nodes as part of your treatment, you may be at risk of lymphedema in the affected area. Learn about lymphedema, its signs and symptoms, and what you can do to lower your risk of developing it.

Registration required. Call 416-946-4501 ext 5090.

• **Managing Your Cancer Journey** (1 ½ hours)

TGH, Basement, BCS-021 (ELLICSR Boardroom)

[Visit the Patient & Family Library for your map & directions.](#)

Join Dr. Robert Buckman, author and medical oncologist, and Lucy Ruggiero, social worker, to talk about balancing your life with cancer and the medical information you need to know.

Registration required. Call 416-946-4501 ext 5090.

• **Managing Your Cancer Related Fatigue After Treatment** (1 hour)

TGH, Basement, BCS-021 (ELLICSR Boardroom)

[Visit the Patient & Family Library for your map & directions.](#)

For patients who have completed active cancer treatment and continue to feel that their energy is not returning as they expected. Learn some everyday things you can do to help with your fatigue.

Registration required. Call 416-946-4501 ext 5090.

• **Managing Your Fatigue During Cancer Treatment** (1 hour)

PMH, 2nd Floor Cancer Survivorship Centre, 2-631 (The Cancer Survivorship Program Conference Room)

Fatigue is a common and frustrating side effect of cancer treatment. Learn about some everyday things you can do to help with your fatigue during treatment.

Registration required. Call 416-946-4501 ext 5090.

• Prostate Cancer Information Session (1 ½ hours)

PMH, 4th Floor, 4-907 (Prostate Centre)

Nutrition, physical activity, and prostate cancer information session for patients and caregivers.

For more information or to register, contact Kristen Currie at 416-946-4501 ext 3815 or Kristen.Currie@uhn.on.ca.

• Radiation Therapy: Answering Your Questions

(1 hour)

PMH, 1Below, 1B-204

A radiation therapist will explain radiation therapy and answer your questions about treatment. For more information, contact Angela at 416-946-4633.

• Relaxation Therapy Sessions (1 hour)

PMH, 18th Floor, The Pencer Brain Tumour Centre

Learn how to use deep breathing, muscle relaxation, and imagery to heal the mind, body, and spirit.

All PMH patients are welcome. For more information, call 416-946-2240.

• Spirituality through Tale & Tape (1 hour)

TGH, Basement, BCS-021 (ELLICSR Library)

Visit the Patient & Family Library for your map & directions.

Uncover spiritual themes in a short movie and reflect on how these themes apply to your life story.

• Surviving & Thriving (1 hour)

TGH, Basement, BCS-021 (ELLICSR Library)

Visit the Patient & Family Library for your map & directions.

Join Dr. Robert Buckman, Medical Oncologist for an informal group session to help you recover your balance after a cancer diagnosis. Dr. Buckman will help you talk about your situation so you can receive and give tips to help you cope and feel better. Come as often as you'd like.

• What To Eat When You Don't Feel Like Eating

(1 hour)

PMH, 2nd Floor Cancer Survivorship Centre, 2-631 (The Cancer Survivorship Program Conference Room)

Learn about appetite loss due to cancer treatment and what you can do to make eating easier. Led by a clinical dietitian. Registration required. Call 416-946-4501 ext 5090.

• What You Can Do About "Brain Fog" (1 hour)

TGH, Basement, BCS-021 (ELLICSR Boardroom)

Visit the Patient & Family Library for your map & directions.

Many cancer patients experience changes in their memory and attention during and after their cancer treatment. This class will help you understand why Brain Fog happens, what to expect after your treatment, and give you some tips for dealing with Brain Fog in your daily life.

The Patient & Family Library

Come to the Patient & Family Library to find information on specific cancer types, tips on coping, and services available to you. The Library staff can help you find what you're looking for.

Visit the Patient & Family Library in the Main Floor lobby of Princess Margaret Hospital, or call 416-946-4501 ext. 5383.

Library Hours of Operation:

Monday - Thursday	8:30 am – 5 pm
Friday	8:30 am – 4 pm
Saturday & Sunday	CLOSED

The Cancer Survivorship Program

For patients with breast or gynecologic cancers

The Cancer Survivorship Program is here to help you and your family from diagnosis, through your treatment, and after your treatment is finished.

Visit the Cancer Survivorship Program on the 2nd floor of Princess Margaret Hospital, next to the Breast Clinic or call 416-946-4501 ext 2363.

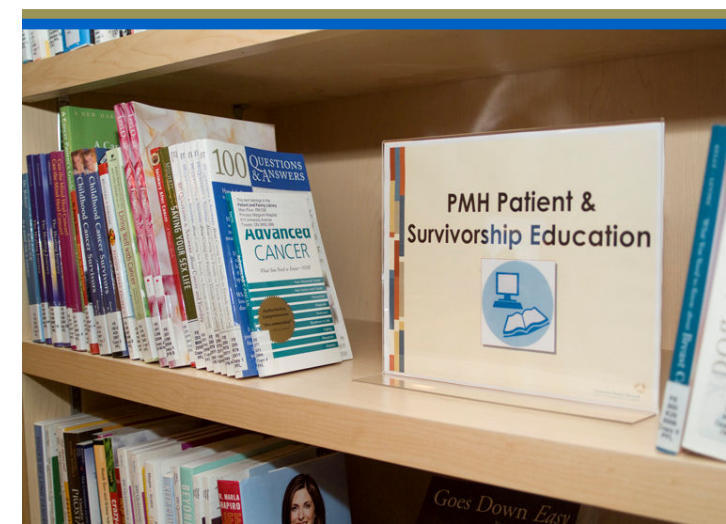
View the calendar online at:

www.survivorship.ca/docs/web_calendar.pdf

MAY 2011

Patient & Survivorship Education

Calendar of Events



Patient & Survivorship Education Program

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

