



**FEBRUARY 2012**

# PMH Patient & Survivorship Education Calendar of Events

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday                                |
|---|--|---|---|---|---|
| <p><b>2:00pm</b> Living Well With Cancer <b>30</b></p> <p><b>2:30pm</b> Chemo Questions &amp; Concerns</p>  | <p><b>10:00am</b> Blood Cancers: Fatigue &amp; Anemia <b>31</b></p> <p><b>2:00pm</b> Chemo Questions &amp; Concerns</p>  | <p><b>10:00am</b> The Labyrinth Walk <b>1</b></p> <p><b>12:00pm</b> Healthy-Steps</p> <p><b>12:00pm</b> Lymphedema Awareness</p> <p><b>1:00pm</b> Look Good Feel Better – Young Adult Workshop</p> <p><b>1:00pm</b> Relaxation Therapy</p> <p><b>2:30pm</b> Chemo Questions &amp; Concerns</p> <p><b>6:30pm</b> Wellspring: You Can Connect</p> | <p><b>11:00am</b> Eating Well After Breast Cancer Treatment <b>2</b></p> <p><b>12:15pm</b> The Survivor's Kitchen</p> <p><b>1:30pm</b> Look Good Feel Better</p> <p><b>1:30pm</b> Managing Your Cancer Journey - Balancing Life With Cancer</p> <p><b>2:00pm</b> Chemo Questions &amp; Concerns</p> <p><b>2:00pm</b> Getting Back On Track</p>        | <p><b>2:30pm</b> Chemo Questions &amp; Concerns <b>3</b></p>  | <p><b>4</b></p>                         |
| <p>Dates and times are subject to change. Call the Patient &amp; Family Library at 416-946-4501 x 5383 to confirm.</p>  |  |   |   |   |   |
| <p><b>11:00am</b> Radiation Therapy: Answering Your Questions <b>6</b></p> <p><b>2:00pm</b> Living Well With Cancer</p> <p><b>2:30pm</b> Chemo Questions &amp; Concerns</p> | <p><b>10:00am</b> Blood Cancers: Fatigue &amp; Anemia <b>7</b></p> <p><b>2:00pm</b> Chemo Questions &amp; Concerns</p>   | <p><b>10:00am</b> Letting Cancer Speak <b>8</b></p> <p><b>10:00am</b> Look Good Feel Better</p> <p><b>12:00pm</b> Healthy-Steps</p> <p><b>1:00pm</b> Clinical Trials 101</p> <p><b>1:00pm</b> Relaxation Therapy</p> <p><b>2:30pm</b> Chemo Questions &amp; Concerns</p>  | <p><b>10:00am</b> Reclaim Your Energy <b>9</b></p> <p><b>11:00am</b> Healthy Eating During Breast Cancer Treatment</p> <p><b>1:30pm</b> Look Good Feel Better</p> <p><b>1:30pm</b> Managing Your Cancer Journey - Navigating the Healthcare System</p> <p><b>2:00pm</b> Chemo Questions &amp; Concerns</p> <p><b>2:00pm</b> Getting Back On Track</p> | <p><b>2:30pm</b> Chemo Questions &amp; Concerns <b>10</b></p>   | <p><b>Saturday</b></p> <p><b>11</b></p> |
| <p><b>2:00pm</b> Living Well With Cancer <b>13</b></p> <p><b>2:30pm</b> Chemo Questions &amp; Concerns</p>  | <p><b>10:00am</b> Head Wrap Workshop <b>14</b></p> <p><b>10:00am</b> Blood Cancers: Fatigue &amp; Anemia</p> <p><b>12:30pm</b> Radiation Therapy: Answering Your Questions</p> <p><b>2:00pm</b> Chemo Questions &amp; Concerns</p> <p><b>7:00pm</b> Brain Tumour Support Group</p> | <p><b>10:00am</b> Care of Your Spirit <b>15</b></p> <p><b>10:00am</b> Look Good Feel Better</p> <p><b>11:00am</b> What to Eat When You Don't Feel Like Eating</p> <p><b>12:00pm</b> Healthy-Steps</p> <p><b>12:00pm</b> Lymphedema Awareness</p> <p><b>1:00pm</b> Relaxation Therapy</p> <p><b>2:30pm</b> Chemo Questions &amp; Concerns</p>    | <p><b>9:30am</b> Community Connections <b>16</b></p> <p><b>11:00am</b> Radiation Therapy: Answering Your Questions</p> <p><b>12:15pm</b> The Survivor's Kitchen</p> <p><b>1:30pm</b> Managing Your Cancer Journey - Balancing Life With Cancer</p> <p><b>2:00pm</b> Chemo Questions &amp; Concerns</p> <p><b>2:00pm</b> Getting Back On Track</p>     | <p><b>2:30pm</b> Chemo Questions &amp; Concerns <b>17</b></p>   | <p><b>Saturday</b></p> <p><b>18</b></p> |
| <p><b>20</b></p> <p><b>Library Closed</b></p>   | <p><b>10:00am</b> Blood Cancers: Fatigue &amp; Anemia <b>21</b></p> <p><b>12:30pm</b> What You Can Do About "Brain Fog"</p> <p><b>2:00pm</b> Chemo Questions &amp; Concerns</p>  | <p><b>10:00am</b> Look Good Feel Better <b>22</b></p> <p><b>12:00pm</b> Healthy-Steps</p> <p><b>1:00pm</b> Relaxation Therapy</p> <p><b>2:30pm</b> Chemo Questions &amp; Concerns</p>   | <p><b>10:00am</b> Reclaim Your Energy <b>23</b></p> <p><b>11:00am</b> Healthy Eating During Breast Cancer Treatment</p> <p><b>1:30pm</b> Managing Your Cancer Journey - Navigating the Healthcare System</p> <p><b>2:00pm</b> Chemo Questions &amp; Concerns</p> <p><b>2:00pm</b> Getting Back On Track</p>   | <p><b>12:30pm</b> Radiation Therapy: Answering Your Questions <b>24</b></p> <p><b>2:30pm</b> Chemo Questions &amp; Concerns</p> | <p><b>Saturday</b></p> <p><b>25</b></p> |
| <p><b>2:00pm</b> Living Well With Cancer <b>27</b></p> <p><b>2:30pm</b> Chemo Questions &amp; Concerns</p>  | <p><b>10:00am</b> Blood Cancers: Fatigue &amp; Anemia <b>28</b></p> <p><b>10:00am</b> Head Wrap Workshop</p> <p><b>11:30am</b> Lunch &amp; Learn</p> <p><b>2:00pm</b> Chemo Questions &amp; Concerns</p>   | <p><b>12:00pm</b> Healthy-Steps <b>29</b></p> <p><b>12:00pm</b> Lymphedema Awareness</p> <p><b>1:00pm</b> Relaxation Therapy</p> <p><b>2:30pm</b> Chemo Questions &amp; Concerns</p>  | <p><b>11:00am</b> Eating Well After Breast Cancer Treatment <b>1</b></p> <p><b>12:15pm</b> The Survivor's Kitchen</p> <p><b>1:30pm</b> Look Good Feel Better</p> <p><b>1:30pm</b> Managing Your Cancer Journey - Balancing Life With Cancer</p> <p><b>2:00pm</b> Chemo Questions &amp; Concerns</p> <p><b>2:00pm</b> Getting Back On Track</p>        | <p><b>2:30pm</b> Chemo Questions &amp; Concerns <b>2</b></p>  | <p><b>Saturday</b></p> <p><b>3</b></p>  |
| <p>See back for class locations &amp; descriptions</p>  |  |   |   |   | <p><b>Sunday</b></p> <p><b>4</b></p>    |

## Description of Programs & Classes

- **Blood Cancers: Fatigue & Anemia** (1 hour)  
PMH, 6th Floor, Room 6-702  
Get tips from a nurse to help you and your family manage your day-to-day fatigue.  
Registration required. Call 416-946-4501 ext 5928.
- **Brain Tumour Support Groups** (1 ½ hours)  
PMH, 18th Floor, The Pencer Brain Tumour Centre  
Meet with others in situations similar to yours. For more information, contact Maureen Daniel at 416-946-2240.
- **Care of Your Spirit** (1 hour)  
ELLICSR (TGH, Basement, Room BSC-021)  
Learn about spirituality and discover how it can support you in your cancer experience.  
Registration required. Call 416-581-8608.
- **Chemo Questions & Concerns** (1 hour)  
PMH, 4th Floor. Check in at the Chemotherapy Unit Reception Desk  
Go over what to expect during treatment for your type of cancer with a nurse or pharmacist, and get tips for managing side effects. All patients and family are welcome. No registration required.
- **Clinical Trials 101** (1 hour)  
PMH, 2nd Floor Cancer Survivorship Centre, 2-631  
Learn about what clinical trials (also called clinical studies) are and why you might want to participate.  
Registration required. Call 416-581-8608.
- **Colorectal Cancer Information & Support Group** (2 hours)  
ELLICSR (TGH, Basement, Room BSC-021)  
For more information or to register, please email shaniah@cancerinsight.ca. Organized by Colorectal Cancer Association of Canada and facilitated by oncology nurse Shaniah Leduc, RN.
- **Community Connections** (9:30am – 3pm)  
ELLICSR (TGH, Basement, Room BSC-021)  
Stop by ELLICSR on the 3rd Thursday of every month to get to know the supportive care organizations in your community. You can also attend workshops and programs and meet other people affected by cancer.



If you prefer to communicate in a language other than English, interpretation services can be arranged at no cost to you. Interpreters must be booked 5 days in advance. Please call 416-581-8604 to book.

- **Eating Well After Breast Cancer Treatment** (1 hour)  
PMH, 2nd Floor Cancer Survivorship Centre, 2-631  
Learn about healthy eating for the future from a Princess Margaret dietitian. This class is for you if you've completed or nearly completed active treatment for breast cancer.
- **Getting Back On Track** (2 hours)  
ELLICSR (TGH, Basement, Room BSC-021)  
Join a radiation oncologist and a social worker to discuss what to expect after your cancer treatment is completed and you are being seen for follow-up care.  
Registration required. Call 416-581-8608.
- **Head Wrap Workshop** (2 hours)  
PMH, 3rd Floor, 3-642, Wig Salon  
Watch, learn and practise how to tie head wraps.  
Registration required. 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  
Have your questions about healthy eating in preparation for treatment, and weight gain during treatment answered by a dietitian.
- **Healthy-Steps** (1 hour)  
ELLICSR (TGH, Basement, Room BSC-021)  
Do fun stretched and dance moves set to music in a healing exercise program designed to help you thrive.  
Registration required. Call Barbara before 8 pm at 416-286-3474 for more information.
- **The Labyrinth Walk** (1 hour)  
ELLICSR (TGH, Basement, Room BSC-021)  
Explore the Labyrinth, an ancient spiritual tool, a walking meditation and a path of prayer. Walking the Labyrinth may help you find peace, insight, clarity and understanding.  
Registration required. Call 416-581-8608.
- **Letting Cancer Speak** (1 hour)  
ELLICSR (TGH, Basement, Room BSC-021)  
Re-frame and express your story and spirituality in light of your cancer diagnosis.  
Registration required. Call 416-581-8608.
- **Living Well With Cancer** (1 hour)  
ELLICSR (TGH, Basement, Room BSC-021)  
Join a social worker and a neuropsychologist for this 6 week session to talk about living well with cancer. Each week a different theme will be covered.  
Registration required. Call Madelyn at 416-946-4501 x 2363.
- **Look Good Feel Better** (2 hours)  
PMH, 3rd Floor, 3-642, Wig Salon  
Led by professional cosmeticians and wig specialists, this workshop helps women living with cancer manage the appearance-related side effects of their cancer treatment  
Registration required. Call 416-946-2075 for more information.
- **Lunch & Learn** (1 hour)  
PMH, 6th Floor Auditorium  
Each month this information session covers a different cancer care, screening or prevention topic. Patients, family members, volunteers and staff are welcome.
- **Lymphedema Awareness** (1 hour)  
ELLICSR (TGH, Basement, Room BSC-021)  
Learn about lymphedema, its signs and symptoms, and what you can do to lower your risk of developing it. This class is for you if you have had lymph nodes removed or had radiation to lymph nodes as part of your treatment.  
Registration required. Call 416-946-4501 ext 2363.

## Description of Programs & Classes

### ▪ **Managing Your Cancer Journey** (1 ½ hours) ELLICSR (TGH, Basement, Room BSC-021)

Join a social worker to talk about balancing your life with cancer and the getting medical information you need to know. In Class # 1 we'll talk about how to balance life with a cancer diagnosis, while in Class # 2 we'll address how to navigate the health care system and where to go to get your medical questions answered.

Registration required. Call 416-581-8608.

### ▪ **Radiation Therapy: Answering Your Questions** (1 hour)

PMH, 1Below, 1B-204

Learn about radiation therapy and have a radiation therapist answer your questions about treatment. For more information, contact Angela at 416-946-4633.

### ▪ **Reclaim Your Energy** (1 hour)

PMH, 2nd Floor Cancer Survivorship Centre, 2-631

You are not alone in feeling tired after cancer treatment. Come and learn ways to reclaim your energy and take charge of your daily activities. Explore how healthy lifestyle choices and coping strategies can help you improve your vitality. Great opportunity to share and learn from others. Registration required. Call 416-946-4501 ext 2363.

### ▪ **Relaxation Therapy Sessions** (1 hour)

PMH, 18th Floor, The Pencer Brain Tumour Centre

Learn how to use deep breathing, muscle relaxation, and guided imagery to heal your mind, body, and spirit. All patients are welcome. For more information, call 416-946-2240.

Private, individually guided relaxation sessions are available to all Out Patients at PMH, free of charge. For more information, call Occupational Therapy at 416-946-4501 ext 5580.

### ▪ **Spirituality through Tale & Tape** (1 hour)

ELLICSR (TGH, Basement, Room BSC-021)

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

Registration required. Call 416-581-8608.

### ▪ **The Survivor's Kitchen: Cooking for Health** (1 hour)

ELLICSR (TGH, Basement, Room BSC-021)

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

### ▪ **Wellspring: You Can Connect** (2 ½ hours)

ELLICSR (TGH, Basement, Room BSC-021)

Young adults with cancer are invited to a social evening in the warm and interactive setting of the ELLICSR kitchen. Participants will have a chance to meet and chat informally, observe a cooking demonstration of vegetarian chile, cornbread and salad, and sample the delicious food prepared.

Registration required. Call 416-323-6400 ext 4240.

### ▪ **What To Eat When You Don't Feel Like Eating** (1 hour)

PMH, 2nd Floor Cancer Survivorship Centre, 2-631

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 416-581-8608.

### ▪ **What You Can Do About "Brain Fog"** (1 hour)

ELLICSR (TGH, Basement, Room BSC-021)

Many people with cancer experience changes in their memory and attention during and after cancer treatment. This class will help you understand why "brain fog" happens and tell you what to expect after your treatment. You will also learn some tips for dealing with brain fog in your daily life.

Registration required. Call 416-581-8608.

**View the calendar online at:**

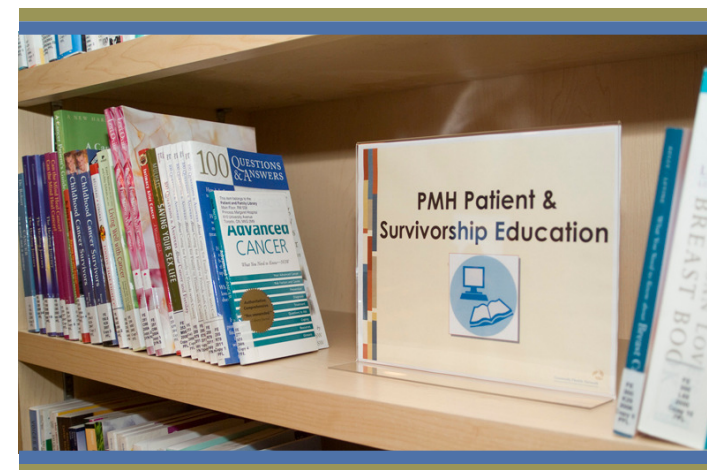
<http://bit.ly/PMH-calendar>

For more information on any of these programs, call 416-581-8608.

# FEBRUARY 2012

## Patient & Survivorship Education

### Calendar of Events



### Patient & Survivorship Education Program

Princess Margaret Hospital

610 University Avenue

Toronto, ON M5G 2M9

416-946-4501 x 5383



Princess Margaret Hospital  
University Health Network