ELLICSR: Health, Wellness & Cancer Survivorship Centre

For cancer survivors

A “cancer survivor” is anyone who has been affected by cancer at any time, whether you are a:

- patient
- family member
- friend
- caregiver

ELLICSR is a health, wellness and cancer survivorship centre. Located in the basement level of the Toronto General Hospital, ELLICSR offers all cancer survivors the chance to:

- find information on health and wellness
- meet other survivors
- take part in a class or program
- sit and relax before or after your appointments
Find out what’s going on at ELLICSR by picking up a copy of the Princess Margaret Calendar of Events. You can get the calendar from the Patient & Family Library at the Princess Margaret, or from the ELLICSR resource library.

Come to ELLICSR to:

• **Get Cooking in the Kitchen**
  Come by for a scheduled cooking demonstration, or bring in your own lunch for a comfortable place to eat.

• **Get Moving and Grooving in the ELLICSR Gym**
  Come to the ELLICSR gym for gentle exercise and movement classes.

• **Get Information from Health Experts**
  Join Princess Margaret staff to learn more about ways to manage your health, lifestyle and daily living before, during and after treatment.

• **Browse the Books, Pamphlets and Other Resource Collections in the ELLICSR Library**
  The ELLICSR resource library has many resources on nutrition, health related topics and general health and wellness.

• **Get Connected to Support in the Community**
  Meet representatives from the supportive care organizations that can provide you with education, emotional support and healthy lifestyle opportunities in your community and at ELLICSR.

• **Find Support and Relax in the Living Room**
  Read a book, connect with other cancer survivors or catch up with representatives from supportive care organizations in the community.
Research at ELLICSR

You have a voice at ELLICSR. Understanding what is important to you is the first step in helping you get back on track after a diagnosis of cancer.

The goals of survivorship research at ELLICSR are to:

• Improve the quality of life of cancer survivors and their families
• Explore new ways to help survivors manage their health and adopt healthy lifestyle behaviours (such as healthy eating, exercise)
• Find out more about survivorship issues, and introduce new models of care delivery and support

To find out how you can become involved in survivorship research activities, visit the “Research” section on www.ellicsr.ca, look for posters in clinic waiting areas, or call 416-581-8620 for more details.

Directions:

Enter Toronto General Hospital using the University Ave. entrance (near Starbucks). Take the elevators straight ahead to go down to level B (basement). Leave the elevator lobby and turn right. ELLICSR is ahead on the right, next to Cells for Life. Look for the wood door and orange wall.
Hours of operation
Monday to Friday, 8:30 am – 4:30 pm

ELLICSR: Health, Wellness & Cancer Survivorship Centre
Toronto General Hospital
585 University Ave. (near College St)
Basement level, PMB-130
TTC Station: Queen’s Park

Phone: 416 581 8620
Email: ellicsr@uhnresearch.ca
Website: www.ellicsr.ca

Blog: ellicsrblog.theprincessmargaret.ca
Facebook: facebook.com/ellicsr
Twitter: twitter.com/ellicsr
YouTube: youtube.com/ellicsr

Visit www.uhnpatienteducation.ca for more health information. The development of patient education resources is supported by the Princess Margaret Cancer Foundation. Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca

© 2019 University Health Network. All rights reserved.
Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.

Form: D-5922  | Author: Alaina Cyr and Janet Papadakos; Revised by Menaka Pulandiran  |  Reviewed: 05/2019