

"It is easier to be wise for others than for ourselves"
Francois De La Rochefoucauld

January 2012



CEDARS CANSUPPORT DES CÈDRES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio***	3 2:00 - 3:00pm Tea Time MGH: 17E Family Room 2:30 - 3:30pm Tea Time RVH: F5W Family Room	4 2:30 - 3:30pm Tea Time RVH: M7 Family Room	5 2:30 - 3:30pm Tea Time RVH: M7 Family Room	6
9 1:30-3:30pm Art Therapy-Open to all cancer patients RVH: S10.84 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio***	10 2:00 - 3:00pm Tea Time MGH: 17E Family Room 2:30 - 3:30pm Tea Time RVH: F5W Family Room 5:30 - 7:00pm Cancer Related Brain Fog RVH*	11 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio*** 2:30 - 3:30pm Tea Time MNI: 3rd and 4th floor	12 2:30 - 3:30pm Tea Time RVH: M7 Family Room	13
16 1:30-3:30pm Art Therapy-Open to all cancer patients RVH: S10.84 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio*** 2:00 - 3:00pm Rejuvenating Fitness Class* 7:00 - 9:00pm Young Adult Support Group 1* RVH	17 2:00 - 3:00pm Tea Time MGH: 17E Family Room 2:30 - 3:30pm Tea Time RVH: F5W Family Room 5:30 - 7:00pm Cancer Related Brain Fog RVH* 7:00 - 9:00pm Young Adult Support Group 2* RVH	18 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio*** 2:00 - 3:00pm Rejuvenating Fitness Class* 2:30 - 3:30pm Tea Time MNI: 3rd and 4th floor	19 12:45 - 3:15pm Look Good, Feel Better MGH A7.136* 2:30 - 3:30pm Tea Time RVH: M7 Family Room 5:30-7:30pm Post Treatment Support Group RVH*	20
23 12:45 - 3:15pm Look Good Feel Better RVH: M7.78* 1:30-3:30pm Art Therapy-Open to all cancer patients RVH: S10.84 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio*** 2:00 - 3:00pm Rejuvenating Fitness Class* 7:00 - 9:00pm Young Adult Support Group 1* RVH	24 2:00 - 3:00pm Tea Time MGH: 17E Family Room 2:30 - 3:30pm Tea Time RVH: Family Room 5:30 - 7:00pm Cancer Related Brain Fog RVH* 7:00 - 9:00pm Young Adult Support Group 2* RVH	25 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio*** 2:00 - 3:00pm Rejuvenating Fitness Class* 2:30 - 3:30pm Tea Time MNI: 3rd and 4th floor	26 2:30 - 3:30pm Tea Time RVH: M7 Family Room 5:30-7:30pm Post Treatment Support Group RVH*	27
30 1:30-3:30pm Art Therapy-Open to all cancer patients RVH: S10.84 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio*** 2:00 - 3:00pm Rejuvenating Fitness Class* 7:00 - 9:00pm Young Adult Support Group 1* RVH	31 2:00 - 3:00pm Tea Time MGH: 17E Family Room 2:30 - 3:30pm Tea Time RVH: F5W Family Room 5:30 - 7:00pm Cancer Related Brain Fog RVH* 7:00 - 9:00pm Young Adult Support Group 2* RVH			

All activities are free of charge. Please visit our website: www.cansupport.ca

*REGISTRATION REQUIRED please call 514-934-1934 ext.42314 or 31666

***LOCATION: Happy Tree Yoga Studio, 4010 Ste. Catherine St. W. suite 200, 514-846-YOGA, www.happytreeyoga.com

We have two locations: [Royal Victoria Hospital](#) A2.44, 687 Pine Ave. W., Montreal, QC, H3A 1A1, 514-934-1934 ext. 31666, cansupport.rvh@muhc.mcgill.ca

[Montreal General Hospital](#) A7-116, 1650 Cedar Ave., Montreal, QC, H3G 1A4, 514-934-1934 ext. 42314, cansupport.mgh@muhc.mcgill.ca

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
2 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy Tree**	3 14h00 - 15h00 L'heure du thé HGM: 17E salle familiale 14h30 - 15h30 L'heure du thé HRV: F5W salle familiale	4 14h00 - 15h00 Yoga méthode douce au studio de yoga HappyTree** 14h30 - 15h30 L'heure du thé INM: 3 et 4ème étage	5 14h30-15h30 L'heure du thé HRV: M7 salle familiale	6
9 13h30-15h30 Thérapie par l'art HRV: S10.84 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy Tree**	10 14h00 - 15h00 L'heure du thé HGM: 17E salle familiale 14h30 - 15h30 L'heure du thé HRV: F5W salle familiale 17h30 - 19h00 Cerveau embrouillé suite à un diagnostic de cancer HRV	11 14h00 - 15h00 Yoga méthode douce au studio de yoga HappyTree** 14h30 - 15h30 L'heure du thé INM: 3 et 4ème étage	12 14h30-15h30 L'heure du thé HRV: M7 salle familiale	13
16 13h30-15h30 Thérapie par l'art HRV: S10.84 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy Tree** 14h:00-15h00 Cours de remise en forme physique* 19h30 - 21h00 Groupe de soutien pour Jeunes adultes 1* HRV	17 14h00 - 15h00 L'heure du thé HGM: 17E salle familiale 14h30 - 15h30 L'heure du thé HRV: F5W salle familiale 17h30 - 19h00 Cerveau embrouillé suite à un diagnostic de cancer HRV 19h30 - 21h00 Groupe de soutien pour Jeunes adultes 2* HRV	18 14h00 - 15h00 Yoga méthode douce au studio de yoga HappyTree** 14h:00-15h00 Cours de remise en forme physique* 14h30 - 15h30 L'heure du thé INM: 3 et 4ème étage	19 12h45-15h15 Atelier 'Belle et bien dans sa peau' HGM A7.136* 14h30-15h30 L'heure du thé HRV: M7 salle familiale 17h30-19h30 Groupe de soutien poste- traitement HRV	20
23 12h45 - 15h15 Atelier 'Belle et bien dans sa peau' HRV M7.78* 13h30-15h30 Thérapie par l'art HRV: S10.84 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy Tree** 19h30 - 21h00 Groupe de soutien pour Jeunes adultes 1* HRV	24 14h00 - 15h00 L'heure du thé HGM: 17E salle familiale 14h30 - 15h30 L'heure du thé HRV: F5W salle familiale 17h30 - 19h00 Cerveau embrouillé suite à un diagnostic de cancer HRV 19h30 - 21h00 Groupe de soutien pour Jeunes adultes 2* HRV	25 14h00 - 15h00 Yoga méthode douce au studio de yoga HappyTree** 14h:00-15h00 Cours de remise en forme physique* 14h30 - 15h30 L'heure du thé INM: 3 et 4ème étage	26 14h30-15h30 L'heure du thé HRV: M7 salle familiale 17h30-19h30 Groupe de soutien poste- traitement HRV	27
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Toutes les activités sont gratuites. S'il vous plaît visiter notre site Web: www.cansupport.ca

*INSCRIPTION REQUISE appelez 514-934-1934 ex t. 42314 ou 31666

**ADRESSE : Le studio de yoga Happy Tree, 4010 Ste-Catherine O. suite 200, 514-846-YOGA, www.happytreeyoga.com

Nous avons 2 centres de ressources situés: **Hôpital Royal Victoria** A2.44, 687 Ave. des Pins O., Montréal, QC, H3A 1A1, 514-934-1934 poste 31666, cansupport.rvh@muhc.mcgill.ca

Hôpital Général de Montréal, A7-116, 1650 Ave. Cedar, Montréal, QC, H3G 1A4, 514-934-1934 poste 42314, cansupport.mgh@muhc.mcgill.ca