

"It is easier to be wise for others than for ourselves"

Francois De La Rochefoucauld

July 2010



CEDARS CANSUPPORT DES CÈDRES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 MUHC HOLIDAY CLINICS CLOSED	2
5 1:00 - 2:30pm Coping Skills Group- Caregivers RVH: A2.02* 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio** 3:00 - 4:30pm Coping Skills Group—Patients RVH: A2.02*	6 2:00 - 3:00pm Tea Time MGH: 17E Family Room 2:30 - 3:30pm Tea Time RVH: F5W Family Room	7 10:00 - 11:15pm New Patient Orientation MGH: D6-190* 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio** 6:00 - 8:00pm Young Adult Support Group RVH: A2.02*	8 2:30 - 3:30pm Tea Time RVH: M7 Family Room	9
12 1:00 - 2:30pm Coping Skills Group- Caregivers RVH: A2.02* 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio** 3:00 - 4:30pm Coping Skills Group—Patients RVH: A2.02*	13 2:00 - 3:00pm Tea Time MGH: 17E Family Room 2:30 - 3:30pm Tea Time RVH: F5W Family Room	14 10:00 - 11:15pm New Patient Orientation MGH: D6-190* 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio**	15 12:45 - 3:15pm Look Good, Feel Better MGH A7.136* 2:30 - 3:30pm Tea Time RVH: M7 Family Room	16
19 1:00 - 2:30pm Coping Skills Group- Caregivers RVH: A2.02* 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio** 3:00 - 4:30pm Coping Skills Group—Patients RVH: A2.02*	20 2:00 - 3:00pm Tea Time MGH: 17E Family Room 2:30 - 3:30pm Tea Time RVH: F5W Family Room	21 10:00 - 11:15pm New Patient Orientation MGH: D6-190* 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio**	22 2:30 - 3:30pm Tea Time RVH: M7 Family Room	23
26 12:45 - 3:15pm Look Good Feel Better RVH: M7.78* 1:00 - 2:30pm Coping Skills Group- Caregivers RVH: A2.02* 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio** 3:00 - 4:30pm Coping Skills Group—Patients RVH: A2.02*	27 2:00 - 3:00pm Tea Time MGH: 17E Family Room 2:30 - 3:30pm Tea Time RVH: F5W Family Room	28 10:00 - 11:15pm New Patient Orientation MGH: D6-190* 2:00 - 3:00pm Gentle Yoga located at Happy Tree Yoga Studio**	29 2:30 - 3:30pm Tea Time RVH: M7 Family Room	30

*REGISTRATION REQUIRED please call 514-934-1934 ext.42314 or 31666 *REGISTRATION REQUIRED you will be contacted by the Breast Clinic for date and time
 *REGISTRATION REQUIRED you will be contacted by Hematology/Oncology day clinic for date and time **LOCATION: Happy Tree Yoga Studio, 4010 Ste. Catherine St. W. suite 200, 514-846-YOGA, www.happytreeyoga.com
 All activities are free of charge. Please visit our website: www.cansupport.ca
 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

“Le bonheur est la seule chose qui se double si on le partage” Albert Schweitzer

juillet 2010



CEDARS CANSUPPORT DES CÈDRES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
			1 MUHC HOLIDAY CLINICS CLOSED	2
5 13h00 - 14h30 Groupe “Forts Ensemble” - Aidants 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy Tree** 15h00 - 16h30 Groupe “Forts Ensemble” - Patients	6 14h00 - 15h00 L’heure du thé HGM: 17E salle familiale 14h30 - 15h30 L’heure du thé HRV: F5W salle familiale	7 11h15 - 12h15 Rencontre d’introduction pour nouveaux patients MGH: D6-190* 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy-Tree** 18h00 - 20h00 Groupe de soutien pour Jeunes adultes HRV: A2.02*	8 14h30-15h30 L’heure du thé HRV: M7 salle familiale	9
14 13h00 - 14h30 Groupe “Forts Ensemble” - Aidants 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy Tree** 15h00 - 16h30 Groupe “Forts Ensemble” - Patients	15 14h00 - 15h00 L’heure du thé HGM: 17E salle familiale 14h30 - 15h30 L’heure du thé HRV: F5W salle familiale	16 11h15 - 12h15 Rencontre d’introduction pour nouveaux patients MGH: D6-190* 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy Tree**	15 12h45-15h15 Atelier ‘Belle et bien dans sa peau’ HGM A7.136* 14h30-15h30 L’heure du thé HRV: M7 salle familiale	16
21 13h00 - 14h30 Groupe “Forts Ensemble” - Aidants 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy Tree** 15h00 - 16h30 Groupe “Forts Ensemble” - Patients	22 14h00 - 15h00 L’heure du thé HGM: 17E salle familiale 14h30 - 15h30 L’heure du thé HRV: F5W salle familiale	23 11h15 - 12h15 Rencontre d’introduction pour nouveaux patients MGH: D6-190* 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy Tree**	22 14h30-15h30 L’heure du thé HRV: M7 salle familiale	23
28 12h45 - 15h15 Atelier ‘Belle et bien dans sa peau’ HRV M7.78* 13h00 - 14h30 Groupe “Forts Ensemble” - Aidants 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy Tree** 15h00 - 16h30 Groupe “Forts Ensemble” - Patients	29 14h00 - 15h00 L’heure du thé HGM: 17E salle familiale 14h30 - 15h30 L’heure du thé HRV: F5W salle familiale	30 11h15 - 12h15 Rencontre d’introduction pour nouveaux patients MGH: D6-190* 14h00 - 15h00 Yoga méthode douce au studio de yoga Happy Tree**	29 14h30-15h30 L’heure du thé HRV: M7 salle familiale	30

*INSCRIPTION REQUISE appelez 514-934-1934 ext. 42314 ou 31666 *INSCRIPTION REQUISE vous serez contactés par la clinique du sein pour la date et l'heure

*INSCRIPTION REQUISE vous serez contactés par la clinique d'Hématologie/Oncologie pour la date et l'heure **ADRESSE : Le studio de yoga Happy Tree, 4010 Ste-Catherine O. suite 200, 514-846-YOGA, www.happytreeyoga.com

Toutes les activités sont gratuites. S'il vous plaît visiter notre site Web: www.cansupport.ca

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