

MAY 2021 PROGRAM GUIDE



For all online Zoom activities, please refer to our website
<https://www.hopeandcope.ca/events-activities>
 or leave us a message at 514-340-3616 and we will call you back a.s.a.p.

Monday, May 24, HOPE & COPE closed for National Patriots' Day

On page 2, see regular programming and list of Free Webinars

Free Public Webinars	Date & Time
Know your Rights: Returning to Work	Thursday, May 6 , 11:30 am to 1:00 pm.
The Art of Coping	Thursday, May 20 , 11:30 am to 1:00 pm.
La nutrition, la santé des os, et le cancer du sein	Mercredi, 26 mai , de 18 h 30 à 20 h

Support Groups - May 2021	Date & Time
Register with Carly Berlin , carly.berlin.ccomtl@ssss.gouv.qc.ca ; or call 514-340-3616, ext 208 .	
Faire face au cancer	Lundis, 3, 17 et 31 mai de 13 h à 14 h 30
Men's Club	Tuesday, May 4 11:30 a.m. - 1:00 p.m.
Coping with Cancer	Fridays, May 7 & 21 1:00 p.m. - 2:30 p.m.
Post-Treatment , bilingual group	Tuesday, May 11 6:00 p.m. - 7:30 p.m.
Diagnostic récent du cancer du sein Groupe fermé - participation obligatoire aux 6 rencontres	Mercredi, 12 mai de 18 h 30 à 20 h
CancerFightClub: Bros Club (18-39) Connect with Rick at rickster104@sympatico.ca	Wednesday, May 12 7:00 p.m.
ClubDéfiCancer: vendredi, on jase! (18-39 ans)	Vendredi, 14 mai de 20 h à 22 h

Bereavement Support Groups - May 2021

Register with **Hinda Goodman** at hgoodman@jgh.mcgill.ca or call: **514-340-8222, ext 25531**.

Groups	Date & Time
Mourning Café	Thursdays, May 6 & 20 5:00 p.m.- 6:30 p.m.
Living with Loss Closed group - participants must attend all 8 sessions	Wednesday, May 26 3:30 p.m.- 5:00 p.m.

SAVE THE DATE: What's Happening in June

Free Public Webinars	Date & Time
Annual Cancer Survivorship Celebration	Monday, June 7 , at 7:00 pm
<u>Guest speaker:</u> Susan Doherty <u>Topic:</u> Back from the Brink: How I Survived a Deadly Illness. A virtual event open to anyone who has been touched by cancer, from the newly diagnosed to long time survivors, caregivers, family members and the general public. <i>Register by May 15th and triple your chances to win one of over 30 door prizes, including a grand prize valued at \$300!</i>	
Cancer & Sexuality: Let's Talk About It!	Thursday, June 10 , 11:30 a.m. - 12:30 p.m.

Online Activities - May 2021



For all online Zoom activities, please refer to <https://www.hopeandcope.ca/events-activities>

REGULAR PROGRAMMING

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
3, 10, 17 and 31	4, 11, 18 and 25	5, 12, 19 and 26	6, 13, 20 and 27	7, 14, 21 and 28
10.00-11.15 Qi Gong - Level 1 * 15.00-17.00 Choir	10.00-10.45 Yoga 13.00-14.00 Chair Workout: Posture & Balance 14.00-14.45 Relaxation	10.00-11.15 Tai Chi 12.00-13.00 Open Art Studio 14.00-14.45 Healthy Cooking	10.30-11.15 Qi Gong, level 2** 13.15-14.30 Group Reiki	10.00-11.00 Zen Toning

Monday, May 24, HOPE & COPE closed for National Patriots' Day

NOTES: See PROGRAM GUIDE for the list of support groups.

C = closed group, participants must attend entire series

* Level 1 - Beginners

** Level 2 - Intermediate

Don't miss our Free Webinars. Register on-line at <https://www.hopeandcope.ca/events-activities>

Webinars	Date & Time	Details
Know your Rights: Returning to Work La conférence se déroulera en anglais, mais la conférencière pourra répondre aux questions en français.	Thursday, May 6, 11:30 am to 1:00 pm.	Want to know your rights vis-à-vis employment, human resources and government benefits? This session is open to all cancer patients and their caregivers.
The Art of Coping This workshop will provide you with practical strategies for coping with cancer, but also with the stress related to COVID-19	Thursday, May 20, 11:30 am to 1:00 pm.	Topics covered include reframing negative thoughts and how best to communicate your personal needs.
La nutrition, la santé des os, et le cancer du sein Pour celles en traitement actif contre le cancer du sein.	Mercredi, 26 mai, de 18 h 30 à 20 h	Certains traitements du cancer du sein peuvent entraîner la fragilité des os. Une bonne nutrition sous la forme d'une alimentation riche en calcium peut garder vos os en bonne santé.