

# Programs & Services Guide

For the Georgian Bay Cancer Support Centre



Georgian Bay  
Cancer Support Centre

**JANUARY  
TO APRIL  
2024**



# HOPE

📍 45 Edward Street, Penetanguishene

☎ 705-549-6444



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**Everyone at For Sale On Georgian Bay is so proud to support the incredible work that the Georgian Bay Cancer Support Centre does within our Community.**

Whether you're looking to rightsize your home, move closer to loved ones or find that Georgian Bay dream home, **whenever and however** you need us...

*We'll be with you every step of the way.* 

Call Or Text Us Anytime **705-209-3095**



[info@forsaleongeorgianbay.ca](mailto:info@forsaleongeorgianbay.ca) / 705-209-3095

**Ontario  
Trillium  
Foundation**



**Fondation  
Trillium  
de l'Ontario**

An agency of the Government of Ontario  
 Un organisme du gouvernement de l'Ontario

The Georgian Bay Cancer Support Centre thanks the Ontario Trillium Foundation for helping to make this publication possible.

# About the GBCSC



The **Georgian Bay Cancer Support Centre** has been providing psychosocial support to people living with cancer and their families since 2011.

Psychosocial Oncology is a specialty in cancer care concerned with understanding and treating the social, psychological, emotional, spiritual, and functional aspects of cancer; from prevention through bereavement. It is a whole-person approach to cancer care that aims to actualize a wide range of human needs.

## CONTACT INFORMATION

### **Tammy Davenport**

*Member Services & Programs Coordinator*

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### **John Faragher**

*Member Representative on the Board of Directors*

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## OUR MISSION

The Georgian Bay Cancer Support Centre's mission is to provide emotional, physical, social, and spiritual support; education and information as a complement to the medical system for people affected by cancer.

## OUR VISION

The Georgian Bay Cancer Support Centre strives to be recognized as a source of support, education and motivation for people living with cancer, their families, & caregivers. Our vision is to be recognized throughout North Simcoe and the surrounding communities as a place of hope, comfort, strength, and courage.

## HOURS OF OPERATION

Monday-Wednesday.....9am-5pm

Thursday-Friday.....9am-4pm

Saturday-Sunday..... Closed

## HOLIDAY HOURS & CLOSURES

January 1 (*New Year's Day*)..... Closed

February 19 (*Family Day*)..... Closed

March 29 (*Good Friday*)..... Closed

After hours appointments may be available on some days upon request. If you have specific needs that fall outside of the advertised hours of operation, please contact us for after hours appointment availability and we will do our best to accommodate your needs.

**Land Acknowledgment:** *The land on which we gather is the traditional territory of the Huron-Wendat, Odawa (oh-da-wah) and Anishinabek (ah-nish-nah-bek) Nations. The GBCSC welcomes people of all ethnicities, religions, gender identities, sexual orientations, and abilities.*

# Programs/Health & Safety

## GENERAL PROGRAM INFORMATION

Group Programs are available to all members of the Georgian Bay Cancer Support Centre. In general, members are welcome to all GBCSC programs, unless otherwise specified in the description of the specific program.

## CONFIDENTIALITY

Personal information shared within the environment of any GBCSC program is to be kept confidential, and the viewpoints and stories shared by others are done so with the expectation of a safe and private environment.

Members are reminded that sharing of information gathered within a private GBCSC group with individuals outside of the group is not appropriate and is not permitted.

## A SAFE SPACE TO SHARE

The safe and inclusive environment enjoyed by GBCSC members is only made possible by the cooperation of all. Any action that may reasonably be perceived as demeaning or threatening to any individual or population of people is not permitted and individuals acting in such a manner may be asked not to attend group programs.

Behaviour that is contradictory to the values of the Georgian Bay Cancer Support Centre should be reported to staff immediately.

## HEALTH & SAFETY

The health and safety of all individuals who enter our facilities is of the utmost important. As such, we ask that if you have a cold or feel unwell, you do not come into the facility, as you will likely be interacting with others who may be in treatment and are more vulnerable to infection.

Masks are not required but you are welcome and encouraged to wear one if you wish.

## ACCESSING PROGRAMS

### On-Site Attendance

For programs taking place on-site at the GBCSC, we ask members to register in advance of attending for the first time. If you decide you wish to attend regularly you will be added to the attendance list and there will be no need to sign up for each subsequent session. This helps us to ensure we have the appropriate amount of space set up for participants and allows facilitators to properly prepare their program plans.

### Online Attendance

If you wish to join one of our programs but cannot make it in to our site one day, contact us to see if online attendance may be an option for you.

The GBCSC has an inventory of Samsung Galaxy tablets available to loan to members who wish to attend programs online but do not have a suitable device to use. In order to secure a tablet, contact our Member Programs & Services Coordinator at [info@gbcancersupportcentre.ca](mailto:info@gbcancersupportcentre.ca).

### Accommodating Access

If you require accommodations in order to access any of programs, please let us know. If you are unable to physically attend a specific program that is not available online and would like to participate please email [info@gbcancersupportcentre.ca](mailto:info@gbcancersupportcentre.ca) and we will do our best to set up online access.

## NON-MEMBER ATTENDANCE

Members are encouraged to invite others in the community, who are currently fighting cancer or acting as caregiver to someone who is, to accompany them to a program.

We simply ask that you let us know in advance (even upon arrival if needed) so that we can introduce ourselves and schedule a new member intake at the end of their visit.

# Membership



## MEMBERSHIP AT THE GBCSC

Membership at the Georgian Bay Cancer Support Centre is free and is open for people who have been diagnosed with cancer, their direct caregivers, and immediate household members.

No medical referral is required for membership. Membership at the GBCSC simply allows us to more accurately understand the diverse needs of the individuals in the community we are serving.

To arrange an appointment with our Member Service Coordinator, please fill in the contact form at [gbcancersupportcentre.ca/join-us/become-a-member](http://gbcancersupportcentre.ca/join-us/become-a-member) or call the Centre at (705) 549-6444 ext 203.

## MEMBER REPRESENTATION IN GOVERNANCE

The Georgian Bay Cancer Support centre is guided by a volunteer Board of Directors. Two positions on the Board are filled by members of the GBCSC. The elected member representatives are nominated to the board by members to ensure that the organization is led in a manner that is reflective of those with lived experience through their own cancer journey.



## MEMBER CONNECT FORUM

All members are encouraged to join us for Member Connect, an opportunity to help guide decisions related to programs, services, and resources offered by the GBCSC and to receive updates on any ongoing initiatives of the Centre. Meetings are a great opportunity to meet others, hear from informative guest speakers, and get involved in programs, events, or activities. All members are invited for snacks, coffee, and to contribute to the meeting.

*Invitations / reminders to each meeting will be sent to all members the week prior to meeting dates.*

## UPCOMING MEETING DATES



# Member Services

## INDIVIDUAL MEMBER SERVICES

Services aimed at easing the physical, emotional, mental, and financial burden of cancer are available to members by appointment, and subject to availability. Your specific relationship with cancer will determine eligibility for some or all services offered.

To learn more or book an appointment, contact our Member Programs & Services Coordinator at 705-549-6444 ext.203.

### Counselling

Counselling from qualified professionals can be offered in person, on the phone, or online and is available for individuals, couples, and families.

**Wednesdays | 2pm-6pm | Virtual | By appointment**

**Thursdays | 12pm-4pm | GBCSC | By appointment**

### Reiki

Reiki is an energy healing technique that promotes relaxation and can help to reduce stress through gentle touch. Relax and enjoy the calm!

**Tuesdays (3<sup>rd</sup> each Month) | 12:45pm & 2:00pm**

**By appointment**

**Facilitators: Dino Pangrazzi & Cheryl Moore**

### Seated Massage Therapy

Enjoy the many benefits of seated massage with *All Access Massage Therapy*. Sessions are 20 minutes and intend to help ease discomfort & reduce stress.

**Fridays Jan 5, 26, Feb 9, 23, Mar 8, 22, Apr 5, 26**

**at 1pm-2pm By appointment**

**Facilitators: All Access Massage Therapy**

### Wig Fitting

With the help of an experienced hair stylist and the support of a friend or loved one, browse our wig bank for your perfect new look, and have it modified and styled to suit you best. Wigs and care products are yours to keep for as long as you'd like.

For those looking for a style of wig not currently available in our inventory, we will help source one that meets your needs.

**Available by appointment**



## TRANSPORTATION ASSISTANCE & GAP FUNDING

Individuals requiring transportation support to and from treatment-related appointments may be eligible for either funding support and/or transportation offered through a third-party. Individuals are encouraged to contact us well in advance of any scheduled treatment appointments in order to properly coordinate transportation and funding resources.

## WHEELS OF HOPE (Canadian Cancer Society)

Transportation to and from treatment appointments  
Contact: **1-888-939-3333**

## COMMUNITY REACH

Local transportation and transportation for non-local specialized healthcare.

**705-528-6999 | [information@communityreach.ca](mailto:information@communityreach.ca)**

## GAS, ACCOMMODATIONS, & PARKING (GAP) FUNDING

Members currently diagnosed with cancer may be eligible for financial assistance for certain travel expenses associated with out-of-town cancer treatment. The following may be available to you:

- **Prepaid gas cards / mileage expense**
- **Hospital parking passes / reimbursement**
- **Accommodations expense reimbursement**

# Meditative & Support Groups



## **Journey of Hope**

Express yourself in a safe space and be supported by your peers while navigating the journey together. Learn from the experience of others and feel the strength that comes from shared experiences.

***Wednesdays (biweekly) at 11:00am***

***Facilitator: Lesley Tripp***

## **Life After Cancer**

Join a group of strong, resilient individuals who have lived with cancer or supported a loved one in their cancer journey and support each other as you continue your journey.

***Mondays (biweekly) at 1:00pm***

***Facilitator: Lyndsey Laurin***

## **Men's Support**

Gentlemen, this group is for you. Come and share your challenges, your triumphs, and your experiences in a safe and welcoming environment with other men who are in a real position to relate.

***Mondays (biweekly) at 5:00pm***

***Facilitator: Jay Sutton***



***\*Support Groups are available in person at the GBCSC. Online attendance can be arranged with advance notice***

## **MEDITATIVE PROGRAMS**

### **Yoga Nidra**

Join Danna for this relaxing class and learn how Yoga Nidra or Yogic Sleep can help you relax, relieve anxiety, and promote sleep by calming the mind. Put on your PJs and settle in to relax and quiet your mind.

***Thursdays (weekly) at 7:00pm | Online***

***Facilitator: Danna Montgomery***

## **TRADITIONAL INDIGENOUS SUPPORT**

All members of the GBCSC are invited to take part in indigenous programming offered thanks to a partnership with the Georgian Bay Native Friendship Centre.

### **Smudging, Teaching, and Healing from an Indigenous Perspective**

With a focus on Healing, join Bronson Black and learn how Indigenous practices can help guide you in learning how to heal your body, mind and spirit. Take part in a smudging ceremony that can help you on your journey.

***Fridays (biweekly) | 11:00am***

***Facilitator: Bronson Black***

## **SUPPORT GROUPS**

### **Caregivers' Support**

Caregivers play an essential role in supporting their loved ones through their cancer journey and need support too.

Join this group designed specially for caregivers to help you take care of yourself while taking care of your loved one.

***Mondays (biweekly) at 4:00pm***

***Facilitator: Cheryl Moore***

# Wellness & Creative Expression

## Card Making

Join our expert card artist and an enthusiastic group as you are guided in creating your own unique, beautiful cards. No experience needed and all supplies provided.

**Wednesdays (weekly) at 1:00pm**

**Facilitator: Carol Saunders**

## Knitting with Friends

Have you always wanted to learn how to crochet, knit or macrame? Join this creative class while enjoying good company and conversation too. No experience necessary and all supplies provided.

**Thursdays (weekly) at 10:00am**

**Facilitators: Janet Bryans**

## Guided Legacy Writing

Join expert writer, author Brenda Wood and learn how to write for yourself or others, share your true feeling or tell your own story. No experience needed.

**Mondays (biweekly) at 2:00pm**

**Facilitator: Lyndsey Laurin**



## Line Dancing

Experience the thrill of the line! Join us for fun, fitness, and friendship in this morning of Line Dancing that incorporates Mambo, Disco, Waltz, Cha-Cha, Merengue and more! Please register with Tammy or call the Centre.

**Wednesdays Mar 27, Apr 3, 10, 17, & 24 at 10:00am**

**Facilitator: John Baird**

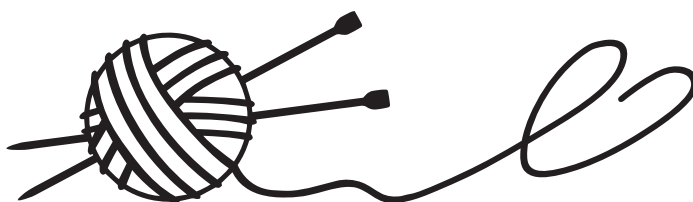
## Music Therapy

Join us for a Music Therapy group focused on using music strategies to manage stress, safely express emotion, and build community. By engaging with creativity, participants will learn about the benefits of singing, playing, and listening to music.

No musical experience is required. Group members are encouraged to bring their own musical instrument if desired.

**Mondays (biweekly) at 11:00am**

**Facilitator: Kelly Lefaive Music Therapist  
Reg. Psychotherapist (Qualifying)**





# Exercise & Social Programs

## EXERCISE PROGRAMS

Our exercise programs offer light to moderate movement, tailored to individuals who are in or recovering from treatment or are trying to maintain strength and mobility through low-impact activity.

Members are encouraged to consult with their healthcare provider or treatment team prior to taking part in exercise programs. Facilitators are happy to modify movements to ensure accessibility and suitability for all participants.



### Body Balance

Join Danna as she leads you through movements to stretch and strengthen your body using resistance bands and your own body weight along to great music. No experience needed.

**Thursdays (weekly) at 1:30pm**

**Facilitator: Danna Montgomery**

### Chair Yoga

This gentle Yoga class facilitates movement and mobility by incorporating light movement and gentle stretching with the assistance of a chair.

All experience levels welcome.

**Tuesdays (weekly) at 1:30pm**

**Facilitator: Danna Montgomery**

## SOCIAL PROGRAMS

### Book Club

Join us for an afternoon of inspired conversation as we read and discuss a chapter every week.

Participants will receive their own copy of the book and a reading schedule.

**Mondays (biweekly) at 2:00pm**

**Facilitator: Lyndsey Laurin**

### Cooking for Cancer

Do you enjoy making soup or have you always wanted to learn? Join us in the GBCSC kitchen for this nutritional education program and to learn how to prepare delicious, healthy soups to help support your health and recovery. Recipes, nutritional information and preparation guidance provided by a Registered Dietitian. To register please email Tammy or call 705-549-6444 ext 203.

**Fridays (biweekly) Program at 10:00am**

**Consultant: Reg. Dietitian Charlotte Hall**

### Soup for the Soul

Drop by the Centre to enjoy a delicious bowl of nutritious, homemade soup and connect with other members and staff on biweekly Fridays.

**Fridays (biweekly) Drop-In Lunch at 12:30pm**

**Facilitator: Lise Rollo**



# JANUARY 2024

MONDAY		TUESDAY		WEDNESDAY	
1		2		3	
<i>New Year's Day</i>				<b>Journey of Hope</b> pg.5 @11:00am <hr/> <b>Card Making</b> pg.6 @1:00pm	
8		9		10	
<b>Life After Cancer Group</b> pg.5 @1:00pm <hr/> <b>Guided Legacy Writing</b> pg.6 @2:00pm <hr/> <b>Caregivers' Support</b> pg.5 @4:00pm <hr/> <b>Men's Support Group</b> pg.5 @5:00pm		<b>Chair Yoga</b> pg.7 @1:30pm		<b>Card Making</b> pg.6 @1:00pm	
15		16		17	
		<b>Chair Yoga</b> pg.7 @1:30pm		<b>Journey of Hope</b> pg.5 @11:00am <hr/> <b>Card Making</b> pg.6 @1:00pm <hr/> <b>Virtual Counselling</b> pg.4 By Appointment	
22		23		24	
<b>Music Therapy</b> pg.6 @11:00am <hr/> <b>Life After Cancer Group</b> pg.5 @1:00pm <hr/> <b>Guided Legacy Writing</b> pg.6 @2:00pm <hr/> <b>Caregivers' Support</b> pg.5 @4:00pm <hr/> <b>Men's Support Group</b> pg.5 @5:00pm		<b>Reiki</b> pg.4 @12:45pm @2:00pm <hr/> <b>Chair Yoga</b> pg.7 @1:30pm		<b>Card Making</b> pg.6 @1:00pm <hr/> <b>Virtual Counselling</b> pg.4 By Appointment	
29		30		31	
<b>Book Club</b> pg.7 @2:00pm		<b>Chair Yoga</b> pg.7 @1:30pm		<b>Journey of Hope</b> pg.5 @11:00am <hr/> <b>Card Making</b> pg.6 @1:00pm <hr/> <b>Virtual Counselling</b> pg.4 By Appointment	

# JANUARY 2024

THURSDAY		FRIDAY		WEEKEND	
4		5		6	
Knitting with Friends pg.6 @10:00am		Cooking for Cancer pg.7 @10:00am			
Body Balance pg.7 @1:30pm		Soup for the Soul pg.7 @12:30pm		7	
Yoga Nidra pg.5 @7:00pm		Seated Massage pg.4 @1:00pm			
11		12		13	
Knitting with Friends pg.6 @10:00am		Smudging, Teaching, and Healing from an Indigenous Perspective pg.5 @11:00am			
Virtual Counselling pg.4 By Appointment			14		
Body Balance pg.7 @1:30pm					
Yoga Nidra pg.5 @7:00pm					
18		19		20	
Knitting with Friends pg.6 @10:00am		Cooking for Cancer pg.7 @10:00am			
Virtual Counselling pg.4 By Appointment		Soup for the Soul pg.7 @12:30pm		21	
Body Balance pg.7 @1:30pm					
Yoga Nidra pg.5 @7:00pm					
25		26		27	
Knitting with Friends pg.6 @10:00am		Smudging, Teaching, and Healing from an Indigenous Perspective pg.5 @11:00am			
Virtual Counselling pg.4 By Appointment			28		
Body Balance pg.7 @1:30pm					
Yoga Nidra pg.5 @7:00pm					

# FEBRUARY 2024

MONDAY

TUESDAY

WEDNESDAY

5	6	7
<p><b>Music Therapy</b> @11:00am pg.6</p> <p><b>Life After Cancer Group</b> pg.5 @1:00pm</p> <p><b>Guided Legacy Writing</b> pg.6 @2:00pm</p> <p><b>Caregivers' Support</b> pg.5 @4:00pm</p> <p><b>Men's Support Group</b> pg.5 @5:00pm</p>	<p><b>Chair Yoga</b> @1:30pm pg.7</p>	<p><b>Card Making</b> @1:00pm pg.6</p> <p><b>Virtual Counselling</b> pg.4 By Appointment</p>
12	13	14
<p><b>Book Club</b> @2:00pm pg.7</p>	<p><b>Chair Yoga</b> @1:30pm pg.7</p>	<p><b>Journey of Hope</b> pg.5 @11:00am</p> <p><b>Card Making</b> @1:00pm pg.6</p> <p><b>Virtual Counselling</b> pg.4 By Appointment</p>
19	20	21
<p>The Centre is CLOSED</p> <p><i>Family Day</i></p>	<p><b>Reiki</b> @12:45pm pg.4 @2:00pm</p> <p><b>Chair Yoga</b> @1:30pm pg.7</p>	<p><b>Card Making</b> @1:00pm pg.6</p> <p><b>Virtual Counselling</b> pg.4 By Appointment</p>
26	27	28
<p><b>Book Club</b> @2:00pm pg.7</p>	<p><b>Chair Yoga</b> @1:30pm pg.7</p>	<p><b>Journey of Hope</b> pg.5 @11:00am</p> <p><b>Card Making</b> @1:00pm pg.6</p> <p><b>Virtual Counselling</b> pg.4 By Appointment</p>

# FEBRUARY 2024

THURSDAY	FRIDAY	WEEKEND
<b>1</b>	<b>2</b>	<b>3</b>
<b>Knitting with Friends</b> pg.6 @10:00am <hr/> <b>Virtual Counselling</b> pg.4 By Appointment <hr/> <b>Body Balance</b> @1:30pm pg.7 <hr/> <b>Yoga Nidra</b> @7:00pm pg.5	<b>Cooking for Cancer</b> pg.7 @10:00am <hr/> <b>Soup for the Soul</b> @12:30pm pg.7	<b>4</b>
<b>8</b>	<b>9</b>	<b>10</b>
<b>Knitting with Friends</b> pg.6 @10:00am <hr/> <b>Virtual Counselling</b> pg.4 By Appointment <hr/> <b>Body Balance</b> @1:30pm pg.7 <hr/> <b>Yoga Nidra</b> @7:00pm pg.5	<b>Smudging, Teaching, and Healing from an Indigenous Perspective</b> pg.5 @11:00am <hr/> <b>Seated Massage</b> @1:00pm pg.4	<b>11</b>
<b>15</b>	<b>16</b>	<b>17</b>
<b>Knitting with Friends</b> pg.6 @10:00am <hr/> <b>Virtual Counselling</b> pg.4 By Appointment <hr/> <b>Body Balance</b> @1:30pm pg.7 <hr/> <b>Yoga Nidra</b> @7:00pm pg.5	<b>Cooking for Cancer</b> pg.7 @10:00am <hr/> <b>Soup for the Soul</b> @12:30pm pg.7	<b>18</b>
<b>22</b>	<b>23</b>	<b>24</b>
<b>Knitting with Friends</b> pg.6 @10:00am <hr/> <b>Virtual Counselling</b> pg.4 By Appointment <hr/> <b>Body Balance</b> @1:30pm pg.7 <hr/> <b>Yoga Nidra</b> @7:00pm pg.5	<b>Smudging, Teaching, and Healing from an Indigenous Perspective</b> pg.5 @11:00am <hr/> <b>Seated Massage</b> @1:00pm pg.4	<b>25</b>
<b>29</b>		
<b>Knitting with Friends</b> pg.6 @10:00am <hr/> <b>Virtual Counselling</b> pg.4 By Appointment <hr/> <b>Body Balance</b> @1:30pm pg.7 <hr/> <b>Yoga Nidra</b> @7:00pm pg.5		

# MARCH 2024

MONDAY

TUESDAY

WEDNESDAY

4	5	6
<b>Music Therapy</b> @11:00am pg.6 <hr/> <b>Life After Cancer Group</b> pg.5 @1:00pm <hr/> <b>Guided Legacy Writing</b> pg.6 @2:00pm <hr/> <b>Caregivers' Support</b> pg.5 @4:00pm <hr/> <b>Men's Support Group</b> pg.5 @5:00pm	<b>Chair Yoga</b> @1:30pm pg.7	<b>Card Making</b> @1:00pm pg.6 <hr/> <b>Virtual Counselling</b> pg.4 By Appointment
11	12	13
<b>Book Club</b> @2:00pm pg.7	<b>Chair Yoga</b> @1:30pm pg.7 <hr/> <b>Member Connect Forum</b> pg.3 @3:00pm	<b>Journey of Hope</b> pg.5 @11:00am <hr/> <b>Card Making</b> @1:00pm pg.6 <hr/> <b>Virtual Counselling</b> pg.4 By Appointment
18	19	20
<b>Music Therapy</b> @11:00am pg.6 <hr/> <b>Life After Cancer Group</b> pg.5 @1:00pm <hr/> <b>Guided Legacy Writing</b> pg.6 @2:00pm <hr/> <b>Caregivers' Support</b> pg.5 @4:00pm <hr/> <b>Men's Support Group</b> pg.5 @5:00pm	<b>Reiki</b> @12:45pm pg.4 @2:00pm <hr/> <b>Chair Yoga</b> @1:30pm pg.7	<b>Card Making</b> @1:00pm pg.6 <hr/> <b>Virtual Counselling</b> pg.4 By Appointment
25	26	27
<b>Book Club</b> @2:00pm pg.7	<b>Chair Yoga</b> @1:30pm pg.7	<b>Journey of Hope</b> pg.5 @11:00am <hr/> <b>Card Making</b> @1:00pm pg.6 <hr/> <b>Virtual Counselling</b> pg.4 By Appointment <hr/> <b>Line Dancing</b> @10:00am pg. 6

# MARCH 2024

THURSDAY	FRIDAY	WEEKEND
	1 Cooking for Cancer pg.7 @10:00am Soup for the Soul @12:30pm pg.7	2 3
7 Knitting with Friends pg.6 @10:00am Virtual Counselling pg.4 By Appointment Body Balance @1:30pm pg.7 Yoga Nidra @7:00pm pg.5	8 Smudging, Teaching, and Healing from an Indigenous Perspective pg.5 @11:00am Seated Massage @1:00pm pg.4	9 10
14 Knitting with Friends pg.6 @10:00am Virtual Counselling pg.4 By Appointment Body Balance @1:30pm pg.7 Yoga Nidra @7:00pm pg.5	15 Cooking for Cancer pg.7 @10:00am Soup for the Soul @12:30pm pg.7	16 17
21 Knitting with Friends pg.6 @10:00am Virtual Counselling pg.4 By Appointment Body Balance @1:30pm pg.7 Yoga Nidra @7:00pm pg.5	22 Smudging, Teaching, and Healing from an Indigenous Perspective pg.5 @11:00am Seated Massage @1:00pm pg.4	23 24
28 Knitting with Friends pg.6 @10:00am Virtual Counselling pg.4 By Appointment Body Balance @1:30pm pg.7 Yoga Nidra @7:00pm pg.5	29 The Centre is CLOSED  <i>Good Friday</i>	30 31

# APRIL 2024

MONDAY		TUESDAY		WEDNESDAY	
1		2		3	
Music Therapy @11:00am pg.6	Life After Cancer Group pg.5 @1:00pm	Chair Yoga @1:30pm pg.7		Card Making @1:00pm pg.6	Virtual Counselling pg.4 By Appointment
Guided Legacy Writing pg.6 @2:00pm	Caregivers' Support pg.5 @4:00pm			Line Dancing @10:00am pg.7	
Men's Support Group pg.5 @5:00pm					
8		9		10	
Book Club @2:00pm pg.7		Chair Yoga @1:30pm pg.7		Journey of Hope @11:00am pg.5	Card Making @1:00pm pg.6
				Virtual Counselling pg.4 By Appointment	Line Dancing @10:00am pg. 6
15		16		17	
Music Therapy @11:00am pg.6	Life After Cancer Group pg.5 @1:00pm	Reiki @12:45pm pg.4 @2:00pm	Chair Yoga @1:30pm pg.7	Card Making @1:00pm pg.6	Virtual Counselling pg.4 By Appointment
Guided Legacy Writing pg.6 @2:00pm	Caregivers' Support pg.5 @4:00pm			Line Dancing @10:00am pg.7	
Men's Support Group pg.5 @5:00pm					
22		23		24	
Book Club @2:00pm pg.7		Chair Yoga @1:30pm pg.7		Journey of Hope @11:00am pg.5	Card Making @1:00pm pg.6
				Virtual Counselling pg.4 By Appointment	Line Dancing @10:00am pg.7
29		30			
Music Therapy @11:00am pg.6	Life After Cancer Group pg.5 @1:00pm	Chair Yoga @1:30pm pg.7			
Guided Legacy Writing pg.6 @2:00pm	Caregivers' Support pg.5 @4:00pm				
Men's Support Group pg.5 @5:00pm					



# APRIL 2024

THURSDAY	FRIDAY	WEEKEND
4	5	6
Knitting with Friends pg.6 @10:00am Virtual Counselling pg.4 By Appointment Body Balance @1:30pm pg.7 Yoga Nidra @7:00pm pg.5	Smudging, Teaching, and Healing from an Indigenous Perspective pg.5 @11:00am Seated Massage @1:00pm pg.4 <i>Trivia Night</i> 	7
11	12	13
Knitting with Friends pg.6 @10:00am Virtual Counselling pg.4 By Appointment Body Balance @1:30pm pg.7 Yoga Nidra @7:00pm pg.5	Cooking for Cancer pg.7 @10:00am Soup for the Soul @12:30pm pg.7	14
18	19	20
Knitting with Friends pg.6 @10:00am Virtual Counselling pg.4 By Appointment Body Balance @1:30pm pg.7 Yoga Nidra @7:00pm pg.5	Smudging, Teaching, and Healing from an Indigenous Perspective pg.5 @11:00am Seated Massage @1:00pm pg.4	21
25	26	27
Knitting with Friends pg.6 @10:00am Virtual Counselling pg.4 By Appointment Body Balance @1:30pm pg.7 Yoga Nidra @7:00pm pg.5	Cooking for Cancer pg.7 @10:00am Soup for the Soul @12:30pm pg.7	28

 *Cancer Awareness Month*

# Supporting the GBCSC

## HOPE GIVES HERE

GBCSC supports hundreds of cancer patients and their families annually throughout North Simcoe and the surrounding area. We can only do what we do thanks to our many generous donors and sponsors. Funds raised go to directly the operation of the Centre and make it possible for those impacted by cancer to access important services programs close to home.

## GIVE MONTHLY: JOIN OUR HEROES OF HOPE GIVING TEAM

GBCSC members receive the support services and programs they need thanks to our many generous donors. We are especially grateful to our Heroes of Hope Giving Team who provide scheduled, recurring gifts throughout the year. These regular gifts ensure our members receive the support they need when they need it most.

***A monthly gift goes a long way:***

## MONTHLY GIVING



**\$5/month** provides a bowl of soup and fellowship during bi-weekly Soup for the Soup program.



**\$10/month** is enough to provide a counselling session with a registered professional.



**\$25/month** gives someone a high quality wig and a sense of self esteem.



**\$50/month** covers the cost of support services that offer coping strategies following a diagnosis.



**\$100/month** can cover the cost of gas for someone's weekly 'out-of-town' treatment appointment.

A Heroes of Hope gift can vary in size (whatever amount suits your budget) and in frequency (you can decide when you want to donate). Plus, we'll keep you updated throughout the year about how your gift

is making a difference. Giving Team Members also receive a consolidated annual donation receipt early in the new year.

To join the Heroes of Hope Giving Team and helps us do what we do throughout the year, go to [gbcancersupportcentre.ca//donate-today](http://gbcancersupportcentre.ca//donate-today) or call **705 549 6444, ext 204**.

## HONOUR SOMEONE WITH A GIFT TO GBCSC

You can also make a gift to the GBCSC in memory of a loved one or dedicate it to someone currently battling cancer. Just to go our website or call 705 549 6444 ext. 204. We'll send a card to the family or person to notify them about the gift.

If you have any other donation-related questions or need additional assistance, email [fundraising@gbcancersupportcentre.ca](mailto:fundraising@gbcancersupportcentre.ca) or call 705 549 6444, ext. 204.

*Thank You For Your Support!*



***"Having a Home of Hope as a safe haven and the program available in our local community has been a Godsend to me, many times over!"***

# Supporting the GBCSC



## CANCER AWARENESS MONTH

April 1-30

Help bring hope to those in need during Cancer Awareness Month this April. Your donation this April means twice as much thanks to a gift-matching pledge from some generous supporters! Contact us to find out how to make your gift go as far as possible!



## TRIVIA NIGHT

April 5

Join us as we kick off our annual April Cancer Awareness Month Campaign with our second annual Trivia Night. Individual and team registration available along with dinner and lots of fun for all. For more information and to get involved, go to [gbcancersupportcentre.ca/events](http://gbcancersupportcentre.ca/events).

## TO MAKE A DONATION



[www.gbcancersupportcentre.ca/donate-today](http://www.gbcancersupportcentre.ca/donate-today)

Visit our website and give to the GBCSC.



45 Edward Street, Penetanguishene, ON 

Bring a donation into the Georgian Bay Cancer Support Centre.



(705) 549-6444 ext. 204

Call us, we can accept donations over the phone.



To: *Georgian Bay Cancer Support Centre*

Send a donation by cheque to the Centre.

# Volunteer at the GBCSC

## Behind every great organization is a team of really great people!

The Georgian Bay Cancer Support Centre is nothing without our amazing volunteers. If you are interested in joining our team of volunteers, we would love to hear from you! Volunteer opportunities range from regular weekly shifts, to singular events, to Board of Directors positions.

## Available volunteer roles include:

- Member experience
- Events
- Gardening and outdoor maintenance
- BINGO ...and more

Contact [alharrison@gbcancersupportcentre.ca](mailto:alharrison@gbcancersupportcentre.ca) or visit [gbcancersupportcentre.ca/join-us](http://gbcancersupportcentre.ca/join-us) to learn more or to attend our next volunteer information session.



Georgian Bay  
Cancer Support Centre

50/50

For Hope



March 15th Draw!

in support of the Georgian Bay Cancer Support Centre



[www.rafflebox.ca/raffle/gbcsc](http://www.rafflebox.ca/raffle/gbcsc)

**BUY TICKETS  
ONLINE**

75 Tickets | \$100

25 Tickets | \$50

10 Tickets | \$25

3 Tickets | \$10

**FORSALEON**   
**GEORGIANBAY.ca**  
KELLERWILLIAMS EXPERIENCE REALTY BROKERAGE

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