

Programs & Services Guide

For the Georgian Bay Cancer Support Centre

HOPE



Georgian Bay
Cancer Support Centre

SEPTEMBER
TO DECEMBER

2024



www.gbcancersupportcentre.ca

📍 45 Edward Street, Penetanguishene

☎ 705-549-6444

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

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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 & South Georgian Bay 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

October 14 (*Thanksgiving*) Closed

December 24 Closing at 12pm

December 25 - January 1..... 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 importance. 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 Services & Volunteer Coordinator at alharrison@gbcancersupportcentre.ca.

Accommodating Access

If you require accommodations in order to access any of our 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 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 to 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 Services & Volunteer Coordinator, please fill in the contact form at gbcancersupportcentre.ca/join-us/become-a-member or call the Centre at (705) 549-6444 ext 2030.

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 at 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 Services & Volunteer Coordinator at 705-549-6444 ext.2030.

Counselling

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

Mondays and Thursdays by appointment

Lymphatic Massage

For those experiencing Lymphedema as a result of treatment, find relief from the pain and stress through Georgian College's Massage Therapy Program. (Student practitioners with experienced supervisors on site).

Wednesdays (monthly) at 1:30pm 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

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 (3rd 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 at 1:00pm by appointment

Facilitators: Michelle Pauze & Carolyn Cliche

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

BRIAN & ANITA MILLETT GAS, ACCOMMODATIONS, & PARKING (GAP) FUND

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

CANADIAN RED CROSS

Local and non-local transportation for medical appointments.

redcross.ca/in-your-community
705-721-3313

Meditative & Support Groups

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.

Healing from an Indigenous Perspective

With a focus on Healing, join Gaving King 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) at 11:00am

Facilitator: Gavin King / Carolyn Contonis



***NEW: for information on support groups in Collingwood, see page 7.**



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.

Wednesdays (biweekly) at 4:00pm

Facilitator: Cheryl Moore

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 4:00pm

Facilitator: Jay Sutton

Wellness & Creative Expression

WELLNESS PROGRAMS

Nature Therapy *Registration Required*

A quiet way of being in nature to connect with the plants and trees in the garden, other like-minded people who love nature, and with ourselves. Simple activities in the garden will provide an hour of pleasant relaxation, boost our immune system, and deepen our appreciation of the natural world we live in.

Fridays (biweekly) at 10:00am

Facilitator: Karen Chaplin

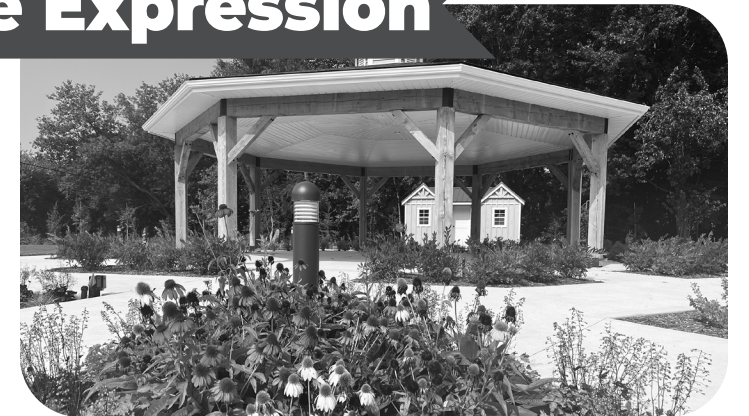
Introduction to Qigong

An ancient practice involving a series of slow, repetitive stretching & strengthening movements with breathing exercises. Improves balance, posture, flexibility, concentration, fosters awareness of how the body moves through space, and increases blood flow to joints and muscles.

It's an excellent choice for those with physical limitations, or those interested in strengthening the body to increase vitality.

Fridays (biweekly) at 10:00am

Facilitator: Karen Chaplin



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 is necessary. All supplies provided.

Wednesdays (weekly) at 1:00pm

Facilitator: Carol Saunders

Guided Legacy Writing

Join avid writer Lyndsey Laurin 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

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 are provided.

Thursdays (weekly) at 10:00am

Facilitators: Janet Bryans

Music as Therapy

Join us for a Music as 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.

Wednesdays (biweekly) at 11:00am

Facilitator: Bob Bruer



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

Motion is Lotion

Gentle movement activities for the young at heart. Guaranteed fun, laughter, and comradery. Meet 'n' Greet Bingo, Non-elimination games, Scavenger Hunt "Star Trivia", "Novelty dances".

Tuesdays (weekly) at 11:00am

Facilitator: John Baird

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 cooking 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 and salads to help support your health and recovery. Recipes, nutritional information and preparation guidance provided by a Registered Dietitian. To register please email Angela or call 705-549-6444 ext 2030.

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



INFORMATION PROGRAMS

Cancer Talks Speaker's Series

An opportunity for Members to get together and learn from various speakers in the community. Soup for the Soul luncheon will follow the session.

Fridays (biweekly) at 11:30am

Sept. 13th - Hospice Huronia: **Debbie Kesheshian**

Sept. 27th - Closing the Medicine Wheel: **Kathryn Lovelady**

Oct. 11th - Fire Safety: **Ashlee Hebner Penetanguishene F.D.**

Oct. 25th - Indigenous Harvest Feast: **Kathryn Lovelady**

Nov. 8th - Indigenous Ethnobotanicals & Nutraceuticals:

Brian & Kathryn Lovelady

Nov. 22nd - Mindful Movements: **Michelle & Carolyn**

Dec. 6th - Italy Travel Show: **Jennifer Anaka**

Collingwood Calendar

COLLINGWOOD PROGRAMS

Caregivers', Men's, and Women's Support Groups meet at the Journey's Blend Café at 30 Mountain Road in Collingwood.

Cancer Talks meets at the Collingwood Leisure Time Club at 100 Minnesota Street in Collingwood.



SEPTEMBER 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	Caregivers' @4:30pm			
9	10	11	12	13
	Women's Group @4:30pm	Men's Group @4:30pm		
16	17	18	19	20
Cancer Talks @11:30am	Caregivers' @4:30pm			
23	24	25	26	27
	Women's Group @4:30pm	Men's Group @4:30pm		

OCTOBER 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	4
	Caregivers' @4:30pm			
7	8	9	10	11
Cancer Talks @11:30am	Women's Group @4:30pm	Men's Group @4:30pm		
14	15	16	17	18
	Caregivers' @4:30pm			
21	22	23	24	25
Cancer Talks @11:30am	Women's Group @4:30pm	Men's Group @4:30pm		
28	29	30	31	1

NOVEMBER 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
Cancer Talks @11:30am	Caregivers' @4:30pm			
11	12	13	14	15
	Women's Group @4:30pm	Men's Group @4:30pm		
18	19	20	21	22
Cancer Talks @11:30am	Caregivers' @4:30pm			
25	26	27	28	29
	Women's Group @4:30pm	Men's Group @4:30pm		

DECEMBER 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Cancer Talks @11:30am	Caregivers' @4:30pm			
9	10	11	12	13
	Women's Group @4:30pm	Men's Group @4:30pm		
16	17	18	19	20
Cancer Talks @11:30am	Caregivers' @4:30pm			
23	24	25	26	27
30	31			

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY
2 The Centre is CLOSED <i>Labour Day</i>	3 Chair Yoga pg.6 @1:30pm	4 Card Making pg.5 @1:00pm
9 Counselling pg.3 11:30am to 1:30pm Men's Support Group pg.4 @4:00pm	10 Chair Yoga pg.6 @1:30pm Member Connect Forum pg.2 @3:00pm	11 Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm Caregivers' Support Group pg.4 @4:00pm
16 Counselling pg.3 11:30am to 1:30p Life After Cancer Group pg.4 @1:00pm Guided Legacy Writing pg.5 @2:00pm	17 Reiki pg.3 @12:45pm @2:00pm Chair Yoga pg.6 @1:30pm	18 Music is Therapy pg.5 @11:00am Card Making pg.5 @1:00pm Lymphatic Massage pg.3 @1:00pm
23 Counselling pg.3 11:30am to 1:30pm Book Club pg.6 @2:00pm Men's Support Group pg.4 @4:00pm	24 Motion is Lotion pg.6 @11:00am Chair Yoga pg.6 @1:30pm	25 Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm Caregivers' Support Group pg.4 @4:00pm
30 Counselling pg.3 11:30am to 1:30pm Life After Cancer Group pg.4 @1:00pm Guided Legacy Writing pg.5 @2:00pm	<i>Childhood Cancer Awareness Month</i>	

SEPTEMBER 2024

THURSDAY	FRIDAY	WEEKEND
5 Knitting with Friends pg.5 @10:00am Body Balance pg.6 @1:30pm Yoga Nidra pg.4 @7:00pm	6 Qigong pg.5 @10:00am Healing from an Indigenous Perspective pg.4 @11:00am	7 8
12 Knitting with Friends pg.5 @10:00am Body Balance pg.6 @1:30pm Yoga Nidra pg.4 @7:00pm	13 Nature Therapy pg.5 @10:00am Cooking for Cancer pg.6 @10:00am Speaker Series pg.6 @11:30am Soup for the Soul pg.6 @12:30pm	14 15
19 Knitting with Friends pg.5 @10:00am Body Balance pg.6 @1:30pm Yoga Nidra pg.4 @7:00pm	20 Qigong pg.5 @10:00am Healing from an Indigenous Perspective pg.4 @11:00am Seated Massage pg.3 @1:00pm	21 22
26 Knitting with Friends pg.5 @10:00am Body Balance pg.6 @1:30pm Yoga Nidra pg.4 @7:00pm	27 Nature Therapy pg.5 @10:00am Cooking for Cancer pg.6 @10:00am Speaker Series pg.6 @11:30am Soup for the Soul pg.6 @12:30pm Seated Massage pg.3 @1:00pm	28 29

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY
<i>Paint the Town Pink</i>	1 Motion is Lotion @11:00am pg.6 Chair Yoga @1:30pm pg.6	2 Music is Therapy @11:00am pg.5 Card Making @1:00pm pg.5
	7 Counselling pg.3 11:30am to 1:30pm Book Club @2:00pm pg.6 Men's Support Group pg.4 @4:00pm	8 Motion is Lotion @11:00am pg.6 Chair Yoga @1:30pm pg.6
14 The Centre is CLOSED <i>Thanksgiving</i>	15 Motion is Lotion @11:00am pg.6 Reiki @12:45pm @2:00pm pg.3 Chair Yoga @1:30pm pg.6	16 Music is Therapy @11:00am pg.5 Card Making @1:00pm pg.5 Lymphatic Massage @1:00pm pg.3
21 Counselling pg.3 11:30am to 1:30pm Book Club @2:00pm pg.6 Men's Support Group pg.4 @4:00pm	22 Motion is Lotion @11:00am pg.6 Chair Yoga @1:30pm pg.6	23 Journey of Hope @11:00am pg.4 Card Making @1:00pm pg.5 Caregivers' Support Group pg.4 @4:00pm
28 Counselling pg.3 11:30am to 1:30p Life After Cancer Group pg.4 @1:00pm Guided Legacy Writing pg.5 @2:00pm	29 Motion is Lotion @11:00am pg.6 Chair Yoga @1:30pm pg.6	30 Music is Therapy @11:00am pg.5 Card Making @1:00pm pg.5

OCTOBER 2024

THURSDAY	FRIDAY	WEEKEND
3 Knitting with Friends pg.5 @10:00am Counselling pg.3 1:00pm to 3:00pm Body Balance @1:30pm pg.6 Yoga Nidra @7:00pm pg.4	4 Qigong @10:00am pg.5 Healing from an Indigenous Perspective @11:00am pg.4 Seated Massage @1:00pm pg.3	5 6 7
10 Knitting with Friends pg.5 @10:00am Counselling pg.3 1:00pm to 3:00pm Body Balance @1:30pm pg.6 Yoga Nidra @7:00pm pg.4	11 Nature Therapy @10:00am pg.5 Cooking for Cancer @10:00am pg.6 Speaker Series @11:30am pg.6 Soup for the Soul @12:30pm pg.6 Seated Massage @1:00pm pg.3	12 13
17 Knitting with Friends pg.5 @10:00am Counselling pg.3 1:00pm to 3:00pm Body Balance @1:30pm pg.6 Yoga Nidra @7:00pm pg.4	18 Qigong @10:00am pg.5 Healing from an Indigenous Perspective @11:00am pg.4	19 20
24 Knitting with Friends pg.5 @10:00am Counselling pg.3 1:00pm to 3:00pm Body Balance @1:30pm pg.6 Yoga Nidra @7:00pm pg.4	25 Nature Therapy @10:00am pg.5 Cooking for Cancer @10:00am pg.6 Speaker Series @11:30am pg.6 Soup for the Soul @12:30pm pg.6	26 27
31 Knitting with Friends pg.5 @10:00am Counselling pg.3 1:00pm to 3:00pm Body Balance @1:30pm pg.6 Yoga Nidra @7:00pm pg.4	<i>Breast Cancer Awareness Month</i>	

NOVEMBER 2024

MONDAY

TUESDAY

WEDNESDAY

Men's Cancer and Mental Health Awareness Month

4		5		6	
Counselling pg.3	11:30am to 1:30pm	Chair Yoga pg.6	@1:30pm	Journey of Hope pg.4	@11:00am
Book Club pg.6	@2:00pm			Card Making pg.5	@1:00pm
				Caregivers' Support Group pg.4	@4:00pm
11		12		13	
Counselling pg.3	11:30am to 1:30p	Chair Yoga pg.6	@1:30pm	Music is Therapy pg.5	@11:00am
Life After Cancer Group pg.4	@1:00pm	Member Connect Forum pg.2	@3:00pm	Card Making pg.5	@1:00pm
Guided Legacy Writing pg.5	@2:00pm				
18		19		20	
Counselling pg.3	11:30am to 1:30pm	Reiki pg.3	@12:45pm @2:00pm	Journey of Hope pg.4	@11:00am
Book Club pg.6	@2:00pm	Chair Yoga pg.6	@1:30pm	Card Making pg.5	@1:00pm
Men's Support Group pg.4	@4:00pm			Lymphatic Massage pg.3	@1:00pm
				Caregivers' Support Group pg.4	@4:00pm
25		26		27	
Counselling pg.3	11:30am to 1:30p	Chair Yoga pg.6	@1:30pm	Music is Therapy pg.5	@11:00am
Life After Cancer Group pg.4	@1:00pm			Card Making pg.5	@1:00pm
Guided Legacy Writing pg.5	@2:00pm				

NOVEMBER 2024

THURSDAY

FRIDAY

WEEKEND

1		2			
Qigong pg.5	@10:00am				
Healing from an Indigenous Perspective pg.4	@11:00am		3		
7		8		9	
Knitting with Friends pg.5	@10:00am	Nature Therapy pg.5	@10:00am		
Counselling pg.3	1:00pm to 3:00pm	Cooking for Cancer pg.6	@10:00am		
Body Balance pg.6	@1:30pm	Speaker Series pg.6	@11:30am		10
Yoga Nidra pg.4	@7:00pm	Soup for the Soul pg.6	@12:30pm		
14		15		16	
Knitting with Friends pg.5	@10:00am	Qigong pg.5	@10:00am		
Counselling pg.3	1:00pm to 3:00pm	Healing from an Indigenous Perspective pg.4	@11:00am		17
Body Balance pg.6	@1:30pm	Seated Massage pg.3	@1:00pm		
Yoga Nidra pg.4	@7:00pm				
21		22		23	
Knitting with Friends pg.5	@10:00am	Nature Therapy pg.5	@10:00am		
Counselling pg.3	1:00pm to 3:00pm	Cooking for Cancer pg.6	@10:00am		
Body Balance pg.6	@1:30pm	Speaker Series pg.6	@11:30am		24
Yoga Nidra pg.4	@7:00pm	Soup for the Soul pg.6	@12:30pm		
28		29		30	
Knitting with Friends pg.5	@10:00am	Qigong pg.5	@10:00am		<i>Holiday Market</i>
Counselling pg.3	1:00pm to 3:00pm	Healing from an Indigenous Perspective pg.4	@11:00am		DECEMBER 1
Body Balance pg.6	@1:30pm	Seated Massage pg.3	@1:00pm		
Yoga Nidra pg.4	@7:00pm				

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY
2 Counselling pg.3 11:30am to 1:30pm Book Club pg.6 @2:00pm Men's Support Group pg.4 @4:00pm	3 Chair Yoga pg.6 @1:30pm <i>Giving Tuesday</i>	4 Journey of Hope pg.4 @11:00am Card Making pg.5 @1:00pm Caregivers' Support Group pg.4 @4:00pm
9 Counselling pg.3 11:30am to 1:30p Life After Cancer Group pg.4 @1:00pm Guided Legacy Writing pg.5 @2:00pm	10 Chair Yoga pg.6 @1:30pm	11 Music is Therapy @11:00am pg.5 Card Making @1:00pm pg.5 Lymphatic Massage @1:00pm pg.3
16 Book Club @2:00pm pg.6 Men's Support Group @4:00pm pg.4	17 Chair Yoga @1:30pm pg.6	18 Journey of Hope @11:00am pg.4 Card Making @1:00pm pg.5 Caregivers' Support Group @4:00pm pg.4
23 Guided Legacy Writing @2:00pm pg.5 Life After Cancer Group @1:00pm pg.4	24 The Centre CLOSSES @12:00	25 The Centre is CLOSED <i>Merry Christmas</i>
30 The Centre is CLOSED	31 The Centre is CLOSED	JANUARY 1 The Centre is CLOSED <i>New Year's Day</i>

DECEMBER 2024

THURSDAY	FRIDAY	WEEKEND
5 Knitting with Friends pg.5 @10:00am Counselling pg.3 1:00pm to 3:00pm Body Balance @1:30pm pg.6 Yoga Nidra @7:00pm pg.4	6 Nature Therapy @10:00am pg.5 Cooking for Cancer @10:00am pg.6 Speaker Series @11:30am pg.6 Soup for the Soul @12:30pm pg.6 Seated Massage @1:00pm pg.3	7 8
12 Knitting with Friends pg.5 @10:00am Counselling pg.3 1:00pm to 3:00pm Body Balance @1:30pm pg.6 Yoga Nidra @7:00pm pg.4	13 Qigong @10:00am pg.5 Healing from an Indigenous Perspective @11:00am pg.4	14 15
19 Knitting with Friends pg.5 @10:00am Counselling pg.3 1:00pm to 3:00pm Body Balance @1:30pm pg.6 Yoga Nidra @7:00pm pg.4	20 Nature Therapy @10:00am pg.5 Cooking for Cancer @10:00am pg.6 Soup for the Soul @12:30pm pg.6 Seated Massage @1:00pm pg.3 <i>Holiday Drop-In Lunch</i>	21 22
26 The Centre is CLOSED <i>Boxing Day</i>	27 The Centre is CLOSED	28 29

Supporting the GBCSC

GBCSC currently supports well over **350 members and their families** annually throughout North Simcoe, Southern Georgian Bay, and the surrounding area. We can only **provide free programs and support services thanks to our many generous supporters.** Funds raised assist with the operation of the GBCSC and make it possible for those impacted by cancer to access important support programs and services close to home.

HONOUR SOMEONE WITH A GIFT OF SUPPORT

When you make a gift to the GBCSC, you can **dedicate it in memory of a loved one, for someone currently battling cancer, or for a special occasion like a birthday.** Just to go our website or call 705 549 6444 ext. 2040. We'll send a card to a recipient or family member to notify them about your special gift of support.

Give Monthly and Be a Hero Every Day

JOIN OUR HEROES OF HOPE GIVING TEAM

Make a big difference by providing a scheduled, recurring gift all year long. Your regular gifts ensure we can continue to provide free programs and supporters for those in need.

\$25 A MONTH HELPS PROVIDE A WIG & A SELF-ESTEEM BOOST WHEN THEY'RE LOSING THEIR HAIR DURING CANCER TREATMENTS.

\$50 A MONTH FUNDS THE COST OF A SUPPORT GROUP TEACHING COPING STRATEGIES AFTER A DIAGNOSIS.

\$100 A MONTH HELPS COVER SOME OUT-OF-TOWN COSTS THROUGH OUR GAP FUND (GAS, ACCOMMODATION, & PARKING).

As a Hero, you can decide on the gift amount that works best and when you want to donate (monthly, bi-monthly, quarterly etc.). Most importantly, your gift goes to work right away.

TO MAKE A DONATION



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. 2040

Call us, we can accept donations over the phone.



To: Georgian Bay Cancer Support Centre

Send a donation by cheque to the Centre.



To: ewalter@gbcancersupportcentre.ca

e-transfer a donation to the GBCSC.

To join the Heroes of Hope Giving Team, go to gbcancersupportcentre.ca/donate-today or call 705 549 6444, ext 2040.

Denise McLutaggart

Cancer Survivor

"My journey was made bearable thanks to a huge support system. I want to ensure others facing similar battles have access to the same vital resources and community."

By contributing monthly, we can provide hope, strength, and crucial support to those in need."

If you have any other donation-related questions or need additional assistance, email fundraising@gbcancersupportcentre.ca or call 705 549 6444, ext. 2040.

Upcoming GBCSC Events



PAINT THE TOWN PINK

October 1-31

Our famous pink/lavender, plumed, and bedazzled pumpkins are back again! The annual event coincides with Breast Cancer Awareness Month in October. Our popular pumpkins are on sale over the first half of October. Community Partners will again offer special products and promotions in support of the GBCSC. Plus, there's an online auction to bid for extra-special pumpkins and more.



HOLIDAY MARKET

November 30 10:00am-3:00pm

Holiday gifts, festive décor, and handmade treasures are what you'll find at our Hope for the Holidays Winter Market. Local artisans and fantastic vendors will sell incredible items, from custom wood carvings and one-of-a-kind Christmas cards to knitted fashions and everything in between. Get your photo with Santa and taste some sweet treats.



HOLIDAY DROP-IN LUNCH

December 20 12:30pm-2:00pm

Members, Volunteers & and the families are invited to join us for a special holiday lunch before we wish everyone a happy holiday season and say goodbye until 2025. A hearty soup, fresh baked goodies, and warm drinks are all on the menu as we celebrate a wonderful year together and prepare for some rest over the holidays.

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 or visit gbcancersupportcentre.ca/join-us to learn more or to attend our next volunteer information session.

Georgian Bay
Cancer Support Centre

50/50

For Hope



December 12 Draw!

in support of the **Georgian Bay Cancer Support Centre**



www.rafflebox.ca/raffle/gbcsc

**BUY TICKETS
ONLINE**

75 Tickets | \$100
25 Tickets | \$50

10 Tickets | \$25
3 Tickets | \$10

Lottery License #RAFI358231

45 Edward Street, Penetanguishene, ON L9M 1J8 | 705-549-6444 | gbcancersupportcentre.ca