









# Hearth Place Cancer Support Centre

Drop-in Centre hours are Monday to Thursday 10:00 am. to 4:00 pm.  
 Friday 10:00 am. to 12:00 pm. -- Phone 905 579 4833

## Calendar of Events for March, 2010



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00-11:00 Do It With Ease* 10:00-11:30 Massage by appt. 12:00-2:00 Newly Diagnosed Breast Cancer Support Group* 8/8 1:00-2:30 Caregiver Support Group* 1/8	<b>2</b> 9:30 Walk Club* 12:30-3:45 Reiki by appt. 2:00-4:30 Steps towards Spiritual Healing B* 1/5 5:00-7:00 Meditation and Spiritual Study	<b>3</b> 10:30-11:45 Yoga* 1:00 & 2:00 Reiki by appt. 1:00-3:00 Metastatic Support Group* 6:30-8:30 Namaste Grief Support Group* 7/8 7:00-8:30 Alumni Breast Cancer Support Group*	<b>4</b> 10:30-12:30 The Healing Journey Level 1 & 2* 8/10 1:30 & 3:00 Reiki by appt. 6:00-7:30 Memories through Music* 1/4	<b>5</b> 10:00 & 11:00 Therapeutic Touch by appt. 10:00 & 11:00 Reflexology by appt. 
<b>8</b> 10:00-11:00 Do It With Ease* 1:00 & 2:15 Therapeutic Touch by appt. 12:00-2:00 Newly Diagnosed Breast Cancer Support Group* 1/8 1:00-2:30 Caregiver Support Group* 2/8	<b>9</b> 9:30 Walk Club* 10:30-3:00 Healing Touch by appt. 12:30-3:45 Reiki by appt. 2:00-4:00 Transformational Power* 5:00-7:30 Life Story*	<b>10</b> 10:30-11:45 Yoga* 1:00-3:00 Metastatic Support Group* 6:30-8:00 Young Hearts Support Group* 5/8 7:00-8:30 Pink Sensations 7:00-8:30 Fireside Chat with Jill Matthews* <i>'Introducing Body, Mind Reflections'</i>	<b>11</b> 10:30-12:30 The Healing Journey Level 1 & 2* 9/10 6:00-7:30 Memories through Music* 2/4 7:00-9:00 Lymphoma & Blood Related Cancers Support Group*	<b>12</b> 10:00 & 11:00 Therapeutic Touch by appt. 10:00 & 11:00 Reflexology by appt.  <p>Day Light Savings!            Don't forget!            Clocks go forward            on Sunday, March 14th</p>
<b>15</b> 10:00-11:00 Do It With Ease* 10:00-11:30 Massage by appt. 12:00- 2:00 Newly Diagnosed Breast Cancer Support Group* 2/8 (No Caregiver Support Group today)	<b>16</b> 9:30 Walk Club* 12:30-3:45 Reiki by appt. <b>2:00-4:00 Look Good Feel Better*</b> 2:00-4:30 Steps towards Spiritual Healing B* 2/5 5:00-7:00 Meditation and Spiritual Study	<b>17</b> 10:30-11:45 Yoga* 1:00 & 2:00 Reiki by appt.  1:00-3:00 Metastatic Support Group* 6:30-8:30 Namaste Grief Support Group* 8/8 7:00-8:30 Alumni Breast Cancer Support Group*	<b>18</b> 10:30-12:30 The Healing Journey Level 1 & 2* 10/10 1:30 & 3:00 Reiki by appt. 6:00-7:30 Memories through Music* 3/4 7:00-9:00 Lymphedema Monthly Support Group*	<b>19</b> 10:00 & 11:00 Therapeutic Touch by appt. 10:00 & 11:00 Reflexology by appt. 
<b>22</b> 10:00-11:00 Do It With Ease* 1:00 & 2:15 Therapeutic Touch by appt. 12:00-2:00 Newly Diagnosed Breast Cancer Support Group* 3/8 1:00-2:30 Caregiver Support Group* 3/8	<b>23</b> 9:30 Walk Club* 12:30-3:45 Reiki by appt. 6:30-8:00 Gynaecologic Cancer Support Group	<b>24</b> 10:30-11:45 Yoga* 1:00-3:00 Metastatic Support Group* 6:30-8:00 Young Hearts Support Group* 6/8 7:00-9:00 Lymphoma & Blood Related Cancers Support Group*	<b>25</b> 6:00-7:30 Memories through Music* 4/4	<b>26</b> 10:00 & 11:00 Therapeutic Touch by appt. 10:00 & 11:00 Reflexology by appt. 
<b>29</b> 10:00-11:00 Do It With Ease* 10:00-11:30 Massage by appt. 12:00-2:00 Newly Diagnosed Breast Cancer Support Group* 4/8 1:00-2:30 Caregiver Support Group* 4/8	<b>30</b> 9:30 Walk Club* 12:30-3:45 Reiki by appt. 7:00-9:00 Book Club*	<b>31</b> 10:30-11:45 Yoga* 1:00 & 2:00 Reiki by appt. 1:00-3:00 Metastatic Support Group*	*Please call to pre-register. Be aware that the size of some classes may be limited or require minimum registration to run. 	<b>National Colorectal Cancer Month</b> 