

SPRING 2014

# HopeSpring Program & Activities Guide



**FREE PROGRAMS & ACTIVITIES FOR THOSE WITH CANCER, THEIR FAMILIES AND CAREGIVERS**

## Message from the Executive Director



Spring is always a time of hope. As the days grow longer and we put the cold winter behind us, each of us is inspired by the signs of new life that begin to appear. No matter what our life circumstances are, the change in season renews us.

At HopeSpring, we partner with people to help them navigate their cancer journeys. When most first arrive here, they are quite literally traumatized — suffering from the shock brought on by the diagnosis of cancer, for themselves or a loved one. We work with them on both an individual and family basis, to first deal with the initial disbelief, and then to help them determine how we can support them according to their needs.

The featured programs in this guide centre around Music and Art, both of which have been shown to have remarkable positive psychological and physical effects. Our Music Therapy with Sarah and Wellness through Creative Art programs use music and art based techniques to help participants cope with the unique challenges they face.

HopeSpring strives to bring programs, services and resources to the community, based on direct input from the people we serve — those whose lives have been affected by cancer.

As always, none of this would be possible without the dedication and generosity of our volunteers, donors, and supporters. We offer all of our programs free of charge to anyone who needs them. But HopeSpring receives no government funding, and must rely on contributions of time and money to make ends meet.

If you're able to, why not volunteer at HopeSpring? We provide extensive training, and each of the more than 300 people who volunteer for us would agree: giving of your time and expertise is incredibly rewarding.

Or, if you're inclined, why not consider making a gift to HopeSpring? All donations are tax receiptable, and we're proud to report that our fundraising expenses are held to 11%, leaving the lion's share of every dollar for programs.

With best wishes for a peaceful and healthful spring,

  
**Gerard Seguin**



**LINDA MAXWELL,  
PROGRAM AND VOLUNTEER  
MANAGER**



**ANITA WOODARD,  
OFFICE ADMINISTRATOR**



**ANNE DAY,  
CANCER CARE COACH**



**STACY SHEASBY,  
CAMBRIDGE PROGRAM  
ASSISTANT**



## Contact Us

### Phone

519-742-HOPE (4673)

### Fax

1-800-848-9446

### Email

support@hopespring.ca



## Connect With Us

### Website

www.hopespring.ca

### Facebook

HopeSpring Cancer Support Centre

### Twitter

@Hope\_Spring

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THIS GUIDE CAN BE  
DOWNLOADED FROM  
**HOPESPRING.CA**

**HOPESPRING OFFERS MANY OPTIONS FOR PARTICIPANTS, THEIR FAMILIES AND CAREGIVERS. FIND YOUR FAVOURITE ACTIVITY, REQUIRED SERVICE OR SUPPORT NEEDS IN THIS GUIDE.**

### Registration for spring programs:

Phone HopeSpring (Main) 519-742-HOPE (4673) or in Guelph toll-free at 1-888-680-4673.



## About This Guide

HopeSpring produces the Program & Activities guide four times a year. Copies are available at the Kitchener, Cambridge, Guelph & Mount Forest locations as well as local Cancer centres and cancer agencies in the Waterloo Region.

The guide promotes programs, activities and services offered by HopeSpring. From our newest classes & activities to the popular favourites, the guide brings you the best programs for those newly diagnosed, living with cancer and post-treatment for all ages and abilities.

Every effort has been made to ensure the accuracy of the information listed within this guide. Program changes do occasionally occur and may not be reflected in the guide due to any new additions after the print deadline. Check for any updates or additions at **[www.hopespring.ca](http://www.hopespring.ca)**

All contact and registrations for all of our locations are made through the main office in Kitchener.

We welcome your comments & suggestions. Contact us at **[support@hopespring.ca](mailto:support@hopespring.ca)**

## Program Locations

### MAIN LOCATION

**HopeSpring Centre**  
16 Andrew St,  
Kitchener, ON

### NOTE

All in person and over the phone program registrations are made at our **main location only**.

### CAMBRIDGE

**Chaplin YMCA**  
250 Hespeler Rd  
Cambridge, ON  
(Back Entrance)

**Cambridge  
Memorial Hospital**  
700 Coronation Blvd,  
Cambridge, ON

**Langs**  
1145 Concession Rd,  
Cambridge, ON

### GUELPH

**Guelph Family  
Health Team**  
Old Quebec Mall  
212, 55 Wyndham St N  
Guelph, ON

**Guelph Community  
Health Centre (CHC)**  
176 Wyndham St N  
Guelph, ON

### KITCHENER

**Forest Heights Pool**  
251 Fischer-Hallman Rd  
Kitchener, ON

**Erb Street  
Mennonite Church**  
131 Erb St W  
Waterloo, ON

### MOUNT FOREST

**Mount Forest  
Family Health Team**  
525 Dublin St  
Mount Forest, ON

# Class Information

## PARKING

### Kitchener

There is a fee for parking at The Conrad Medical Centre. Rates are \$2 for the first two hours, \$1 per half hour after, to a daily maximum of \$20. Parking pass requests cost \$2 per visit. There is a 10 minute no charge drop-off window.

### Guelph

HopeSpring in Guelph is located at the Guelph Family Health Team within the Old Quebec Mall. There is free 2 hour street parking. The West Parkade entrance is the closest to the Guelph Family Health Team's office and is accessible off Macdonnell Street. Parking is \$1.75/hour, cash only, and payable on exit.

### Cambridge and Other Locations

Free parking is available at all of our other locations.

## CLASS CANCELLATIONS

Classes may be cancelled in the event of insufficient registration. You will, in the event of a cancellation, be contacted by email or phone to let you know. We reserve the right to change, cancel or alter any class times or facilitator.

## EMERGENCY CLOSINGS

If programs are unexpectedly cancelled, announcements will be made online and for weather conditions on most local radio stations. All participants registered for programs when an emergency closing is necessary will be contacted either by email or phone.

## PRIVACY AND CONFIDENTIALITY

In accordance with privacy laws and to protect the confidentiality of those using our programs and services, please be advised that names, addresses, and phone numbers are all privileged information.

## HOLIDAY SCHEDULE

### HopeSpring is closed on the following days:

New Year's Day, Family Day, Good Friday, Victoria Day, Canada Day, Civic Day, Labour Day, Thanksgiving Day, Christmas Day through to New Years.

## WHAT DO I NEED (HOPESPRING REGISTRATION FORM FOR NEW USERS & PROGRAM SIGN IN)

To participate in any HopeSpring program, we ask that we have a completed registration form. When you arrive at the program, you will be asked to sign in, so we can record your attendance to our program. This sign in list will be at the main desk (at HopeSpring's main location at 16 Andrew Street in Kitchener) or with the facilitator at our Cambridge and Guelph locations.

## WAIT LISTS

If your program or service of choice is full or not available, and you do not have any other choices, you will have the option of being placed on a waitlist. Our waitlists are given the first priority for future sessions.



The upcoming **summer issue** of the guide will be available mid-May online and for pickup.

## Adult & Youth Activities



### PHOTO SHOOTS BY SMILING EYES

Create memories that can be cherished. A professional photographer will provide a complimentary photo shoot to you and your family at a location of your choice. You will receive all your images ready to print and unwatermarked. Call for an available appointment time.

**Cambridge** | Saturday 9 – 1pm  
May 31

**Guelph** | Saturday 9 – 1pm  
Apr 26

**Kitchener** | Saturday 9 – 1pm  
Mar 29

### EUCHRE CARD CLUB

Enjoy some social time and have some fun with other HopeSpring members at our new Euchre Card Club that will meet every Monday between 11 am and noon. Feel free to bring a friend, family member or caregiver. Registration required.

**Kitchener** | Monday 11am – 12pm  
Mar 3, 10, 17, 24, 31 | Apr 7, 14, 21, 28 | May 5, 12, 26

### TEEN & YOUNG ADULT ACTIVITIES

Call us for details on any upcoming spring events for teens between the ages of 13 to 19 and young adults ages 20 to 30.

### HEALTHY COOKING

This is a six week interactive program that promotes fun and relaxation through participatory food preparation. You will prepare healthy recipes approved by the Canadian Cancer Society. Learn how to identify healthy food choices and habits. Increase your food planning and shopping skills to prepare healthy meals and snacks. Near the end of each session you will eat and enjoy the food you prepared with your group.

**Cambridge** | Langs | Thursday 6:30 – 8:30pm  
Mar 27 | Apr 3, 10, 17, 24 | May 1

**Guelph** | CHC | Monday 6:30 – 8:30pm  
Apr 7, 14, 21, 28 | May 5, 12

**Kitchener** | Erb St Church | Monday 6:30 – 8:30pm  
Apr 7, 14, 21, 28 | May 5, 12

### NUTRITIONAL GROCERY STORE TOUR FOR HEALTHY EATING

Come join Kylie, our registered in-store dietitian at the Zehrs Laurentian and Glenridge locations for a food tour that will make the science of food and nutrition easier to understand and empower you to make healthier choices including eating solutions to deal with cancer side effects. Registration required.

**Kitchener** | Zehrs Laurentian | Monday 5:30 – 7pm  
Mar 17 | Apr 14

**Kitchener** | Zehrs Glenridge | Wednesday 10 – 11:30am  
May 21

# Children's Programs



## S.O.A.R. PROGRAM

The children's program S.O.A.R. (Supportive Oncology Activities in Recreation) is the first program of its kind in the Waterloo Region. It is for children ages 3 to 12 that have been impacted by cancer (i.e., in active treatment, who are cancer survivors, or whose parent, grandparent, sibling or relative may be experiencing a cancer diagnosis).

Lead by a certified Child Life Specialist, the program consists of individual play and group activities based on themed classes including age appropriate fun crafts, songs, group games and stories.

### Spring Session

#### April 12 | **I am a superhero!**

Getting to know you and appreciating ourselves while discovering all YOUR hidden talents; exploring your strengths and hopes!

#### May 3 | **I've got a Feeling(s)!**

Learning about the feelings associated with cancer and what words and actions to use when I need to express them. There is no right or wrong way to feel about cancer!

#### May 24 | **New Beginnings...Welcome Summer!**

Celebrating the greatness of summer and a new season!  
A Dr. Seuss inspired morning at SOAR™!

**Kitchener** | Main Location

Saturday 9 – 10:30am

## KIDS YOGA

For children ages 7 to 13 that have been impacted by cancer (ie., in active treatment, who are survivors, or whose parent, grandparent, sibling or relative may be experiencing a cancer diagnosis.) Through fun poses, songs, and meditative storytelling, children can expand their creativity and self awareness while staying fit. Parents or adult family members are welcome to participate with the kids.

**Kitchener** | Saturday 10:30am – 11:30am

Mar 1 | May 24



# Education, Expressive Arts, Image, Feeling Good



## HENNA FOR HEALING

The henna is applied freehand using no stencils. The artist draws the design onto the participant. The design lasts for approximately two weeks and dries within an hour. You may want to try a Henna crown as an alternative to a wig. You will benefit from a very calming and relaxing experience, feel strong and beautiful and gain self confidence and self esteem during your healing process. They also help relieve the burning side effects experienced during chemo.

**Kitchener** | Friday 1 – 5pm  
Mar 21 | Apr 25 | May 30

## BETTER SLEEP

Learn strategies to decrease insomnia and how to relax the body in bed for better sleep. Hear about techniques that will help you prepare your mind and body for a restful night. You will be provided with a sleep diary to monitor your progress. This is a 5 week program.

**Kitchener** | Wednesday 11 – noon  
Apr 16, 23, 30 | May 7, 14

## HEALING JOURNEY ONE – COPING WITH STRESS

This is a six week program. Cancer can be a frightening and overwhelming experience.

Our signature program, The Healing Journey, is an exciting and innovative program which brings together some of the most effective tools and strategies for helping people deal with the experience of cancer and greatly improving their quality of life.

Let us help you in your healing journey.

**Guelph** | Friday 12:30 – 2pm  
Apr 25 | May 2, 9, 16, 23, 30

**Kitchener** | Wednesday 7 – 8:30pm  
Apr 16, 23, 30 | May 7, 14, 21

**Cambridge** | Wednesday 6:30 – 8pm  
Apr 2, 9, 16, 23, 30 | May 7

## HEALING JOURNEY TWO – SKILLS FOR HEALING

This is an eight week program. Healing Journey two is a natural progression from Healing Journey one. You are required to have completed Healing Journey one to register for this program. Skills for healing will focus on deeper relaxation by learning meditation. You will better understand the spiritual aspects of healing and be introduced to journal writing. Join us for the next level of your healing journey.

**Kitchener** | Thursday 6:30 – 8pm  
Apr 3, 10, 17, 24 | May 1, 8



## START HERE PROGRAM — NEW!

This is a five week program. Start here and go forward to wellness. Wellness coaching from a certified wellness coach will be provided in the following areas of focus; time management, change, nutrition, physical activity, stress management, sleep & deep relaxation. Through interactive discussion, practice self care to reach your best possible state of wellness.

**Cambridge** | Friday 10 – 11:30am  
Apr 4, 11, 25 | May 2, 9

## WHAT SHOULD I WEAR? — FASHION FUN

Want to look good and feel better and maybe save some money along the way! Come discover what styles look best on you. Learn how to pull together an outfit for a fabulous you! You will learn what styles suit each body shape, and how colour plays an important role.

**Kitchener** | Monday 1 – 3pm  
Mar 24 | May 26

## GIVE ME A BREAK BY LE SALON

The staff at Le Salon understand the stresses of a cancer diagnosis and want to give you a break to pamper yourself. Come enjoy a free mini pampering offering of a manicure and/or pedicure including a hand or foot massage by their caring staff. Looking good is part of feeling good.

**Kitchener** | Monday – Thursday  
Call for an available appointment time

## BEAUTIFY ME BY LE SALON

Losing your hair is never easy. The following hair services are available at Le Salon Monday through Thursday mornings.

- Free shaves for people losing their hair
- Free wig alterations such as shaping & bang trims

**Kitchener** | Monday – Thursday 9:30 – 12pm  
Call for an available appointment time

## PAMPERED & POLISHED

You deserve a relaxing break! You will receive a one-on-one basic manicure and a friendly chat with our volunteers. The evening service is available the first Tuesday evening of each month. Book your appointment today!

**Kitchener** | Monday 9:30 – 11am  
Mar 17, 31 | Apr 14, 28 | May 12, 26

**Kitchener** | Tuesday 6 – 7:30pm  
Mar 4 | Apr 1 | May 6

## MAKE UP MAGIC

What colours work best on you? Come learn about skin care as well as discovering your inner beauty. A fun filled way of meeting new people and walking away looking fabulous! Arrive at this program with a clean face (make up free) and bring along your own cosmetic items.

**Kitchener** | Monday 1 – 3pm  
Apr 14 | May 12

## MUSIC THERAPY WITH SARAH — NEW!

Come experience music therapy for your health and for your healing.

Music has an inherent ability to generate an emotional response in the listener. It stimulates a relaxation response which can therefore lead to physiological changes in the body. Music is known to reduce stress thereby producing related benefits such as lower blood pressure, improve breathing, reduced heart rate, and reduced tension in muscles. Explore opportunities for connection, healing and wellness through gentle music-making, listening, and group song writing.

Have an opportunity to connect with others impacted by cancer and strengthen each others spirits through music. This program is lead by a certified music therapist. No music experience is necessary.

**Kitchener** | Tuesday 7 – 8:30pm  
Mar 4, 25 | May 13

**Kitchener** | Saturday 11 – 12:30pm  
Apr 5

## Relaxation & Movement Programs



### QI GONG

Qi Gong uses gentle movement, breathing techniques, and meditation to cleanse, reinforce and help life energy flow freely through the body. It teaches how to control reactions to stress, reducing high blood pressure, frustration and anxiety. This exercise will help maintain a positive presence in life.

**Kitchener** | Tuesday 7:30 – 8:30pm  
Mar 4, 11, 18 | Apr 1, 8, 15, 22, 29 | May 6

### TAI CHI

Experience a soft, lyrical Chinese exercise for relaxation and stress reduction. It can be thought as a moving form of yoga and meditation combined. Tai Chi is an exercise for the body that helps with a state of mental calm and clarity.

**Kitchener** | Thursday 10 – 11:30am  
Mar 6, 13, 20, 27 | Apr 3, 10, 17, 24 | May 1, 8, 15, 22, 29

### WATER YOGA

Water Yoga is great for those living with cancer or post treatment survivors who want to exercise but unfortunately experience pain when working against gravity. Water can have a healing relaxing effect on the body.

**Kitchener** | Thursday 9:30 – 10:15am  
(Forest Heights Pool)  
Mar 6, 20, 27 | Apr 3, 10, 17, 24 | May 1, 8, 15, 22, 29

### THERAPEUTIC TOUCH

Therapeutic Touch is a healing technique designed to help restore the body's natural and healthy flow of energy. The treatment delivered by a certified volunteer practitioner provides a relaxing experience and improved sense of well-being. Appointments are 1 hour in length.

**Kitchener** | Monday – Saturday by appointment

**Guelph** | Friday 9 – 12pm by appointment  
Apr 25 | May 16, 30  
Friday 12 – 4pm by appointment  
Mar 7, 21 | Apr 11

### LAUGHTER YOGA

Laughter Yoga is a practice which combines yoga breathing and laughter exercises. The fun and gentle activity boosts the immune system and stimulates the brain to produce endorphins — feel good hormones. Whether your laughter is real or not, your body will get the benefits of this wonderful program. It's great for all ages and stages of recovery including family & caregivers.

**Cambridge** | **NEW!** | Thursday 1:30 – 2:30pm  
Mar 20 | Apr 24 | May 29

**Kitchener** | Monday 1 – 2pm  
Mar 3 | Apr 7 | May 5

### REIKI

("rei-ki") is an ancient healing technique. It is a treatment in which healing energy is channeled from the practitioner to the patient who is sitting or lying

quietly to enhance energy and reduce stress, pain and fatigue. Reiki is a simple procedure, consisting of calm and concentrated touching, with the practitioner focusing on healing and giving energy to specific areas on the receiver's body.

**Cambridge** | Friday 1 – 5pm

Mar 7, 14, 21, 28 | Apr 4, 11, 25 | May 2, 9, 16, 23, 30

**Guelph** | Friday 9 – 12pm by appointment

Apr 25 | May 16, 30

Friday Noon – 4pm by appointment

Mar 7, 21 | Apr 11

**Kitchener** | Monday – Saturday by appointment

## YOGA THRIVE

Yoga Thrive is a research based therapeutic yoga program designed to benefit cancer patients and post treatment survivors. It benefits those with stiffness, pain, stress or fatigue. You will be guided safely through the following and learn the techniques to incorporate this into your daily life:

- relaxation techniques — decrease stress and help insomnia
- breath work — diffuse anxiety and use to help in the healing process
- yoga poses — improve or restore strength, flexibility and balance
- core/pelvic floor — another important aspect of recovery is good pelvic floor health and these gentle exercises help you properly use your core

Participants register for the full session, typically seven weeks rather than individual classes.

No experience is necessary. Gentle yoga is recommended if you are in active treatment (radiation or chemotherapy).

**Kitchener** | Tuesday 10 – 11:30am

Session 1 | Mar 4, 11, 18, 25 | Apr 1, 8, 15

Session 2 | Apr 22, 29 | May 6, 13, 20, 27

## MASSAGE – SELF CARE FOR CAREGIVERS

Used as a primary intervention for caregivers massage assists with sore muscles as well as offers restfulness, compassion and peace of mind and often an increase in energy, focus and productivity which can last for many days.

**Kitchener** | Saturday 10 – 1pm by appointment

Mar 8 | May 3

## GENTLE YOGA

Gentle Yoga combines breathing, body awareness and deep relaxation. The gentle postures help stretch and strengthen the body.

**Cambridge** | Tuesday 1:30 – 3pm

Mar 4, 11, 18, 25 | Apr 1, 8, 15, 22, 29 | May 6, 13, 20, 27

**Guelph** | Monday 10 – 11:30am

Mar 3, 10, 17, 24, 31 | Apr 7, 14, 21, 28 | May 5, 26

**Kitchener** | Wednesday 5:30 – 6:45pm

Mar 5, 12, 19, 26 | Apr 2, 9, 16, 23, 30 | May 14, 21, 28

Thursday 7 – 8:30pm

Mar 6, 13, 20, 27 | Apr 3, 10, 17, 24 | May 1, 8, 15, 22, 29

Friday 9 – 10:30 am | **NEW!**

Mar 7, 21 | Apr 4, 25 | May 9, 23

Saturday 10:30 – 11:45am

Mar 8, 22 | Apr 5, 26 | May 10, 31

## REFLEXOLOGY

Uses pressure, stretch and movement to work-through the foot methodically. It is a clothed session with only the removal of shoes and socks as a requirement. The reflexologist will work within your comfort zone. Your personal preference should be communicated with the reflexologist.

**Cambridge** | **NEW!** | Friday 1 – 2pm

Mar 21 | Apr 25 | May 30

**Kitchener** | Monday – Saturday

Call for an available appointment time

**Guelph** | **NEW!** | Friday 9 – 12pm

Mar 7 | Apr 4 | May 2

## MEDITATION

The practice of meditation is over 2000 years old. Each class come explore with us different meditation techniques to help deal more effectively with stresses, and increase your health and well being. Meditation helps encourage a point of focus to help facilitate relaxation, inspiration and a higher knowing.

**Cambridge** | Wednesday 10 – 11 am

Mar 5, 19 | Apr 2, 16 | May 7, 21

**Kitchener** | **NEW!** | Wednesday 2 – 3pm

Mar 5, 19 | Apr 2, 16 | May 7, 21



## Special Events Calendar



### MOVING TOWARD SPIRITUAL HEALING WORKSHOP

This four week series will address the impact of a cancer diagnosis on self. We will explore the challenging questions related to personal meaning, judgement of self and others, forgiveness and other related topics in order to deepen your understanding of self, assist in your healing and increase your peace of mind.

**Kitchener** | Thursday 4:30 – 6pm  
Mar 6, 13, 20, 27

### UNDERSTANDING RELATIONSHIP STRESS WORKSHOP — NEW!

One of the best ways to cope with the stress of cancer is to have a strong emotional support system. However, a cancer diagnosis can put an enormous strain on important relationships such as a life partner, siblings, children, and employer. This three week series workshop will provide insights into the issues that most challenge interpersonal relationships, offering the tools to strengthen your relationships, enhance communication, and better meet ‘needs’.

**Kitchener** | Wednesday 6:30 – 8:30pm  
Mar 26 | Apr 2, 9

### OVARIAN CANCER AWARENESS TALK POWER OF KNOWLEDGE — NEW!

Ovarian cancer is the most fatal women’s cancer and Ovarian Cancer Canada is the only national charity dedicated solely to overcoming this disease. The unique Ovarian Cancer: Knowledge is Power program is designed to educate women and men about the disease and the importance of recognizing the signs and symptoms.

**Kitchener** | Tuesday 6:00 – 7:30pm  
Apr 29

### VISUALIZING WELLNESS WORKSHOP

There has been research completed showing the benefits of meditation and positive visualization in the treatment and recovery from Cancer.

Guided imagery has been effective in reducing anticipatory nausea and vomiting in adults receiving chemotherapy and for reducing anxiety and pain during invasive medical procedures. Controlled trials have shown that guided imagery significantly reduces tension, stress and fatigue. Participants will learn how to use these skills on their own.

**Kitchener** | Thursday 10 – 12pm  
Apr 10

## WELLNESS THROUGH CREATIVE ART EXPRESSION

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. Come express yourself creatively through different forms of art such as painting, and collage. You don't need to be talented or an artist to participate in this group class.

**Kitchener** | Tuesday 1 – 3:30pm  
Mar 18 | Apr 1, 15 | May 6

## LOOK GOOD, FEEL BETTER WORKSHOP

For women within the first year of their cancer diagnosis, this group workshop will teach you beauty techniques to help combat the appearance related side effects of cancer treatment.

**Cambridge** | Largs | Monday 1 – 3pm  
Mar 31

# Our Partners

## MEDICAL

- Grand River Regional Cancer Centre (GRRCC)
- Cambridge Memorial Hospital
- St. Mary's General Hospital
- Guelph General Hospital
- Hospice Waterloo
- Hospice Wellington
- Lisaard House

## NON MEDICAL

- Manulife Financial
- Zonta Club of Kitchener-Waterloo
- The Ontario Trillium Foundation
- The Corporation of the City of Cambridge
- The Kitchener-Waterloo Community Foundation (KWCF)
- Cambridge Chaplin Family YMCA
- Physiotherapy Associates of Cambridge
- Guelph Family Health Team
- Guelph Community Health Centre
- Mount Forest Family Health Team
- Kitchener Rangers
- CARP (Canadian Associate of Retired Persons) Chapter 25
- M&T Printing
- Waterloo Printing
- Hagon Design Inc.
- Smiling Eyes
- Largs
- Erb Street Mennonite Church
- Cancer Chat Canada
- Henna For You
- Le Salon

# Support



## PCCN WATERLOO-WELLINGTON PROSTATE SUPPORT GROUP

The PCCN provides both patients and their partners or other caregivers with an opportunity to meet to talk about the impact of the diagnosis. This group meets the 4th Tuesday of every month.

Areas of discussion may include emotions and fears associated with cancer, its disruption to one's life, the impact of cancer on the family, concerns for the future, and how to cope with treatment and side effects.

**Kitchener** | Tues 7 – 8:30pm  
Mar 25 | Apr 22 | May 27

## PARENTS OF CHILDREN WITH CANCER

Parents can share their concerns about the impact of the diagnosis on their children and family.

Our parents meet every 2nd Tuesday of the month. The group is facilitated by a parent representative and welcome new participants to join.

**Kitchener** | Tues 7 – 8:30pm  
Apr 8 | May 13

*“A support group reduces the tendency to bottle up emotions by offering a safe place to express them.”* **BRIDGET BROWN, HOPESPRING**

## WOMEN'S SUPPORT GROUP

Support amongst the group is offered, tips are shared and strategies for coping discussed. A wide range of topics are covered each meeting including everyday life events, past, present or future. Come discuss concerns about your future cancer treatments, eating problems, to relationship issues. This group is warm and friendly and a good social circle for women with cancer.

**Cambridge** | Tuesday 11 – 12:30pm  
Mar 4, 11, 18, 25 | Apr 1, 8, 15, 22, 29 | May 6, 13, 20, 27

**Kitchener** | Tuesday 2 – 3:30pm  
Over 45 group  
Mar 11, 25 | Apr 8, 29 | May 13, 27

**Kitchener** | Tuesday 7 – 8:30pm  
Under 45 group  
Mar 4, 18 | Apr 1, 15 | May 6, 20

## CONNECTING WITH WELLNESS

We hope you can join us on Friday mornings for an opportunity to come together for emotional support, encouragement and spiritual nourishment. Each session provides time for a deep relaxation exercise that is calming and restorative.

**Cambridge** | **NEW!** | Friday 11 – 12:30pm  
Mar 14, 28 | Apr 11, 25 | May 9, 23

**Kitchener** | Friday 10 – 11:30am  
Mar 7, 14, 21, 28 | Apr 4, 11, 25 | May 2, 9, 16, 23, 30



## ONLINE SUPPORT

Meet others going through the same challenges as you are without leaving the comfort of your home. We are now offering online support through CancerChatCanada facilitated by psychosocial oncology professionals at collaborating cancer centres. They will host free, confidential, text-only, live online chat support groups for our cancer patients, survivors, and family members — regardless of where you live in Ontario. Meet once a week for 90 minutes over the course of ten weeks.

Register online at [www.hopespring.ca](http://www.hopespring.ca) for the next available 10 week session.

## LYMPHOMA CANADA WATERLOO REGION CONNECTION

The focus of this group is to provide a peer community for individuals living with Lymphoma, their families and their caregivers. The group provides information, offers support and has guest speakers. HopeSpring hosts this group quarterly on Wednesdays at the Kitchener location. On line registration is available at [www.lymphoma.ca](http://www.lymphoma.ca). You can also call (519)742-4673 or 1-888-680-4673 in Guelph or register on line at [www.hopespring.ca](http://www.hopespring.ca) if you are interested in attending.

**Kitchener** | Wednesday 6:30 – 9pm  
May 7

## AAMAC (APLASTIC ANEMIA & MYELODYSPLASTIC ASSOCIATION OF CANADA) — NEW!

Have you been diagnosed with myelodysplastic syndrome, aplastic anemia or PNH?

Would you like to meet others with the same diagnosis? Come join our support group meeting. Patients, caregivers and health care professionals are welcome to attend. A light dinner will be served.

Speakers and Topics to be confirmed — visit our website [www.aamac.ca](http://www.aamac.ca). Please R.S.V.P. to [info@aamac.ca](mailto:info@aamac.ca) or call 1-888-840-0039.

**Kitchener** | Tuesday 6:30 – 8:30pm  
May 13

# Services

## WIGS & CAMISOLES

HopeSpring offers wigs and headcoverings to those losing their hair due to cancer treatment. We are able to offer the wigs we purchase free of charge, as all of our services, thanks to the generosity of our donors.

We are also pleased to provide free of charge, post mastectomy camisoles to women undergoing, or who have recently had a mastectomy.

Make an appointment in our boutique today for your private session with a trained staff member or volunteer by calling 519-742-4673 or 1-888-680-4673 (in Guelph).

# Resource Library

Your space, your place, your library. Come discover our new book offerings for the spring session!

Our Resource Library is located at our Kitchener location. You can come in and sit and browse through our books while you have a tea, coffee and a snack or feel free to borrow a book for up to three weeks. A friendly courtesy call will be made by one of our volunteers if you happen to forget to return it on time.

The resource library carries a wide variety of books about cancer, covering various topics from A to Z.

Come take a read. Our library is open Monday through Saturday during regular business hours.

# March, April & May 2014 Program Schedules

## MONDAY PROGRAM CALENDAR

Location	Program	Time	Mar	Apr	May
<b>Cambridge</b>	Look Good Feel Better	1–3pm	31	—	—
<b>Guelph</b>	Gentle Yoga	10–11:30am	3, 10, 17, 24, 31	7, 14, 21, 28	5, 26
Guelph	Healthy Cooking	6:30–8:30pm	—	7, 14, 21, 28	5, 12
<b>Kitchener</b>	Pampered & Polished	9:30–11am	17, 31	14, 28	12, 26
Kitchener	Beautify me by Le Salon	9:30–12pm	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 26
Kitchener	Reiki/Therapeutic Touch/Reflexology	9:30–5pm	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 26
Kitchener	Euchre Card Club	11–12pm	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 26
Kitchener	Laughter Yoga	1–2pm	3	7	5
Kitchener	Make Up Magic	1–3pm	—	14	12
Kitchener	What Should I Wear?	1–3pm	24	—	26
Kitchener	Give me a break by Le Salon	3–9pm	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 26
Kitchener	Nutritional Grocery Store Tour	5:30–7pm	17	14	—
Kitchener	Healthy Cooking	6:30–8:30pm	—	7, 14, 21, 28	5, 12

## TUESDAY PROGRAM CALENDAR

Location	Program	Time	Mar	Apr	May
<b>Cambridge</b>	Women's Support Group	11–12:30pm	4, 11, 18, 25	1, 8, 15, 22, 29	6, 13, 20, 27
Cambridge	Gentle Yoga	1:30–3pm	4, 11, 18, 25	1, 8, 15, 22, 29	6, 13, 20, 27
<b>Kitchener</b>	Beautify Me by Le Salon	9:30–12pm	4, 11, 18, 25	1, 8, 15, 22, 29	6, 13, 20, 27
Kitchener	Reiki/Therapeutic Touch/Reflexology	9:30–8pm	4, 11, 18, 25	1, 8, 15, 22, 29	6, 13, 20, 27
Kitchener	Yoga Thrive	10–11:30 am	4, 11, 18, 25	1, 8, 15, 22, 29	6, 13, 20, 27
Kitchener	Wellness — Creative Art Expression	1–3:30pm	18	1, 15	6
Kitchener	Women's Support Group (over 45)	2–3:30pm	11, 25	8, 29	13, 27
Kitchener	Give me a break by Le Salon	3–9pm	4, 11, 18, 25	1, 8, 15, 22, 29	6, 13, 20, 27
Kitchener	Pampered & Polished	6–7:30pm	4	1	6
Kitchener	Ovarian Cancer Awareness Talk	6:00–7:30pm	—	29	—
Kitchener	AAMAC support group	6:30–8:30pm	—	—	13
Kitchener	Music Therapy with Sarah	7–8:30 pm	4, 25	—	13
Kitchener	Parents Support Group	7–8:30pm	—	8	13
Kitchener	Women's Support Group (under 45)	7–8:30pm	4, 18	1, 15	6, 20
Kitchener	PCCN Prostate Support Group	7–8:30 pm	25	22	27
Kitchener	Qi Gong	7:30–8:30pm	4, 11, 18	1, 8, 15, 22, 29	6

## WEDNESDAY PROGRAM CALENDAR

Location	Program	Time	Mar	Apr	May
<b>Cambridge</b>	Meditation	10 – 11am	5, 19	2, 16	7, 21
Cambridge	Healing Journey 1	6:30 – 8pm	—	2, 9, 16, 23, 30	7
<b>Kitchener</b>	Reiki/Therapeutic Touch/Reflexology	9:30 – 8pm	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21, 28
Kitchener	Beautify Me by Le Salon	9:30 – 12pm	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21, 28
Kitchener	Nutritional Grocery Store tour	10 – 11:30 am	—	—	21
Kitchener	Better Sleep	11 – 12:00pm	—	16, 23, 30	7, 14
Kitchener	Meditation	2 – 3pm	5, 19	2, 16	7, 21
Kitchener	Give me a break by Le Salon	3 – 9pm	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21, 28
Kitchener	Gentle Yoga	5:30 – 6:45pm	5, 12, 19, 26	2, 9, 16, 23, 30	14, 21, 28
Kitchener	Lymphoma Canada Connection	6:30 – 9pm	—	—	7
Kitchener	Understanding Relationship Stress	6:30 – 8:30pm	26	2, 9	—
Kitchener	Healing Journey One	7 – 8:30pm	—	16, 23, 30	7, 14, 21

## THURSDAY PROGRAM CALENDAR

Location	Program	Time	Mar	Apr	May
<b>Cambridge</b>	Laughter Yoga	1:30 – 2:30pm	20	24	29
Cambridge	Healthy Cooking	6:30 – 8:30pm	27	3, 10, 17, 24	1
<b>Kitchener</b>	Water Yoga	9:30 – 10:15am	6, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29
Kitchener	Beautify Me by Le Salon	9:30 – 12pm	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29
Kitchener	Reiki/Therapeutic Touch/Reflexology	9:30 – 8pm	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29
Kitchener	Give me a break by Le Salon	9:30 – 9pm	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29
Kitchener	Tai Chi	10 – 11:30am	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29
Kitchener	Guided Visualization Workshop	10 – 12pm	—	10	—
Kitchener	Moving Toward Spiritual Healing	4:30 – 6pm	6, 13, 20, 27	—	—
Kitchener	Healing Journey 2	6:30 – 8pm	—	3, 10, 17, 24	1, 8
Kitchener	Gentle Yoga	7 – 8:30pm	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29



## March, April & May 2014 Program Schedules

### FRIDAY PROGRAM CALENDAR

Location	Program	Time	Mar	Apr	May
<b>Cambridge</b>	Connecting with Wellness	11–12:30pm	14, 28	11, 25	9, 23
Cambridge	Reiki	1–5pm	7, 14, 21, 28	4, 11, 25	2, 9, 16, 23, 30
Cambridge	Reflexology	1–2pm	21	25	30
Cambridge	Start Here Program	10–11:30 am	—	4, 11, 25	2, 9
<b>Guelph</b>	Reflexology	9–12:00pm	7	4	2
Guelph	Reiki/Therapeutic Touch	9–12:00pm	—	25	16, 30
Guelph	Healing Journey 1	12:30–2pm	—	25	2, 9, 16, 23, 30
Guelph	Reiki/Therapeutic Touch	12:00–4pm	7, 21	11	—
<b>Kitchener</b>	Gentle Yoga	9–10:30am	7, 21	4, 25	9, 23
Kitchener	Reiki/Therapeutic Touch/Reflexology	9:30–5pm	7, 14, 21, 28	4, 11, 25	2, 9, 16, 23, 30
Kitchener	Connecting with Wellness	10–11:30am	7, 14, 21, 28	4, 11, 25	2, 9, 16, 23, 30
Kitchener	Henna for Healing	1–5pm	21	25	30

### SATURDAY PROGRAM CALENDAR

Location	Program	Time	Mar	Apr	May
<b>Cambridge</b>	Photo Shoot by Smiling Eyes	9–1pm	—	—	31
<b>Guelph</b>	Photo Shoot by Smiling Eyes	9–1pm	—	26	—
<b>Kitchener</b>	SOAR Children's Program	9–10:30am	1, 8, 15, 22 (9–10:15 am)	12	3, 24
Kitchener	Reiki/Therapeutic Touch/Reflexology	9:30–1pm	1, 8, 15, 22, 29	5, 12, 26	3, 10, 24, 31
Kitchener	Massage – Self Care for Caregivers	10–1pm	8	—	3
Kitchener	Photo Shoot by Smiling Eyes	9–1pm	29	—	—
Kitchener	Gentle Yoga	10:30–11:45am	8, 22	5, 26	10, 31
Kitchener	Kids Yoga	10:30–11:30 am	1	—	24
Kitchener	Music Therapy with Sarah	11–12:30pm	—	5	—

# How to Register (PLEASE READ BEFORE REGISTERING FOR ANY PROGRAMS)

## IN PERSON (Kitchener location only)

Please speak to our reception volunteer and let them know you would like to register for one of our programs or services. They will ask which program or service, what location and what date(s) you are interested in. If you are a new participant to HopeSpring, they will ask you to complete a registration form.

**Hours of Operation** Mon 9 – 5pm, Tues, Wed, Thurs 9 – 9pm, Fri 9 – 5pm, Sat 9 – 1pm

## OVER THE PHONE

Please call 519-742-4673 or 1-888-680-4673 (in Guelph) and speak with our reception volunteer to register. You will be asked which program or service, location & date(s) you are looking to register for. If you are a new participant, our facilitators will ask you to complete a registration form at your first program.

## ONLINE

You can now register for any of our programs on line at **[www.hopespring.ca](http://www.hopespring.ca)**. On the home page select the program tab, find the program you would like to register for and click on the register on line link. You will be asked to provide your name, email address, and session you wish to attend. A confirmation email will be sent to you indicating the details of your registration.

## REGISTRATION CHANGES

Should you need to cancel your registration or cannot attend a specific class of a HopeSpring program, please call 519-742-4673 or 1-888-680-4673 (in Guelph) to speak with one of our reception volunteers as soon as possible, or email **[office@hopespring.ca](mailto:office@hopespring.ca)**.

## HOW TO DONATE

By making a donation to HopeSpring, your support can make a difference within our community. All donations are gratefully acknowledged, and tax receipts for donations of \$10 or more are provided. Online donations can be made by visiting **[CanadaHelps.org](http://CanadaHelps.org)**, an easy and secure online donation portal. Donations can also be mailed or made in person.

**CHARITABLE REGISTRATION #89894 3857 0001**



## Music & Art Therapy

**Did you know that HopeSpring offers music and art therapy programs?**

### **MUSIC THERAPY WITH SARAH — NEW!**

Come experience music therapy for your health and for your healing.

Music has an inherent ability to generate an emotional response in the listener. It stimulates a relaxation response which can therefore lead to physiological changes in the body. Music is known to reduce stress thereby producing related benefits such as lower blood pressure, improve breathing, reduced heart rate, and reduced tension in muscles. Explore opportunities for connection, healing and wellness through gentle music-making, listening and group song writing.

Have an opportunity to connect with others impacted by cancer and strengthen each others spirits through music. This program is lead by a certified music therapist. No music experience is necessary.

**Kitchener** | Tuesday 7 – 8:30pm

Mar 4, 25 | May 13

**Kitchener** | Saturday 11 – 12:30pm

Apr 5

### **WELLNESS THROUGH CREATIVE ART EXPRESSION**

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. Come express yourself creatively through different forms of art such as painting, and collage. You don't need to be talented or an artist to participate in this group class.

**Kitchener** | Tuesday 1 – 3:30pm

Mar 18 | Apr 1, 15 | May 6