

## Regina Support Services Calendar – February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Registration/Information
				<b>1</b> <b>Cancer Transitions Support Group</b> 1:00-3:30 pm (please register 306-766-2372 or 306-766-2973)	<p><b>Androgen Deprivation Therapy Education Class:</b> For prostate cancer patients starting on ADT and their support persons. Please call to register 306-766-2862</p> <p><b>Cancer Chat Canada:</b> Professionally led online support group. For information, call 1-800-663-3333 ext. 4965 or 4966. Website: cancerchatcanada.ca</p> <p><b>Cancer Support Group:</b> KaPaChee Training Centre, 385 Bay Ave. S. Parking available at rear of building. For more information, or to apply for travel assistance call Mary at 306-332-5339, Camille at 306-332-6023 or Betty at 306-332-4099.</p> <p><b>Cancer Transitions Support Group:</b> Information on exercise, nutrition, emotional and social issues, medical management. To register call 306-766-2372 or 306-766-2973</p> <p><b>Group Counseling for Breast Cancer:</b> For more information or to register call 306- 570-5024 or email joanne@frederickpsychsolutions.ca</p> <p><b>Inpower – Young women living well:</b> Regina and area younger breast cancer group empowered by knowledge, strengthened by action, and inspired by community. Email inpowerregina@gmail.com for information.</p> <p><b>Live Well with Chronic Conditions:</b> To register or for more information call 306-766-7207 or toll free 1-800-667-1242</p> <p><b>Look Good Feel Better:</b> Please register at <a href="http://www.lgfb.ca">www.lgfb.ca</a></p> <p><b>Ovarian Cancer Canada Support Group:</b> For information call Ann 306-584-3450</p> <p><b>PACT: Partnership to Assist with Cessation of Tobacco:</b> For individuals wishing to stop smoking. Sponsored by the Pharmacy Association of Sask. Call 306-359-7277 for more information.</p> <p><b>Patient and Family Resource Centre:</b> Location: Level 1. Monday-Friday 8:00 am - 4:00 pm. A volunteer must be present to assist you in signing out material. Loan period: 30 days. For information, call Laura O'Brien 306-766-2512.</p> <p><b>Patient Support Centre:</b> Wigs and headwear are available free of charge to cancer patients. Location: Level 1. Monday-Friday 8:00 am-4:00 pm. A volunteer must be present to assist you. For information contact Laura O'Brien 306-766-2512.</p> <p><b>Prostate Cancer Canada Network:</b> For information call Lawrence 306-543-8215</p> <p><b>Regina Ostomy Chapter:</b> Information and support for individuals who have had or are going to have ostomy surgery. Regular monthly meetings. For information call Agnes 306-761-0221 or 306-551-9063</p> <p><b>Saskatchewan Brain Injury Association Caregiver Support Group:</b> Meets the 3<sup>rd</sup> Thursday of the month at 7:00 pm at Wascana Rehab Centre. Call 306-551-8589 for information.</p> <p><b>Saskatchewan Brain Injury Association Patient Support Group:</b> Meets every Thursday at 11:00 am in the Volunteer Room at Wascana Rehab Centre. Call 306-551-8589 for information.</p> <p><b>Too Tired? Coping with Cancer related Fatigue:</b> A drop-in education session on cancer-related fatigue for patients and their families/caregivers. To register call 306-359-1499. More information is also available <a href="#">here</a> from the Canadian Partnership Against Cancer</p> <p><b>Yoga Thrive - Moose Jaw:</b> To register call Carol 306-693-7259</p>
<b>4</b> <b>Yoga for Breast Cancer</b> 2:00-3:00 pm 3104 B - 13th Ave (please register 306-721-1871)	<b>5</b>	<b>6</b> <b>Renew: Yoga for Cancer</b> 4:30-5:30 pm 3104 B - 13th Ave (please register 306-721-1871) <b>Yoga Thrive</b> 7:15-8:30 pm 965 Montgomery St W Moose Jaw (please register 306-693-7259)	<b>7</b>	<b>8</b> <b>Cancer Transitions Support Group</b> 1:00 – 3:30 pm (please register 306-766-2372 or 306-766-2973)	
<b>11</b> <b>Yoga for Breast Cancer</b> 2:00-3:00 pm 3104 B - 13th Ave (please register 306-721-1871)	<b>12</b> <b>Group Counseling for Breast Cancer</b> 7:00-9:00 pm (please register 306-570-5024 or joanne@frederickpsychsolutions.ca)	<b>13</b> <b>Renew: Yoga for Cancer</b> 4:30-5:30 pm 3104 B - 13th Ave (please register 306-721-1871) <b>Yoga Thrive</b> 7:15-8:30 pm 965 Montgomery St W Moose Jaw (please register 306-693-7259)	<b>14</b> <b>Look Good Feel Better</b> please register at <a href="http://www.lgfb.ca">www.lgfb.ca</a>	<b>15</b> <b>Cancer Transitions Support Group</b> 1:00-3:30 pm (please register 306-766-2372 or 306-766-2973)	
<b>Family Day</b>	<b>19</b>	<b>20</b> <b>Renew: Yoga for Cancer</b> 4:30-5:30 pm 3104 B - 13th Ave (please register 306-721-1871) <b>Yoga Thrive</b> 7:15-8:30 pm 965 Montgomery St W Moose Jaw (please register 306-693-7259)	<b>21</b>	<b>22</b> <b>Cancer Transitions Support Group</b> 1:00-3:30 pm (please register 306-766-2372 or 306-766-2973)	
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