

Regina Support Services Calendar – January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Registration/Information
	1 <div style="text-align: center; color: #00AEEF; font-weight: bold;">New Year's Day</div>	2 Renew: Yoga for Cancer 4:30-5:30 pm 3104 B - 13th Ave (Call to register 306-721-1871) Yoga Thrive 7:15-8:30 pm 965 Montgomery St W Moose Jaw (Call to register 306-693-7259)	3	4 Cancer Transitions Support Group 1:00-3:30 pm (Call to register 306-766-2372 or 306-766-2973)	<p>Androgen Deprivation Therapy Education Class: For prostate cancer patients starting on ADT and their support persons. Please call to register 306-766-2862</p> <p>Cancer Chat Canada: Professionally led online support group. For information, call 1-800-663-3333 ext. 4965 or 4966. Website: cancerchatcanada.ca</p> <p>Cancer Support Group: 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>Cancer Transitions Support Group: Information on exercise, nutrition, emotional and social issues, medical management. To register call 306-766-2372 or 306-766-2973</p> <p>Group Counseling for Breast Cancer: For more information or to register call 306- 570-5024 or email joanne@frederickpsychsolutions.ca</p> <p>Inpower – Young women living well: 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>Live Well with Chronic Conditions: To register or for more information call 306-766-7207 or toll free 1-800-667-1242</p>
7 Yoga for Breast Cancer 2:00-3:00 pm 3104 B - 13th Ave (Call to register 306-721-1871)	8	9 Renew: Yoga for Cancer 4:30-5:30 pm 3104 B - 13th Ave (Call to register 306-721-1871) Yoga Thrive 7:15-8:30 pm 965 Montgomery St W Moose Jaw (Call to register 306-693-7259)	10 Look Good Feel Better please register at www.lgfb.ca	11 Cancer Transitions Support Group 1:00 – 3:30 pm (Call to register 306-766-2372 or 306-766-2973)	<p>Look Good Feel Better: Please register at www.lgfb.ca</p> <p>Ovarian Cancer Canada Support Group: For information call Ann 306-584-3450</p> <p>PACT: Partnership to Assist with Cessation of Tobacco: For individuals wishing to stop smoking. Sponsored by the Pharmacy Association of Sask. Call 306-359-7277 for more information.</p> <p>Patient and Family Resource Centre: 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>
14 Yoga for Breast Cancer 2:00-3:00 pm 3104 B - 13th Ave (Call to register 306-721-1871)	15 Group Counseling for Breast Cancer 7:00-9:00 pm (Call to register 306-570-5024 or joanne@frederickpsychsolutions.ca)	16 Renew: Yoga for Cancer 4:30-5:30 pm 3104 B - 13th Ave (Call to register 306-721-1871) Yoga Thrive 7:15-8:30 pm 965 Montgomery St W Moose Jaw (Call to register 306-693-7259)	17	18 Cancer Transitions Support Group 1:00-3:30 pm (Call to register 306-766-2372 or 306-766-2973)	<p>Patient Support Centre: 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>Prostate Cancer Canada Network: For information call Lawrence 306-543-8215</p> <p>Regina Ostomy Chapter: 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>Saskatchewan Brain Injury Association Caregiver Support Group: Meets the 3rd Thursday of the month at 7:00 pm at Wascana Rehab Centre. Call 306-551-8589 for information.</p>
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28 Yoga for Breast Cancer 2:00-3:00 pm 3104 B - 13th Ave (Call to register 306-721-1871)	29 Group Counseling for Breast Cancer 7:00-9:00 pm (Call to register 306-570-5024 or joanne@frederickpsychsolutions.ca)	30 Renew: Yoga for Cancer 4:30-5:30 pm 3104 B - 13th Ave (Call to register 306-721-1871) Yoga Thrive 7:15-8:30 pm 965 Montgomery St W Moose Jaw (Call to register 306-693-7259)	31	@SaskCancer	