

Regina Support Services Calendar – September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Registration/Information
		1 Bodhi Tree - Renew: Yoga for Cancer 4:30-5:30 pm 3104 B - 13th Ave (currently online) (please register 306-721-1871) Yoga Thrive 7:15-8:30 pm 965 Montgomery St. W, Moose Jaw (please register 306-693-7259) Drop-in Writing/Discussion Group 10:30 am – Cancer Patient Lodge	2 Forever..... in motion 9:30 am Cancer Patient Lodge Lounge For guests of the Lodge	3	Androgen Deprivation Therapy Education Class: For prostate cancer patients starting on ADT and their support persons. Offered through Allan Blair Cancer Centre. Please call to register 306-766-2973. Dignity Therapy: Service to give patients an opportunity to record meaningful aspects of their lives and leave something that can benefit their loved ones. For more information, call 306-766-2973. Offered through the Allan Blair Cancer Centre. Drop-in Writing/Discussion Group: Wednesdays at 10:30 am at the Cancer Patient Lodge, 4101 Dewdney Ave. (across from the Pasqua Hospital). Cancer Chat Canada: Professionally led online support group. For information, call 1-800-663-3333 ext. 4965 or 4966. Website: cancerchatcanada.ca
6 Labour Day	7 Forever..... in motion 9:30 am Cancer Patient Lodge Lounge For guests of the Lodge	8 Bodhi Tree - Renew: Yoga for Cancer 4:30-5:30 pm 3104 B - 13th Ave (currently online) (please register 306-721-1871) Yoga Thrive 7:15-8:30 pm 965 Montgomery St. W, Moose Jaw (please register 306-693-7259) Drop-in Writing/Discussion Group 10:30 am – Cancer Patient Lodge	9 Forever..... in motion 9:30 am Cancer Patient Lodge Lounge For guests of the Lodge	10	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. Cancer Transitions Support Group: For Post Treatment. Information on exercise, nutrition, emotional and social issues, medical management. To register call 306-766-2973. Offered through the Allan Blair Cancer Centre. Forever..... in motion: Gentle movement program, balance, flexibility, endurance, strength, relaxation, education on fatigue and falls prevention. Drop in, Cancer Patient Lodge Lounge, - Tuesdays and Thursdays. For more information call 306-766-2973. For guests of the Lodge. Inpower – Young women living well: Regina and area younger breast cancer group empowered by knowledge, strengthened by action, and inspired by community. For information Email inpowerregina@gmail.com. Live Well with Chronic Conditions: To register or for more information call 306-766-7207 or toll free 1-800-667-1242 Look Good Feel Better: Currently online Please register at www.lgfb.ca . Ovarian Cancer Canada Support Group: For information call Ann at 306-584-3450. 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. 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.
13 Bodhi Tree - Yoga for Breast Cancer 2:00-3:00 pm 3104 B - 13th Ave (please register 306-721-1871)	14 Forever..... in motion 9:30 am Cancer Patient Lodge Lounge For guests of the Lodge	15 Bodhi Tree - Renew: Yoga for Cancer 4:30-5:30 pm 3104 B - 13th Ave (currently online) (please register 306-721-1871) Yoga Thrive 7:15-8:30 pm 965 Montgomery St. W, Moose Jaw (please register 306-693-7259) Drop-in Writing/Discussion Group 10:30 am – Cancer Patient Lodge	16 Forever..... in motion 9:30 am Cancer Patient Lodge Lounge For guests of the Lodge	17	Live Well with Chronic Conditions: To register or for more information call 306-766-7207 or toll free 1-800-667-1242 Look Good Feel Better: Currently online Please register at www.lgfb.ca . Ovarian Cancer Canada Support Group: For information call Ann at 306-584-3450. 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. 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.
20 Bodhi Tree - Yoga for Breast Cancer 2:00-3:00 pm 3104 B - 13th Ave (please register 306-721-1871)	21 Forever..... in motion 9:30 am Cancer Patient Lodge Lounge For guests of the Lodge	22 Bodhi Tree - Renew: Yoga for Cancer 4:30-5:30 pm 3104 B - 13th Ave (currently online) (please register 306-721-1871) Yoga Thrive 7:15-8:30 pm 965 Montgomery St. W, Moose Jaw (please register 306-693-7259) Drop-in Writing/Discussion Group 10:30 am – Cancer Patient Lodge	23 Forever..... in motion 9:30 am Cancer Patient Lodge Lounge For guests of the Lodge	24	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. Prostate Cancer Canada Network: For information call Lawrence at 306-543-8215. 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 at 306-761-0221 or 306-551-9063. Saskatchewan Brain Injury Association Caregiver Support Group: Meets the third Thursday of the month at 7:00 pm at Wascana Rehab Centre. Call 306-551-8589 for information.
27 Bodhi Tree - Yoga for Breast Cancer 2:00-3:00 pm 3104 B - 13th Ave (please register 306-721-1871)	28 Forever..... in motion 9:30 am Cancer Patient Lodge Lounge For guests of the Lodge	29 Bodhi Tree - Renew: Yoga for Cancer 4:30-5:30 pm 3104 B - 13th Ave (currently online) (please register 306-721-1871) Yoga Thrive 7:15-8:30 pm 965 Montgomery St. W, Moose Jaw (please register 306-693-7259) Drop-in Writing/Discussion Group 10:30 am – Cancer Patient Lodge	30 Forever..... in motion 9:30 am Cancer Patient Lodge Lounge For guests of the Lodge	Due to COVID-19 some classes are on hold while others are offered online. Call 306-766-2973 for more information.	Saskatchewan Brain Injury Association Patient Support Group: Meets every Thursday at 11:00 am in the Volunteer Room at Wascana Rehab Centre. Call 306-551-8589 for information. Writing Group: Explore through writing the aspects of cancer, treatment and following. For more information, call 306-766-2973. Offered through the Allan Blair Cancer Centre. Yoga Thrive - Moose Jaw: To register call Carol at 306-693-7259 Virtual Restorative Yoga- Offered through the Allan Blair Cancer Center. Call 306-766-2973 to register. Body Image Group- Restoring you and your body image. Call 306-766-2973 to register. Offered through the Allan Blair Cancer Centre.