

Saskatoon Support Services Calendar – September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Registration/Information
		1	2 Look Good Feel Better Virtual classes offered in June -Skin Care & Cosmetics -Wigs & Hair Alternatives -Skincare & Cosmetic kits provided for free Register online at www.lgfb.ca or call 1-800-914-5665	3	4	<p>Finished Treatment? Now What? Cancer Transitions: A free six-week program to help you get back to daily life. Call Serena at 306-655-6814 to register. If you need emotional support, call reception at 306-655-6226 and ask to speak to a social worker.</p> <p>Patient and Family Resource Centre: Due to COVID-19, resources are available upon request. Call Erin at 306-655-2688.</p> <p>Androgen Deprivation Therapy Education Class: For prostate cancer patients starting on ADT and their support persons. For information or to register call Rachelle at 306-655-7484.</p> <p>Ovarian Cancer Canada Support Group: For information, call toll free 1-877-413-7970 or 306-747-3211. Online chat OVDialogue https://ovdialogue.ovariancanada.org</p> <p>On-line Lung Cancer Support Group: Website is: facebook.com/groups/lungcancersupportsk. For information contact the Lung Association Saskatchewan at 306-667-3012.</p> <p>Cancer Chat Canada: Online support groups offered monthly, register at https://cancerchat.desouzainstitute.com</p>
6 Labour Day	7 Brain Tumour Virtual Support Group for Patients 7:00-8:00 pm Register online- www.braintumor.ca/virtual-support-group-western-canada Empower at Home 12:30-1:20 pm Lead Pilates Call 306-382-7447 to register	8 Breast Cancer Support Group- Online 7:00-8:30 pm Contact: support@breastcancersupportsaskatoon.com	9	10	11	<p>Community Services Bereavement Group: For recently widowed women. Call 306-655-3400 to register.</p> <p>EMPOWER at home: Lead Pilates offers this class for men and women currently undergoing cancer treatment/those who have been affected by cancer. It is free for patients to attend, offered every Tuesday this month.</p> <p>Community Services Caregiver Group: Call 306-655-3400 to register.</p>
13	14 Empower at Home 12:30-1:20 pm Lead Pilates Call 306-382-7447 to register Cancer Chat - Restoring Body Image & Sexual Health after Breast Cancer Support Group Online 1:00-2:30 pm for 8 weeks	15	16	17	18 SCC Virtual Restorative Yoga for Cancer Patients 10:30-11:45 am Call 306-655-2672 to register	<p>Cancer Connections: Free webinars and discussion groups https://cancerconnection.ca/home.</p> <p>Virtual Restorative Yoga for Cancer Patients. A free 12-week virtual program for cancer patients, led by Brett Donlevy from September 18 to December 11, 2021. Call 306-655-2672 to register.</p>
20	21 Empower at Home 12:30-1:20 pm Lead Pilates Call 306-382-7447 to register	22	23 Virtual Androgen Deprivation Therapy Education Class 2:30-4:00 pm Call 306-655-7484 to register	24	25 SCC Virtual Restorative Yoga for Cancer Patients 10:30-11:45 am Call 306-655-2672 to register	<p>Follow us on Facebook and Twitter: @SaskCancer</p>
28	29 Empower at Home 12:30-1:20 pm Lead Pilates Call 306-382-7447 to register	30				