

"I have cancer but I also have windy summer mornings in the rain and an active sense of awe at all that I can still touch and taste and see and hear and breathe in at any given moment. I have the crystal-clear understanding that recovery is worth only as much as the life you're recovering." – Lila Keary

PROGRAM HIGHLIGHT: **Supporting you on your journey....**

Wellwood support groups are a key component of our programming.

As with all Wellwood programs, support groups are provided in a compassionate and healing environment. The care process emphasizes the uniqueness of each person and is conducive to exploring the physical, emotional, social and spiritual dimensions of a life-threatening illness.

All programs are client-driven, peer-facilitated and self-directed. And, of course, all are free of charge.

Wellwood's programs and services are delivered by skilled volunteers, who give generously of their time and talents. Volunteer program leaders are screened for their expertise and credentials. Wellwood offers regular, ongoing training to its volunteers.

Our strength is our ability to share our cancer experiences with others.

Groups respect individual and family autonomy and facilitators use a non-directive, self-help approach to encourage participants to support and assist each other in a compassionate and non-judgmental way (through involvement, information, exploration and problem solving).

Participants use confidentiality and discretion to ensure privacy, and to create an atmosphere in which mutual trust can develop. Together, we share knowledge of community resources and help each other to access services that may be of benefit.

Each group at Wellwood is unique, but all have common characteristics, in keeping with the Centre's values.

Breast Cancer Peer Support Group:

Drop-in, weekly, meets Thursdays from 1 to 2 p.m. Once a month, we meet in a large group. Other weeks, it is smaller and more intimate.

Caregiver Support Group:

Drop-in, twice a month, meets on the first and third Thursday evenings from 7 to 9 p.m.

Wellwood's Caregiver Support Group is for those caring for a family member or loved one with cancer, and is for both men and women.

MARGIE DOUGLAS: THE SPIRIT OF CARING



One of Wellwood's longest-serving volunteers was selected by Volunteer Hamilton to receive a "Spirit of Caring" award during Volunteer Appreciation Week in April. Margie Douglas (right, shown here with Wellwood program director Norma Frankoff), Wellwood's first office volunteer, was presented with a gift certificate from Kelsey's and a gift certificate from Great Glasses to acknowledge her dedication to volunteering and her generosity of spirit. Congratulations Margie; we are proud to have you as a Wellwood volunteer!

Support Group for Women with Gynecological Cancers:

Drop-in, once a month, meets the first Wednesday of the month from 9:30 to 11:30 a.m.

This is a once-a-month discussion group directed by women for women.

Living Well with Cancer Support Group:

For those with advanced diagnoses (stage 3 or 4), recurrence or metastasis.

Registration required, meets weekly for five sessions on Monday mornings.

Focus is on improving coping skills through techniques such as relaxation and stress management, meditation, journalling, visualization and/or group discussion.

Dates are subject to change. Please call Wellwood at 905-389-5884 if you are interested in any of these groups, or if you would like a referral to another support group in the community.

Out of consideration for our fragrance sensitive clients, we respectfully ask that you please refrain from wearing scented products when you visit Wellwood. Many thanks.

Educational Series 2004/05

The following is a tentative listing for this year's series. Please look for details of the confirmed topics, speakers and locations in the fall issue of your Wellwood Connections newsletter. Thanks to our Programs Committee for all of the effort that they put into planning this fabulous and informative series every year. Their hard work and dedication is not only appreciated, but the results are always phenomenal.

October 5	Multiple Myeloma: An Overview of Disease and Treatment
November 2	Symptoms, Side-Effects and Changes During Treatment
December 7	Navigating the Maze of Government and Insurance Programs when You are Too Sick to Work.
January 4	Spirituality and Cancer: Take a Labyrinth Walk with Wellwood
February 1	Re-Conditioning: Getting Back on Track Physically After Cancer
March 1	Life After Treatment - How Do I Return to "Normal"?
April 5	Using Herbs for Health: Taking a Closer Look
May 3	Seven Steps to Health - The Latest Information on Preventative Measures

Where's Wellwood?

As you know, the Outreach Team, headed by Annette Kutchaw, works hard to raise Wellwood's profile in the community. Some of the larger events at which you can see our display:

August (date TBA) Wellwood will be at SISO's Multicultural Festival at Gage Park. **September 11** Wellwood will have a table at Mohawk College's United Way Garage Sale held in the Fennel Campus Parking Lot. Feel free to drop by at these events to say "hi" to our hardworking outreach volunteers.

Check out this website: National Ovarian Cancer Association www.ovariancanada.org/

These and other valid sites are available by following the links at www.wellwood.on.ca
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Recommended Reading: "What Dying People Want"

by David Kuhl

This and other resources are available from Wellwood's lending library.

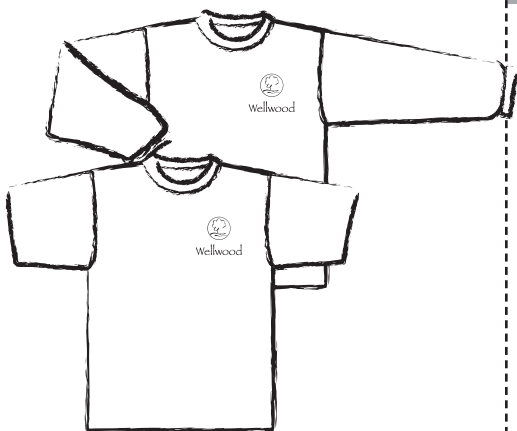
WELLWOOD Respects Your Privacy

Wellwood respects your privacy and is working actively towards adhering to all legislative requirements in regards to protecting privacy. If you have any questions or concerns about Wellwood and your personal information, please contact us at 905-389-5884 or via e-mail, wellwood@hhsc.ca.

OFFICE HOURS:

MONDAY TO FRIDAY • 9 a.m. to 4 p.m.
MONDAY EVENINGS • 6:30 to 8:30 p.m.
THURSDAY EVENINGS • 6:30 to 8:30 p.m.

New WELLWOOD t-shirts and mock turtlenecks have arrived.



They are very stylish and come in black, with an off-black Wellwood embroidered crest. They are available from the office for \$20 (t-shirt) and \$30 (long-sleeved mock turtleneck) in a variety of sizes.

All Wellwood programs are free of charge. Your gift directly assists with the delivery of programs and services.



Yes, I will support Wellwood.



Here is my one-time monthly tax-receiptable donation of \$ _____

Name _____

Cheque(s) Enclosed

Address _____

Visa

Telephone _____

MasterCard

AMEX

Credit Card Number _____

Expiry Date _____ Signature _____

Charitable registration # 89695-5036-RR0001

Thank you
for your
generous support.

Wellwood accepts Visa, MasterCard and American Express. We can even bill your card a smaller amount every month to make your annual gift to Wellwood a little easier on the pocketbook. Please consider making a gift to Wellwood this year.