



“Soul Medicine”

Women’s & Men’s (separate) Support Groups During Cancer Treatment



This support group offers ‘soul medicine’ for the journey through cancer treatment. Together we explore practical ways to find strength and resilience in the day to day.

*Facilitated by
Helen Battler, Spiritual Care*

Where: London Regional Cancer Program

When: Wednesdays (6 weeks) 1:30 p.m. - 3:00 p.m.

◆ Call for next group dates ◆

Groups are open to individuals of all faith or spiritual traditions. *Soul Medicine* is also offered **one-on-one**, please call the number below for more information.

Content will include:

- Training the ‘busymind’ to slow down through breathing and meditation.
- Turning fear into a teacher vs. an enemy.
- Exploring images & symbol as ‘soul medicine’ e.g. mandala’s, nature, art.
- Journaling for accessing inner wisdom when needed.
- Collaging to create a ‘soulcape’ of what is life-affirming and personal ‘heart-mind medicine’ for you.
- Deep-listening skills for enhancing support from family and friends.

**For Registration/Information please call
Deb Sherratt, Secretary - Supportive Care 519-685-8622**