

WHO MAY ATTEND?

This program was developed for cancer patients. We welcome individuals who have had cancer but are not currently dealing with it. We also welcome family members who are struggling to support a loved one with cancer.

PROGRAM FORMAT

This is a 6-week group consisting of weekly 2 hour workshops lead by 2 iRest teachers, Dr. Tatiana Melnyk, and Beta Leung, mental health clinician. Though iRest is yoga based, any movement in iRest work is gentle and restorative. Most of the practices are done lying down sitting comfortably, or any other comfortable position.

The program is tailored towards addressing your specific needs for self care and well being. The suggestion is that you take the practices and skills that are most helpful to you, into your personal life and out into the world.

HOW TO REGISTER:

A physician/clinician can fax a referral form to us. For more information contact:
Heather Bromberg,
heather.bromberg@uhn.ca or call
416-946-4501 x 5140

DATES:

ORIENTATION/INTAKE SESSION
(MANDATORY): MAY 3 AT
3:00PM

LOCATION: Princess Margaret
Hospital, 16th floor, Room 728

IREST GROUP DATES:

TUESDAYS
MAY 17-JUNE 21 INCLUSIVE,
2016;

- **TIME: 4-6PM**
- **LOCATION:**

ELLICSR:
Health, Wellness & Cancer
Survivorship Centre
Toronto General Hospital
Munk Elevator, Basement
Level, BCS021
Tel: (416) 581-8620 or (416) 581-8604

INTEGRATIVE RESTORATION (IREST)[®] GROUP FOR HELPING PATIENTS TOUCHED BY CANCER

A 6-WEEK PROGRAM



**FOR COPING WITH
STRESS AND ANXIETY**
MAY 17-JUNE 21, 2016

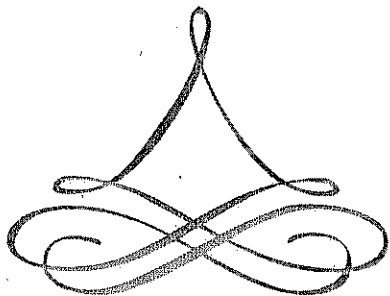
Psychosocial Oncology & Palliative Care



Princess Margaret Hospital
University Health Network

CANCER STRESS AND ANXIETY

Severe acute stress and anxiety can occur at the time of cancer diagnosis and can continue throughout the course of the illness. Stress and anxiety can make the process of coping and recovery more difficult. By learning how to more effectively deal with stress, and reconnect with our own well-being, we recover the parts of ourselves that are not touched by illness. This internal resilience guides us as we navigate the cancer journey.



WHAT IS I-REST?

iRest Yoga Nidra was developed by Richard Miller, PhD, a clinical psychologist, researcher and Eastern scholar. iRest is an adaptation of Yoga Nidra, Tantric practices and other Eastern teachings which have been integrated within Western psychological approaches. iRest is a researched and established intervention for trauma, pain, chronic medical issues, mood and anxiety issues, and sleep disruption.

iRest is deeply restorative and healing, guiding the participant to recognize the underlying peace of mind and profound sense of Being no matter what the circumstances.

WHAT TO EXPECT FROM IREST:

During this 2 month session, you will:

- Cultivate restorative relaxation and learn to deeply rest
- Develop tools for restoring a sense of safety
- Develop tools to manage hyperarousal states
- Explore and meet self care needs
- Explore personal values and meaning in the context of cancer
- Learn skills to connect with a deep sense of well being
- Learn to access unconditional joy and self compassion
- Develop effective ways to meet and neutralize:
 - Negative beliefs
 - Difficult emotions
 - Challenging body sensations such as pain