

Babes4Breasts

HEAD START

PROGRAM

Innovation and Guidance: Expanding Women's Cancer Care Options

The Ottawa Integrative Cancer Centre (OICC) is offering an empowerment program for women newly diagnosed with breast cancer. This program is covered through generous funding provided by Babes4Breasts.

Our Babes4Breasts Head Start Program will help women feel less alone and confused, and better prepared for what lies ahead.

Improved quality of life, reduced side effects, reduced anxiety and depression, increased stamina, and better overall health outcomes are explored through the program's combination of support, empowerment, and hands-on lifestyle modifications.

At the end of the program, participants will be versed in the following key areas:

- ✓ Cancer navigation: participants *learn* what resources exist in the community, how to make the right decisions for themselves, and how to become their own best advocate. These women become *empowered* to take better control of their health.
- ✓ Integrative therapies for cancer: participants *learn* about the available proactive options for health, including an in depth *understanding* of the role of nutrition, natural health products, exercise, mind body techniques, stress management, and lifestyle modifications in coping with and fighting breast cancer.
- ✓ Mind-body work techniques: participants learn visualization, yoga and breath work to *develop* positive health habits that will assist each woman physically, emotionally and mentally.
- ✓ Participants *learn how to* cope with aspects of their life that may shift as a result of a cancer diagnosis and how they can be better supported.

**This educational program is a new, novel approach,
and is part of a revolution in health care.**

OICC
OTTAWA INTEGRATIVE
CANCER CENTRE



CCIO
CENTRE DE CANCÉROLOGIE
INTÉGRATIVE D'OTTAWA

BABES  BREASTS

HEAD START

Workshop Series

1) **Finding Your Way**

- Introduction to the Head Start Program
- Cancer Navigation: “The Big Picture” — Conventional, Integrative and Beyond
- How to be your own best advocate; being empowered
- Anxiety and the mind-body connection
- Awakening to breath work: moving into parasympathetic
- What is Healing? Opening to the possibilities

2) **Nutrition — healing through food**

- The naturopathic approach: whole person medicine
- What you eat and how it impacts your health
- Holistic nutrition in the kitchen

3) **Healthy Interactions**

- Relationships: generous listening and conscious communication with self, family, friends and allied health care practitioners
- Communication and boundaries: coping with being inundated
- Decision making: finding your yes and your no; being in control
- Environmental awareness: steering clear of potential carcinogens
- Mindfulness meditation: be here and now

4) **Exercise — acquiring physical and mental strength**

- How you move: know your exercise personality
- Exercise personality and motivation: dissolving the inertia
- Shifting through movement — this is exercise!

5) **Next Steps**

- Nourishment of Self and Spirit through visualization
- Creating your plan moving forward
- Building your team and support network

Weekly Group Support Sessions will include the following:

- Sharing and exploring
- Nutrition: nutritional tips and easy recipes
- Mind Body Work: tips and techniques for home practice
- Learn from OICC health care practitioners

During the program participants are asked to choose a form of exercise and track their sessions. They will be inspired to join a community exercise program or participate in one of the following OICC classes: weekly Yoga or weekly Walk with Us.



FOR MORE INFORMATION CONTACT:

Sarah Young, Programs & Outreach Coordinator, Ottawa Integrative Cancer Centre
(613) 792-1222 ext.204 syoung@oicc.ca www.oicc.ca