



**braintumour
foundation**
OF CANADA



REGISTER NOW!
LIMITED SEATS

A Day in Celebration of Caregivers

Saturday, September 14, 2019 | 10 am - 3 pm

Fairmont The Queen Elizabeth, Montreal, QC

(900 René-Lévesque Blvd W, Montreal, QC H3B 4A5)



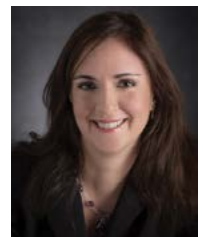
Brain Tumour Foundation of Canada is hosting a free event in celebration of Caregivers in downtown Montreal. Join us for an interactive workshop, which will promote exchange and sharing among the participants.

Workshop: Living in the presence of cancer as a caregiver

Is it possible to live your best life, even in the presence of cancer? What are the automatic mechanisms of avoidance that can pin you down in the fight against suffering, at the risk of moving away from what really matters to you? How do you adapt and choose your course of action within the context of oncology? Faced with uncertainty, its associated fears, and the will to live, you will soon be led to develop your psychological flexibility and your own ways of coping. This workshop aims to better understand what can make you freeze up in the fight against suffering, anxiety and stress, in order to learn how you might soften your approach to making decisions, so that you might move towards a more fulfilling life for yourself.

Event Speaker: Dr. Marika Audet-Lapointe

Dr. Audet-Lapointe, a psychologist and neuropsychologist, is the founder of the PSYmedicis Clinic, specializing in psycho-oncology, health psychology, stress / anxiety and adult neuropsychology. With more than ten years of experience in psycho-oncology in both hospital and private practice, her psychotherapeutic approach sees the integration of recent advances in oncology, neuroscience and psychotherapy from Third-Wave cognitive-behavioral therapy. Cultivating the choice to live one's life even in the presence of cancer is at the heart of each of her professional actions.



Schedule:

10:00 am	Opening Remarks
10:10 am - 12:00 pm	First part of the workshop with Dr. Audet-Lapointe
12:00 pm - 1:30 pm	Lunch
1:30 pm - 2:50 pm	Second part of the workshop
2:50 pm - 3:00 pm	Closing Remarks and Evaluations

Contact:

Denis Raymond, Support Services Specialist draymond@braintumour.ca
1-800-265-5106 ext. 403 | www.BrainTumour.ca

RSVP Details:

Register by Fri, Aug 30

Register Online:

www.braintumour.ca/caregivers-montreal