

*Monthly newsletter of Prostate Cancer Support Regina*



## PROSTATE CANCER SUPPORT REGINA AIMS TO:

- \*Enhance awareness, knowledge, and understanding
- \*Organize and hold regular monthly meetings
- \*Educate prostate cancer survivors, their families, friends, and the public
  - \*Offer peer support services
  - \*Look for courage and hope
- \*Collaborate with other cancer and health organizations

### SUPPORT MEETINGS

Please join us from 6:30pm to 8:30 pm at our monthly hybrid meetings on the 2nd Thursday of every month (except July & Aug) in room 141 at the Saskatchewan Cancer Agency, 4545 Parliament Avenue, Regina.

Register to join via ZOOM. Once registered, you will receive the meeting link in your inbox directly from Zoom.

## Julianna Dreger January 8th Speaker

This month, we are excited to welcome Julianna Dreger as our guest speaker.

Julianna is a Clinical Exercise Physiologist (CSEP-CEP) at the University of Calgary. As project coordinator for EXCEL (EXercise for Cancer to Enhance Living Well), the project aims to increase the access of exercise therapy to rural and remote cancer survivors across Canada.

Julianna also used to be a competitive show jumper and has a diploma in Landscape Design! Julianna's other interests and passions include travelling, spending summers at the lake, time in the mountains, being active, gardening, painting, starting (and never finishing) knitting projects, spending time with family, and coffee.

*More on upcoming speakers on our website*

# January 8 Project EXCEL Speaker



Julianna Dreger is a Clinical Exercise Physiologist with the Health and Wellness Lab at the University of Calgary's Faculty of Kinesiology. She is the project coordinator for Project EXCEL (EXercise for Cancer to Enhance Living Well).

Taught by fitness professionals trained in exercise oncology, EXCEL is a free, evidence-based exercise program for people undergoing or recovering from cancer treatment, living in rural and remote regions across Canada.

## NEW Peer Break Out Group

**In addition to general break out groups after the break, an issue specific break out group will be available for people in the room and online for the next two months**

Delivered online through a secure video-conferencing platform, group classes run for 60 minutes, twice a week for 8-12 weeks. The program focus on:

- cardiovascular
- resistance training
- balance
- stretching

# The Power of Community

Joining a support group and attending regular meetings can provide immense benefits when facing cancer. You don't have to go through it alone—connecting with others who understand your challenges can make all the difference. The support and shared experiences from a community can aid in emotional and physical healing. Here's how:

- Emotional support reduces feelings of isolation and anxiety.
- Practical advice from others can help you navigate treatments, complications, and side effects.
- Shared stories offer hope and inspiration, uplifting spirits.
- A strong sense of community improves overall well-being and resilience.
- Together, we are stronger.

# Support Group Meeting Agenda

**6:00 pm Room 141 set up, and Zoom waiting room open**  
**6:20 pm Zoom waiting room admittance to meeting room**  
**6:30 pm Introductions**  
**6:40 pm Featured Speaker**  
**7:20 pm Refreshment Break**  
**7:30 pm Peer Sharing break out groups**  
**8:25 pm Announcements**  
**8:30 pm Closing and tear down**



## Missed our recent support meetings?

You can access past meetings' presentations @ our Youtube Channel & website

# LOVING YOURSELF



# FIRST

Hearing “prostate cancer” can be scary. We’re here for you.

Prostate Cancer Support Regina is a volunteer-led community of 300+ survivors and families, ready to offer empathy, real-life insight, and support. Come talk with people who listen, answer questions, and understand.

What makes us different? We’ve been there—through diagnosis, treatment, and survivorship. Connect with people who listen, share honestly, and truly get it. We don’t offer medical advice or promote any provider. Join us for local, trusted information and support across Saskatchewan.

**LOCAL, TRUSTED INFORMATION**



# HELP NEEDED

## WE NEED HELP WITH

- COMMUNICATIONS:
  - NEWSLETTER PRODUCER
  - PROOFREADER/EDITOR
  - SOCIAL MEDIA POSTING
    - YOUTUBE
    - FACEBOOK

IF YOU WOULD LIKE TO LEARN  
MORE PLEASE REACH OUT TO US.



(306) 527-8290



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# Androgen Deprivation Therapy (ADT) Education Class

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The ADT Educational Class is a free session during which patients and loved ones will:

- Learn about side effects of ADT
- Learn how to manage side effects
- Complete goal setting exercises to teach you how to manage ADT side effects

**When:** Monthly class, held on Fridays

**Time:** 1:30 - 4 p.m.

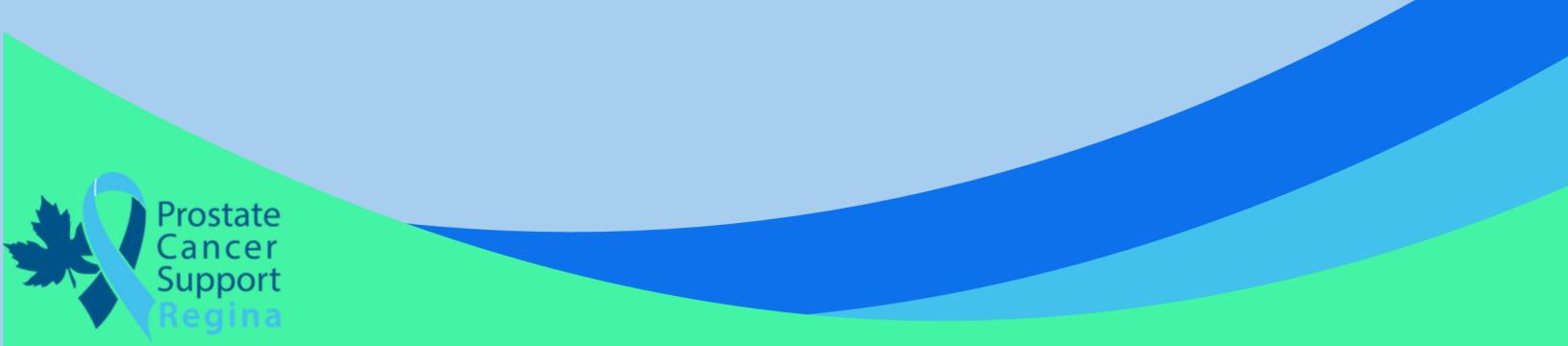
**Dates:** March 28, April 25, May 23, June 27, July 25, Aug 22, Sept 26, Oct 24, Nov 28, and Dec 19

To register, call 306-766-2973.

# National Online Support Group Meetings



**Prostate Cancer Foundation**  
**Find a Meeting**





We are grateful to our sponsors, speakers, volunteers and loyal donors. At Prostate Cancer Support Regina, we rely on the generosity of volunteers, presenters, and donors to continue supporting men and families affected by prostate cancer.

Whether you donate your time, expertise, information for our newsletter or resources, your contribution has the power to change lives. All donations come with a charitable donation receipt. Here's how you can make an impact:

- Offer your time as a volunteer to support our community.
- Present valuable information to help patients and their families.
- Donate to fund life-changing support services and awareness efforts.

Thank you for helping us create a positive difference in someone's life. Your involvement ensures no one has to face prostate cancer alone.

Prostate Cancer Support Regina (PCSR) is a volunteer support group for men diagnosed with prostate cancer, and their families. We are a registered charity that relies on the generosity of our members, supporters and friends to fund our programs. PCSR brings men, families, friends and supporters together in one strong volunteer organization to increase awareness, knowledge and understanding of prostate cancer and men's health overall for people in Regina, Southern Saskatchewan and the public at large.

Prostate Cancer Support Regina is an incorporated organization in Saskatchewan under the authority of The Non-Profit Corporations Act, 1995 and a registered Canadian charity under the authority of the Income Tax Act.



Prostate Cancer Support Regina. Prostate Cancer Canada Network - Regina Inc.  
CRA Charity # 84872 6386 RR0001



# Meet Your Board

# Robert Chapman, James Froh, Guy Kergan, Kent Stewart, and Fred Vandelindan

**board@pccnregina.ca**  
**Executive Committee**

Executive Committee  
[inquiry@pccnregina.ca](mailto:inquiry@pccnregina.ca)

Health Outcomes / Support Line/ Partnership Committee  
**[support@pccnregina.ca](mailto:support@pccnregina.ca)**

Communications Committee  
**communications@pccnregina.ca**

Please contact the above listed committees for further information about PCS Regina.

To ensure you are receiving all of our newsletters and notices, please make sure [info@pccnregina.ca](mailto:info@pccnregina.ca) is in your contact list.

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