

## THE HEAD START PROGRAM FOR WOMEN NEWLY DIAGNOSED WITH BREAST CANCER

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**W**e present the beneficial impact that our Head Start Program for women newly diagnosed with breast cancer has on participants at the Ottawa Integrative Cancer Centre. While beginning a new world of conventional cancer treatments, our program provides support and guidance at a crucial time of flux in a woman's life, and addresses the spiritual, physical and mental emotional health of women of all ages, from generation Y through to our elders, who are dealing with a cancer diagnosis.

This 6 week program is comprised of workshops, support group sessions and experiential mind body techniques, and is led by a group of therapists skilled in cancer's psychological and physiological effects.

Our research outcome measures of the program to date will be touched upon. ■