



110-650 Dalton Ave, Kingston Ontario K7M 8N7
 (613) 531-7912 Hours: Tuesday – Friday 12:00 – 4:00 p.m.

Website: <https://www.bcakingston.ca/>
 Email: office@bcakingston.ca
 Serving Kingston and South Eastern Ontario- as far as Trenton in the west,
 Cornwall in the east and points north as far as Sharbot Lake, Perth, and
 Westport.

Breast Cancer Action Kingston (BCAK) is a local, survivor-directed, volunteer-led, charitable organization whose purpose is to develop programs to educate, counsel and support women and men living with breast cancer, as well as their families and the community at large.

Membership in BCAK is \$30/yr. (individual) and is open to everyone. A donation receipt will be issued for this

Why Join BCAK? Because members....

- Receive our monthly newsletter
- Enjoy our Member's Community Discount Program
- Receive information about upcoming events
- Have an opportunity to become more involved in our organization like joining our Board
- Survivors can join our exercise and/or yoga classes and Chestmates for a yearly fee of \$20.00
- If there is room in exercise or yoga non survivors can take part

BCAK is a non-profit organization and all our programs and services are fully funded through fundraising.
 Raised Local..... Stays Local

Volunteering at BCAK

We welcome all active BCAK members on our volunteer committees.

You can:

- Help outside organizations with fundraising for BCAK.
- Assist at BCAK events or fundraisers.
- Be our Ambassadors...spreading awareness of our organization in the community.
- Have fun!

You can make a difference!



Services & Programs offered through BCAK include:

Support Groups: Led by trained facilitators. Women at all stages of breast cancer are welcome to attend.

Monthly Newsletters: Published monthly and distributed to all members usually by email.

Puffy Pillow Project: Post-Operative Puffy Pillow Available to those who have been newly diagnosed with breast cancer. Given out at the time of breast cancer surgery at the Kingston General Hospital and Hotel Dieu Hospital.

Lymphedema: A new Lympa Press machine is available free of charge for BCAK members.

Scrapbook Club: Members get together for a fun afternoon exchanging ideas and to learn a new skill from others.

Financial Assistance: BCAK offers financial support to paid up members to help with: medication costs, wigs, food, accommodation, utilities, prostheses & bras.

Exercise Classes: Morning exercise classes are open to breast cancer survivors with a current paid up BCAK membership, evening classes are open to all BCAK members.

Yoga: Available to any level of experience. Monday & Wednesday mornings and Thursday evenings.

In House resource library

Chestmates Dragon Boat Team: The only Breast Cancer Survivor Dragon Boat team in Southeastern Ontario.

<https://www.bcakingston.ca/services>

<https://www.bcakingston.ca/programs>

<https://www.bcakingston.ca/chestmates-dragon-boat-team>