



# Fibromyalgia Support Network

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[www.fibrosupportnetwork.ca](http://www.fibrosupportnetwork.ca) ♦ Find Us On 

We are an inclusive, community-based, peer-led volunteer organization focused on helping individuals living with fibromyalgia and/or other chronic illnesses, **regardless of gender and where you live** in Canada, or elsewhere. Unless otherwise indicated, all programs and activities offered are held on Zoom and are **FREE TO MEMBERS ONLY**.

**You must be/become a member of The Fibromyalgia Support Network to be able to participate.** Fill out our online member application form at [www.fibrosupportnetwork.ca/membership/](http://www.fibrosupportnetwork.ca/membership/) or email [admin@fibrosupportnetwork.com](mailto:admin@fibrosupportnetwork.com) to request a fillable pdf member application form.

The **Annual Member Fee of C\$20.00 | US\$15.00** helps sustain and support our programs, activities, workshops, and special events. If you are unable to pay the annual fee amount due to financial hardship, please email us at [admin@fibrosupportnetwork.com](mailto:admin@fibrosupportnetwork.com) to request a fee waiver. We will work with you to accommodate your situation.

## MONTH-AT-A-GLANCE CALENDAR FOR APRIL 2026

Advance Registration is Required to Receive the Zoom Link

Day	Date	Time (Eastern)	ACTIVITY/SPECIAL EVENT
Wed	1	1:00pm	Qigong for Health & Wellness (60m)
Thu	2	11:00am	Meaningful Movements & Stretching (45m)
Fri	3	5:30pm	<b>GOOD FRIDAY PUBLIC HOLIDAY</b>
Sat	4		
Sun	5		<b>HAPPY EASTER SUNDAY!</b>
Mon	6	3:00pm	Fibro Talk for the LGBTQ+ Community (90m)
Tue	7	1:00pm	Chair Yoga with Guided Meditation with Evelyn Zurbrigg (45m)
Wed	8	1:00pm	Qigong for Health & Wellness (60m)
Thu	9	11:00am	Meaningful Movements & Stretching (45m)
Thu	9	1:00pm	Knit-Crochet for Chronic Pain Relief (90m)
Fri	10	1:00pm	FSN Community Documentary Film Special (120m) <span style="float: right; color: #4682b4;">Title: <i>The Eternal Song</i></span>
Sat	11	2:00pm	Writing with Chronic Pain and Fatigue (120m)
Sun	12		
Mon	13	6:00pm	Fibro Talk- <b>EVENING</b> Edition (90m)
Tue	14	1:00pm	Six Degrees Social Conversations (90m)
Wed	15	1:00pm	Qigong for Health & Wellness (60m)
Wed	15	5:00pm	"The Power of Self-Love" Workshop Series Part 5 (90m) <span style="float: right; background-color: yellow; font-weight: bold;">LAST SESSION!</span>
Thu	16	11:00am	Meaningful Movements & Stretching (45m)
Thu	16	6:00pm	<i>"Between The Covers"</i> Book Club (90m)
Fri	17	1:00pm	Soul to Soul Spiritual Wellness (120m)
Sat	18	1:00pm	Gardening for Health & Wellbeing (60m)
Sat	18	1:00pm	Fibro Warriors <b>IN-PERSON</b> Support Meeting (120m) <span style="color: #4682b4;">Venue : Kiwanis Seniors Centre, 78 Riverside Drive, London</span>
Sun	19		

Mon	20	3:00pm	Mindset Matters (90m) <i>Topic: How Does Tapping or Emotional Freedom Technique (Eft) Help People with Fibromyalgia?</i>
Tue	21	1:00pm	Chair Yoga with Guided Meditation with Evelyn Zurbrigg (45m)
Tue	21	3:00pm	FM101: I've Been Diagnosed with FM, Now What? Part 1 of 2 Seminar (120m)
Wed	22	1:00pm	Qigong for Health & Wellness (60m)
Thu	23	11:00am	Meaningful Movements & Stretching (45m)
Thu	23	1:00pm	Knit-Crochet for Chronic Pain Relief (90m)
Fri	24	1:00pm	Group Games Afternoon Fun (90m)
Sat	25	2:00pm	Writing with Chronic Pain and Fatigue (120m)
Sun	26		
Tue	28	1:00pm	Six Degrees Social Conversations (90m)
Tue	28	3:00pm	FM101: I've Been Diagnosed with FM, Now What? Part 2 of 2 Seminar (120m)
Wed	29	1:00pm	Qigong for Health & Wellness (60m)
Thu	30	11:00am	Meaningful Movements & Stretching (45m)
Thu	30	1:00pm	Fibro Talk- <i>DAYTIME</i> Edition (90m)

To find out more about each program, activity, special event or self-management course offered, click on this link, <https://fibrosupportnetwork.ca/what-we-offer/virtual-programs/>

## WHAT'S NEW, WHAT'S CHANGED AT FSN?

**ARMCHAIR TRAVEL:** Due to the Good Friday public holiday, there will not be a session this month. Join us again on Friday, May 1<sup>st</sup> at 3pm ET when Jacqueline Fraser will share her bucket-list experience witnessing polar bears in their natural habitat in Churchill, Manitoba, and what she saw in Winnipeg too.

**CHAIR YOGA:** Program Facilitator **Andrea Pearson** has been put on rest by her doctor for the next month and thus she will not be able to instruct the classes. In her absence, **Evelyn Zurbrigg** has offered to run bi-weekly sessions for Chair Yoga participants, but it will be at 1:00pm for 45 minutes. See the calendar for session dates.

**FIBRO TALK, EVENING EDITION:** We are proud to announce that Patricia Wills has stepped up to take over the program leadership effective immediately. She hopes to develop a program format to bring more structure and content to these monthly sessions. Thank you David Wilson and Leah Treacy for your leadership, time and energy developing this program for our members seeing peer support in the later hours of the day!

**FIBRO TALK FOR THE LGBTQ+ COMMUNITY:** This FREE monthly program will be held on the 1st Monday of each month (excluding July, August, and Public Holidays) from 3-4pm ET on Zoom. It is offered only to FSN members and their caregivers. Please consult the attached poster for more information and to check your start time for your time zone.

**FIBRO WARRIORS PEER SUPPORT:** Based on program participant feedback, we have decided to move our monthly evening meetings to a **Saturday afternoon** from **1:00-3:00pm ET**. We have rented meeting room space at **Kiwanis Seniors Centre** located at **78 Riverside Drive**, which is on

several major bus routes. Program Facilitator **Erin Lovenjak** hopes that this decision will encourage more of you who live in London, St. Thomas, Middlesex/Oxford/Elgin counties to come out and join us. We look forward to seeing you at our April 18<sup>th</sup> meeting!

**FM101: I'VE BEEN DIAGNOSED WITH FIBROMYALGIA, NOW WHAT?** Our last seminar for Spring will be held this month on April 21st and 28<sup>th</sup> from 3:00-5:00pm ET on Zoom. Registration is now open to anyone and their carers who is interested in learning more about this chronic invisible illness/disability and how to live with it. **Your registration is also your agreement to attend both sessions of this 2-part seminar.** To register, please email Jacqueline Fraser at [admin@fibrosupportnetwork.com](mailto:admin@fibrosupportnetwork.com).

**FSN COMMUNITY DOCUMENTARY FILM SPECIAL:** We will hold our first "pop up" FSN Community Documentary Film Afternoon on **Friday, April 10th from 2:00-4:00pm ET on Zoom!** This viewing opportunity is open to all FSN members, and their carers interested in watching the film.

For our first movie, and since April is Earth Month, I have selected ***The Eternal Song***, the first in a 12-film documentary series, is a cinematic journey through timeless lands and Indigenous cultures. Voices from across generations and traditions invite us to witness the enduring scars of colonization on lands and peoples, and the healing pathways carried through ancestral wisdom. Watch for an email from Jacqueline Fraser about registration for the zoom link!

**GARDENING FOR HEALTH & WELLBEING:** Peer Leader **Irene Au** is looking forward to welcoming you to her second session centred on all things related to gardening, indoors and outdoors. Join her on Saturday, April 19<sup>th</sup> at 1:00pm ET for her next session! Where you have never gardened or are a Master Gardener, this program is designed just for YOU! Please plan to support Irene and join her in this seasonal, monthly program.

**HAPPY HOUR:** Both peer leaders, **Victoria Pazzano** and **Myra Arsenault**, are no longer able to host this program. Thank you Victoria and Myra for your enthusiasm, time and energy you gave to this program while it lasted. Unless we have members step up to take over the management of this program, Happy Hour is now closed permanently.

**MINDSET MATTERS:** We are excited to welcome back Caitlin Oliver from The Nervous System Collective who will be giving another talk to our membership. This time, her topic is ***"How Does Tapping or Emotional Freedom Technique (Eft) Help People with Fibromyalgia?"*** See the attached poster for more information on this topic, then sign up to join us on **Monday, April 20<sup>th</sup> at 3pm ET** on Zoom.

**THE FIBROMATES JOURNAL:** Help us get to 300 subscribers!! We are very proud of the work Irene has done with this blog which has develop a treasure trove of ideas, insights and perspectives on living with FM. Subscribe now by simply by going onto our website, [www.fibrosupportnetwork.ca](http://www.fibrosupportnetwork.ca)!

