



THE C3 BI-WEEKLY



August 14, 2026



2026 CHOLANGIOCYCLE CHALLENGE

Together, we ride for hope.

SEPTEMBER IS ALMOST HERE! REGISTER, RIDE, FUNDRAISE OR SUPPORT THE CHALLENGE.

1. REGISTER HERE

You can now register as a **Team Captain, a Team Member, or a solo participant** on the official Canadian Cancer Society fundraising page

2. CHOLANGIOCYCLE.CA

Next, set up a profile to track your KMs, view the leaderboard, and see the Calendar of Events for September

3. GET MERCH

Visit the CholangioCycle Team Store!
50% of the proceeds of any merchandised purchased will go towards the CholangioCycle
Sponsored by Heini Sports Canada

STAY IN THE LOOP

Sign up for the CholangioCycle Newsletter.

RESOURCE SPOTLIGHT

CAREGIVERS LEARNING & SUPPORT

Canadian Virtual Hospice and Caregivers Can have put together learning modules & resources to help prepare and guide caregivers.

This information can be accessed anytime at no cost.

Visit

www.virtualhospice.ca/caregiving to find out more.

TAKE ACTION & SHARE HOPE

C3 IN MEMORIAM PAGE

Have you lost a loved one to CCA?

If you or your family have chosen to honour their memory through donations to C3 in lieu of flowers, we would be honoured to remember them on our

C3 In Memoriam Page.

Please complete our **In Memoriam Form** to share a little about your loved one and allow us to recognize and celebrate their life.

LEARN & CONNECT

CHCC PATIENT SUPPORT GROUPS

A cancer journey can be deeply isolating. We encourage you to join the virtual Patient Support Groups hosted monthly by the CHCC.

These groups offer a safe, welcoming space to connect with others who truly understand what you're going through.

CLICK HERE to view the schedule.

LEARN & CONNECT

CHOLANGIOCARCINOMA SURVIVORS TWISTSHOP SERIES

Please join The Cholangiocarcinoma Foundation (CCF) and Twist Out Cancer (TOC) for a monthly art therapy series to support patients/survivors.

Find dates & times for the virtual sessions here:

LINK

Check out Twist Out Cancer here:

LINK

WHERE TO FIND THE C3



Sign up for our Newsletter!