



PROGRAM + EVENTS CALENDAR

March & April 2024

WHO ARE WE?

Wellspring Niagara offers various programs and services to meet the social, emotional, restorative and informational needs of people living with cancer. All programs are free of charge for anyone living with cancer at any stage and their caregivers and family members.

Wellspring Niagara receives no government or hospital funding as it is solely supported by the community. 100% of every dollar stays in Niagara ensuring all programs remain free of charge.

Charitable Registration #86414 6162 RR0001

Linktree*



Scan this QR code to register as a member, view program details, visit our website, purchase 50/50 tickets and follow us on social media!

This Program Guide is a summary of programs offered at Wellspring Niagara. Please note, dates and times of programs are subject to change. Please visit our website wellspringniagara.ca for the most up-to-date information and program details.

EXERCISE & MOVEMENT PROGRAMS

Cancer Exercise

Leader(s): Jodi Steele, Candice Vermeulen, Chris Anderi, Teddy Mansell, & Claire Randell
Date: Every Tues. & Thurs.
Time: 9:30 am - 12:30 pm
Delivery: In-Person
Eligibility: Patients

Facilitated by Kinesiologists, Physiotherapists, and other Healthcare Providers, the Cancer Exercise Program provides participants with the opportunity to exercise in a group setting to help improve endurance, flexibility, and strength following a cancer diagnosis. To register for this program, please complete the online registration at wellspringniagara.ca/cancerexercise

Candlelight Gentle Movement, Balance and Stretching

Leader(s): Sandra Edgar
Date: Mon. Mar 11 & Apr 8
Time: 3:00 pm - 4:30 pm
Delivery: In-Person
Eligibility: Patients & Caregivers

Surrounded by candlelight, through a series of gentle movements, stretches, and balance exercises, this program promotes relaxation, flexibility, and mobility. No experience is required.

Sound Healing and Restorative Yoga

Leader(s): Dana Mataya & Gina Gallo
Date: Sat. Mar 9 & Apr 6
Time: 9:30 am - 10:30 am
Delivery: In-Person
Eligibility: Patients & Caregivers

Join Gina and Dana for this beautiful collaboration to soften the senses into a peaceful state of being. Gina will supportively guide you through gentle movements before settling you into restorative poses. While Dana bathes you with the soundscapes of the quartz crystal singing bowls. Discover the beauty of harmonizing together to lull you into a deep state of relaxation while holding divine space for you as you embrace sacred sounds.



Oncology Yoga

Leader(s): Kristyn Wilson- Schram & Susan Gettler
Date: Wed. Mar 20 - Apr 24
Time: 10:30 am - 12:00 pm
Delivery: In-Person
Eligibility: Patients

Oncology Yoga is an 6-week series specifically designed to address the unique needs of cancer patients and survivors. This active practice combines breath and movement. There is a commitment to attend once a week for a period of 6 weeks.

Exercise The Breath

Leader(s): Sophie Mansbridge
Date: Sat. Mar 16 & Apr 6
Time: 10:00 am - 11:30 am
Delivery: In-Person
Eligibility: Patients & Caregivers

Exercise the Breath provides participants the opportunity to discover the "power of breath" to help decrease anxiety and stress, and increase positive emotions. Expect to experience restoration of the body, yogic-type sleep, and other health benefits through breathwork and gentle movement. No experience is required.

Restorative Yoga and Deep Relaxation & Visualization

Leader(s): Cheryl Gordon
Date: Thurs. Apr 25
Time: 3:30 pm - 4:30 pm
Delivery: In-Person
Eligibility: Patients & Caregivers

Indulge in a wellness practice that soothes you into a healing state of relaxation. Restorative yoga utilizes multiple blankets, pillows and other props to completely and effortlessly help you to relax. Restorative yoga can help to relieve chronic pain, reduce anxiety, and promote resiliency. Participants should be comfortable with getting up and down from the floor.



Yang to Yin Yoga for Lymphedema

Leader(s): Katie Mussari
Date: Thurs. Mar 7 & Apr 4
Time: 6:30 pm - 7:30 pm
Delivery: In-Person
Eligibility: Patients



Yang to Yin Yoga for Lymphedema combines dynamic, strength-building postures (Yang) with slow, passive stretches (Yin) to promote lymph flow. This dual approach focuses on flexibility, balance, and mindfulness to help alleviate lymphedema.

Gentle Yoga for Self-care

Leader(s): Sandra Edgar
Date: Mon. Mar 4 & Apr 22
Time: 10:30 am - 12:30 am
Delivery: In-Person
Eligibility: Patients & Caregivers

Yoga for Self-Care focuses on empowering caregivers and patients to explore self-care practices to support relaxation, rest, and resilience through breathing techniques, gentle movement, and yoga postures. No experience is required.

Chair-Assisted Yoga

Leader(s): Cheryl Gordon
Date: Fri. Apr 19 & 26
Time: 10:30 am - 11:30 am
Delivery: In-Person
Eligibility: Patients & Caregivers

Chair-assisted yoga uses gentle movements to increase mobility, decrease stress, and anxiety, and improve breathing.

INDIVIDUAL & GROUP SUPPORT PROGRAMS

Newly Diagnosed Breast Cancer Circle

Leader(s): Karen Whaley
Date: Wed. Mar 13 & Apr 10
Time: 1:30 pm - 3:30 pm
Delivery: In-Person
Eligibility: Patients

Newly Diagnosed Breast Cancer Circle is an interactive support group to support individuals with breast cancer who have been recently diagnosed with breast cancer within the last three months. This group provides the opportunity to connect with others, share experiences, and information in a comfortable and safe setting. This group is facilitated by a social worker.

Breast Cancer Support Group

Leader(s): Karen Whaley
Date: Thurs. Mar 21 - Apr 18
Time: 1:30 pm - 3:30 pm
Delivery: In-Person
Eligibility: Patients

Breast Cancer Support Group is a five week series that provides patients with the opportunity to meet with other breast cancer patients. Topics addressed may include personal stories, relationships, body image, work, disability, coping strategies and sexuality among others. Sessions are facilitated by a social worker.

Peer Support and Navigation

This program allows members to connect with a volunteer at Wellspring Niagara who has lived experience with cancer. Please contact Olivia Barron at olivia@wellspringniagara.ca for more information.

Child & Teen Short-Term Counseling

This program provides short-term counseling for children and teenagers who have been impacted by cancer. Please contact Deanna White at deanna@wellspringniagara.ca

Men's Meet Up (Peer-to-Peer)

Leader(s): Steve Cino
Date: Tues. Mar 26 & Apr 30
Time: 9:30 am - 11:00 am
Delivery: In-Person
Eligibility: Patient & Caregivers

This group provides males or persons who identify as male to meet in an informal and comfortable setting to support each other and share their experiences related to cancer.

Niagara Multiple Myeloma Support Grp. (Peer-to-Peer) (Host Program)

Leader(s): Jane Greggio & Glenda Hillier
Date: Wed. Mar 13 & Apr 10
Time: 10:30 am - 12:00 pm
Delivery: In-Person
Eligibility: Patients

The Niagara Multiple Myeloma Peer-to-Peer Support Group provides Multiple Myeloma patients with the opportunity to connect, learn, and support each other in a comfortable setting.

Lymphoma Circle

Leader(s): Karen Whaley
Date: Wed. Mar 27 & Apr 24
Time: 1:00 pm - 3:00 pm
Delivery: In-Person
Eligibility: Patients

Lymphoma Circle provides an opportunity to meet with other lymphoma patients to share experiences, challenges, and coping strategies in a compassionate environment. This group is facilitated by a social worker.

Lung Cancer Circle

Leader(s): Lorna Coli
Date: Wed. Apr 24
Time: 6:30 pm - 8:00 pm
Delivery: In-Person
Eligibility: Patients



Lung Cancer Circle provides an opportunity to meet with other lung cancer patients to share experiences, challenges, and coping strategies in a compassionate environment. This group is facilitated by a professional counsellor.

Caregiver Support Circle

Leader(s): Shelley Wilson
Date: Wed. Mar 6 & Apr 3
Time: 6:30 pm - 8:00 pm
Delivery: In-Person
Eligibility: Caregivers

This group allows cancer caregivers to share their experiences, feelings, strategies, and challenges. This group is facilitated by a certified counsellor, who is passionate about supporting cancer caregivers.

Newly Diagnosed Cancer Patient Support Circle

Leader(s): Karen Whaley
Date: Tues. Mar 26 & Apr 23
Time: 10:00 am - 12:00 pm
Delivery: In-Person
Eligibility: Patients

This program is for persons who have been recently diagnosed with cancer within the last three months. This support group provides cancer patients an opportunity to ask questions, share experiences, and develop coping mechanisms. This group is facilitated by a social worker.

Oasis Advanced Cancer Support Grp.

Leader(s): Karen Whaley
Date: Tues. Mar 19, Apr 9 & 23
Time: 1:00 pm - 3:00 pm
Delivery: In-Person & Online
Eligibility: Patients

This unstructured support group provides a safe place for patients with metastatic or advanced disease to support each other. This group is facilitated by a social worker.

Prostate Cancer Support Grp. (Peer-to-Peer) (Host Program)

Leader(s): David Flus
Date: Thurs. Mar 14 & Apr 11
Time: 6:00 pm - 8:00 pm
Delivery: In-Person
Eligibility: Patients & Caregivers

This is a peer-to-peer informal support group for men living with prostate cancer and their caregivers. This group provides practical information and coping methods for anyone affected by prostate cancer.

Survivorship Circle

Leader(s): Richard O'Brien
Date: Thurs. Mar 14 & Apr 11
Time: 6:30 pm - 8:00 pm
Delivery: In-Person
Eligibility: Patients



Even after you complete your treatment or are in recovery, you may have a fear of recurrence, anger, or sadness. These topics, among others, related to survivorship and developing a "new normal" will be discussed. This group is facilitated by an experienced counselor.

INDIVIDUAL & GROUP SUPPORT PROGRAMS

Women's Peer Support Circle (Peer-to-Peer)

Leader(s): Debbie Mantini & Mary Serveau

Date: Tues. Mar 19 & Apr 16

Time: 10:30 am - 12:00 pm

Delivery: In-Person

Eligibility: Patients



Women's Peer Support Circle is an informal group to support females, or persons who identified as female, to meet once a month over a cup of tea or coffee to share experiences, relax, and meet other women to support each other throughout their cancer journey.

SELF-DEVELOPMENT & EDUCATIONAL PROGRAMS

In the Kitchen: Gut Health & Improving Digestion (Cooking Demo)

Leader(s): Kate Park, RD

Date: Sat. Mar 16

Time: 10:30 am - 12:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Back by popular demand! Learn how to support gut health for cancer patients through our cooking demo. Discover tailored recipes and strategies to aid digestion during treatment. Gain valuable nutritional insights in creating nourishing meals to promote well-being and aid recovery.

Wellspring Niagara Information Session

Leader(s): Wellspring Niagara

Date: Wed. Mar 20 & Apr 17

Time: 10:30 am - 12:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Are you new to Wellspring Niagara, a current member, or a Healthcare Provider that has questions about our programs? If you do, this session is for you! During this session, we will discuss the various programs offered at Wellspring Niagara and provide a tour of our centre.

Money Matters Information Session

Leader(s): Ilene Shiller

Date: Thurs. Apr 11

Time: 10:30 am - 11:30 am

Delivery: In-Person & Online

Eligibility: Patients & Caregivers

Are you looking for help with your cancer-related financial worries? We understand how difficult it is to focus on getting well when you are worrying about money. Please join us for a virtual in-person information session to learn how a Money Matters case manager can help.



In the Kitchen: Spring Brunch (Cooking Demo)

Leader(s): Kate Park, RD

Date: Sat. Apr 6

Time: 10:30 am - 12:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Explore delightful spring brunch recipes tailored for cancer patients in our cooking demo. Discover delicious and nourishing options designed to support your well-being.

Be Well Talk: Mental Health Series: Coping with Anxiety & Stress with Cancer

Leader(s): Colleen Johnson

Date: Thurs. Apr 4

Time: 9:30 am - 10:30 am

Delivery: In-Person & Online

Eligibility: Patients & Caregivers

It is normal to feel anxious or stressed with cancer. Please join us for a mental health discussion on cancer-related stress and anxiety. This session is facilitated by a registered psychotherapist.

Be Well Talk: Mental Health Series: Cancer & Depression

Leader(s): Colleen Johnson

Date: Thurs. Mar 7

Time: 9:30 am - 10:30 am

Delivery: In-Person & Online

Cancer patients often get depressed because it can turn your life upside down, disrupt your daily life, and can cause anticipatory grief. Please join us for a mental health discussion on cancer and depression. This session is facilitated by a registered psychotherapist.



Nourish: Nutrition & Breast Cancer (Cooking Demo)

Leader(s): Julia Zak, RD

Date: Fri. Apr 5 & 12

Time: 10:30 am - 12:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

This is a two-part series that focuses on nutrition for women with breast cancer. Specifically, session one will focus on guidelines to reduce the risk of breast cancer and recurrence. Session two will explore the short and long term side-effects and risks related to breast cancer treatment. Session two also includes a cooking demonstration with two easy and delicious recipes.

Be Well Talk: How to Manage the Fear of Recurrence

Leader(s): Richard O'Brien

Date: Tues. Mar 12

Time: 10:30 am - 12:00 pm

Delivery: In-Person & Online

Eligibility: Patients & Caregivers

After cancer treatment, people may experience uncertainty about their survival. This is very normal, but it can be detrimental to their overall health and quality of life. This presentation will demonstrate some practical ways of reducing the fear of cancer recurrence.

Look Good Feel Better (Host Program)

Leader(s): Sylvana Oliver

Date: Wed. Mar 13 & Apr 10

Time: 1:00 pm - 3:00 pm

Delivery: In-Person

Eligibility: Patients

Look Good Feel Better (LGFB) is a workshop for females who are in treatment or have recently completed treatment. In this workshop, participants will learn about make-up tricks, hair alternatives, nail and skin care, and cosmetic hygiene to "look good and feel better". Space is limited. Please register at lgfb.ca.

SELF-DEVELOPMENT & EDUCATIONAL PROGRAMS

Be Well Talk: How Mindfulness Supports Mental & Physical Health

Leader(s): Dr. Maria Grande

Date: Wed. Apr 10

Time: 9:30 am - 10:30 am

Delivery: In-Person

Eligibility: Patients & Caregivers

Mindfulness is the active practice of being in the present moment, regardless of what is happening in our thoughts, emotions and body at that time. By understanding and practicing a few ways of being present, without judgement or criticism, there may appear a glimmer of calmness in moments when we need it most. Please join to explore how persons impacted by cancer can improve their quality of life both mentally and physically.

NEW!

Canada Revenue Agency & Service Canada: Government Benefits and Credits

Leader(s): CRA & Service Canada

Date: Thurs. Mar 7

Time: 10:00 am - 12:00 pm (Booth), 12:00 pm - 2:00 pm (Session)

Delivery: In-Person

Eligibility: Patients & Caregivers

Please drop by the information booth to speak directly to a Canada Revenue Agency (CRA) and/or a Service Canada representative to ask any questions you might have regarding their services to support persons impacted by cancer from 10:00 am to 12:00 pm, followed by a presentation from 12:00pm to 2:00 pm. Topics discussed will include Disability Tax Credit Certificate, medical expenses and other tax deductions, free tax clinics, Employment Insurance, sickness and caregiving benefits, and Canada Pension Plan.

New!

SYMPTOM MANAGEMENT PROGRAMS

Yoga Nidra (Group Deep Relaxation)

Leader(s): Sandra Edgar

Date: Mon. Mar 18 & Apr 15

Time: 2:00 pm - 3:00 pm

Delivery: Online

Eligibility: Patients & Caregivers

In the comfort of your own home, experience deep relaxation as participants are guided through the stages of Yoga Nidra. Some benefits may include decreased tension, restful sleep, peace, and healing.

Reiki (Individual Deep Relaxation)

Leader(s): Reiki Practitioners

Date: By appointment

Delivery: In-Person or Distance

Eligibility: All Members

Reiki is a Japanese technique for stress reduction, relaxation, and healing. In a one-hour session, the participant lies on a massage table fully clothed, as the practitioner places their hands either gently on or above the participant to promote healing in specific "energy locations". Please call Wellspring Niagara to book an appointment at **905-684-7619**.

Meditation

Leader(s): Priya Ladwa

Date: Fri. Mar 22 & Apr 12

Time: 10:30 am - 11:30 am

Delivery: In-Person

Eligibility: Patients & Caregivers

Come meditate with us to help reduce stress and calm the mind and body by being present in the moment! During this program, participants will learn the different types of meditation followed by a meditation session that will leave participants relaxed and wanting more!

New!

Spring Relaxation Retreat

Leader(s): Cheryl Gordon, Priya Ladwa & Willma Stortz

Date: Fri. Apr 26

Time: 2:00 pm - 4:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Spend the afternoon with us to help relax and rejuvenate. Let us help you escape and transport you to your private oasis. Begin with a relaxation and visualization workshop, followed by warming tea and light refreshments in our "Great Room" in front of the fireplace, and finish with a Reiki Treatment. You will leave revitalized and refreshed. Space is limited.



"Hop on Over" To Erinne's Easter Party

Leader(s): Erinne Andrews

Date: Sat. Mar 23

Time: 11:00 am - 1:00 pm

Delivery: In-Person

Eligibility: Families & Children

"Hop on Over" to Erinne's Easter party that will be lots of fun! There will be activities and an Easter egg hunt. Pizza will be provided. **Thank you Mossimo's Pizza and Subs for sponsoring this program.**



THERAPEUTIC ARTS PROGRAMS

Art Therapy Series

Leader(s): Erinne Andrews

Date: Fri. Mar 1 - Apr 26 (excluding Mar 29)

Time: 1:00 pm - 3:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Guided by a Registered Art Therapist, participants will have the opportunity to explore a variety of mediums to discover or rediscover their creativity in a group setting. No prior art experience is required. There is a commitment to attend once a week for a period of 8 weeks.

Crafts with Debbie: Home Decor Spring Crafts

Leader(s): Debbie Mantini

Date: Wed. Mar 27

Time: 1:00 pm - 2:30 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Come join Debbie to make some fun spring crafts that will be sure to "brighten" your home and put a smile on your face.

NEW

Crochet with Caity: Learn How to Make an Adorable Frog Plush

Leader(s): Caity Rendell

Date: Wed. Mar 6, 13, & 20

Time: 1:00 pm - 3:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Ever wanted to learn how to crochet a plush but didn't know where to start? In these three 2-hour sessions, you will learn some crochet techniques and go home with your very own adorable plush frog! Please note, you are required to attend at least two sessions.

NEW

Drumming

Leader(s): Mark Chindemi

Date: Sat. Mar 16 & Apr 6

Time: 10:30 am - 12:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Drumming explores various drums and percussion around the world. During this drumming workshop, participants will have the opportunity to listen and connect with various instruments through short guided meditation to help support them throughout their cancer journey.

Easy & Fun Spring Crafts

Leader(s): Kathy Brotzner & Cathy Sutton

Date: Fri. Mar 8

Time: 10:15 am - 11:30 am

Delivery: In-Person

Eligibility: Patients & Caregivers

We're ready to "Hop" into spring with some fun and easy crafts. Join us as we turn a clay pot and clothespins into two crafts "Every Bunny" will love!

NEW

Easter Therapeutic Cookie Decorating

Leader(s): Chantal McCarthy

Date: Fri. Mar 8

Time: 9:30 am - 11:00 & 11:30 - 1:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Come and learn how to decorate cookies for Easter! It may sound difficult and time-consuming but yet it's so fun and easy! Whether you want to start a new hobby or learn how to decorate cookies, this workshop is for you! Learn the tricks of the trade by using Royal icing. Voila masterpiece!

NEW

Books of Hope Craft (Beginner)

Leader(s): Colleen Johnson & Margaret Johnson

Date: Thurs. Mar 28

Time: 1:30 pm - 3:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Books of Hope craft is book folding at its finest! Book folding is the art of folding the pages within books to create 3D shapes. Spend the afternoon with us in this introductory workshop making a Book of Hope to empower your healing journey. All supplies will be provided.

Books of Hope Craft (Intermediate)

Leader(s): Colleen Johnson & Margaret Johnson

Date: Thurs. April 25

Time: 1:30 pm - 3:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Please join us in this intermediate class to learn how to make more sophisticated Books of Hope using more advanced techniques to create your own "masterpiece" of hope and healing. Please note members must take beginner Books of Hope class first. All supplies will be provided.

NEW

Little Easter Treat Basket Craft

Leader(s): Jane White

Date: Sat. Mar 9

Time: 11:00 am - 12:00 pm

Delivery: In-Person

Eligibility: Patients & Caregivers

Spring is in the air and Easter is on its way! Come and learn how to make little treat Easter baskets! These cute paper baskets are perfect for Easter egg hunts or can be filled with sweet treats and gifts. You will "hop" away with a filled basket that will satisfy any "sweet" tooth.

NEW

THERAPEUTIC ARTS PROGRAMS

"Laugh Out Loud" Through the Healing Power of Comedy Improvisation

Leader(s): Maureen O'Neil
Date: Thurs. Mar 28 & Apr 25
Time: 1:30 pm - 3:00 pm
Delivery: In-Person
Eligibility: Patients & Caregivers

Come join us for an afternoon of fun and laughter through improv! Members will participate in improv games and perform short improv scenes. Improv is nourishment for mind, body, and soul. No previous acting experience is needed—just a sense of fun and a willingness to go to the place where your "true" self lives.

Quilting for Wellness

Leader(s): Jennifer Allen & Doris Carbert
Date: Thurs. Mar 7 - Apr 25
Time: 1:30 pm - 3:30 pm
Delivery: In-Person
Eligibility: Patients & Caregivers
Led by experienced quilters, this program provides patients and caregivers the opportunity to create "collective works of art" in a group setting. This program provides a creative space to share information and experiences related to cancer, as participants "quilt towards wellness".

Self-Love Writing Series

Leader(s): Kimberly Rivando-Robb
Date: Mon. Apr 8, 15, & 22
Time: 12:30 pm - 2:00 pm
Delivery: In-Person
Eligibility: Patients & Caregivers

NEW

This three-part healing writing series focuses on learning to love "THIS" version of yourself throughout your cancer journey. In this writing workshop, participants will learn how to acknowledge and honor themselves before cancer and who they are now. This writing series is facilitated by a professional writer who is passionate about supporting persons impacted by cancer through writing. Please note this involves deep work and reflection.

SOCIAL PROGRAMS

Easter Trivia

Leader(s): Gina Aiello
Date: Wed. Mar 27
Time: 1:30 pm - 3:00 pm
Delivery: In-Person
Eligibility: Patients and Caregivers
"Hop" into the world of egg-citement and laughter with our fun-filled Easter trivia program! Get ready to crack some eggstra-special facts and bunny-hop through a basket full of delightful questions and of Easter knowledge that's as sweet as a chocolate bunny! Get ready to crack up and learn something new about this eggstra-special holiday!

New Member Spring, Sip, Savor & Be Creative Retreat

Leader(s): Kate Park & Debbie Mantini
Date: Sat. Mar 2
Time: 9:00 am - 12:00 pm
Delivery: In-Person
Eligibility: Patients and Caregivers
"Spring" into Spring and Immerse yourself at our one-of-a-kind retreat at Wellspring Niagara. First, please join us to make "Butterflies of Hope" with Debbie, then participate in a cooking demonstration led by our registered dietitian Kate, showcasing recipes as edible art. This retreat is available to new members who have registered within the last three months.

Wellspring Spring Café

Leader(s): Wellspring Niagara
Date: Tues. Mar 12 & Apr 9, Wed, Mar 13 & Apr 10, Thurs. Mar 14 & Apr 11
Time: Wed (12:00 pm - 2:00 pm); Tues/Thurs (10:30 am - 2:00 pm)
Delivery: In-Person
Eligibility: Patients and Caregivers
We are pleased to provide our drop-in Wellspring Spring Café for the season. Sip and savor coffee, tea, pastries, and other refreshments while relaxing in our beautiful Kitchen and "Great Room". **Thank you Gordon Food Service for sponsoring this program.**

NEW

Easter Chocolate Candy, Books and "Counting Eggs"

Leader(s): Wellspring Niagara
Date: Tues. March 26, Wed. March 27, & Thurs. March 28
Time: 9:30 am - 3:30 pm
Delivery: In-Person
Eligibility: Patients and Caregivers
Join us in our library to satisfy your sweet tooth by visiting our Easter candy buffet. Select from a variety of sweet delicious treats and engage in guessing the number of chocolate eggs in a jar. At the same time, you can browse our library collection. Our candy buffet will leave you with a smile and a little "hop" in your step.

New!



BEREAVED/GRIEF PROGRAMS

Wellspring provides coping skills, rehabilitation and information to individuals and families living with cancer, however, we are pleased to offer limited Bereaved programs to address the transitional needs of our members.

Bereaved Support Grp.: Loss of an Adult Child to Cancer

Leader(s): Shelley Wilson

Date: Tues. Mar 5 & Apr 6

Time: 6:30 pm - 8:00 pm

Delivery: Online

Eligibility: Bereaved

This support group is for bereaved parents, at any point in their journey, after the loss of their adult child to cancer. It is a supportive and safe setting for parents to share and talk about their loss with other parents who have experienced a similar loss.

Bereaved Connect: Loss of a Partner to Cancer (Peer-to-Peer) (Host Program)

Leader(s): Gerry Miele

Date: Wed. Mar 6, Mar 27, Apr 10 & Apr 24

Time: 6:00 pm - 8:00 pm

Delivery: In-Person

Eligibility: Bereaved

Bereaved Connect is for people who have lost their partner, spouse, or significant other to cancer. This group is based on a peer-to-peer model where people with similar grieving experiences can come together to share, reflect, grow, and support one another.

Bereavement Support Circle

Leader(s): Shelley Wilson

Date: Thurs. Mar 14 & Apr 18

Time: 6:30 pm - 8:00 pm

Delivery: In-Person

Eligibility: Bereaved



This group provides an opportunity for bereaved members to share stories, express emotion, honor the memory of their loved ones, and talk about the impact of their loss in a safe and confidential setting. This group is facilitated by a certified counsellor.

IN-CENTRE RESOURCES

Gifts of Hope Program

Wellspring Niagara provides free products for patients impacted by cancer. Some products include blankets, picc line covers, scarves, port pillows etc.

Library

Wellspring Niagara Library is a full-service lending library of books that can help answer your questions about cancer. It is a quiet and comfortable space. Library hours are Monday-Friday from 9:00am-4:30pm.

Wellspring Niagara Boutique ("The Retail Area")

Whether you are looking for unique and heartwarming gifts, or make a charitable donation, Wellspring Niagara Boutique offers "handmade" bracelets, necklaces, earrings, quilts, and more to support our members impacted by cancer.



Community Board

Find cancer-related resources in our community! Browse our Cancer Information Board to see what cancer supports are available within Niagara from local organizations and services.

Wig and Hat Program

Wellspring Niagara offers free wigs, hats, and hair accessories which can be exchanged at any time. Appointments are required for wig appointments.

To make an appointment, please call Wellspring Niagara at (905) 684-7619.



Important Updates

As we transition from winter to spring, please note the following:

- On snowy days please bring indoor shoes for comfort and safety.
- Programs may be cancelled due to inclement weather. All members will be notified but we strongly encourage that you call or follow us on social media.
- If you are sick, please do not come to the centre.

Keep an eye on your inbox for the announcement of our new website!