# Wellspring Niagara Cancer Support Centre

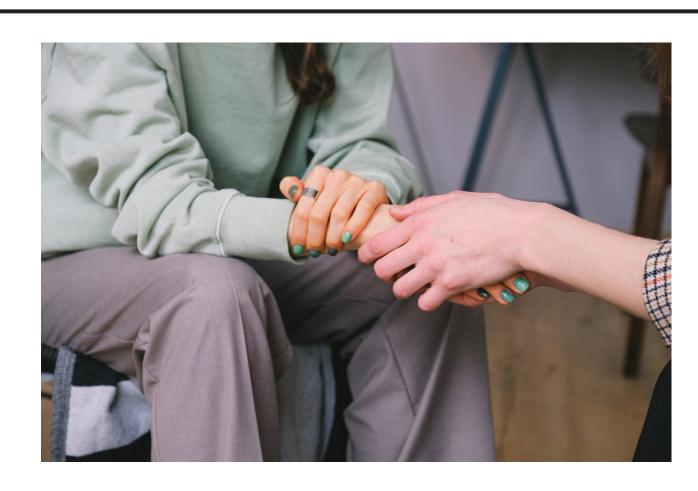


The following programs are provided in-person at <u>Wellspring Niagara</u>. Please check the website for additional in-centre programs and resources.



#### **Cancer Exercise**

Cancer Exercise is an evidence-informed oncology rehabilitation program developed by Jodi Steele, who is a registered physiotherapist with a background in personal training, kinesiology, and a specialization in cancer rehabilitation. Please call Wellspring Niagara at 905-684-7619 for more information.



## Peer Support

The Peer Support and Navigation program gives you the opportunity to connect with a volunteer at Wellspring Niagara who has lived experience with cancer. This program is intended to offer one-on-one emotional and informational support. Please call 905-684-7619 to book a peer visit.

#### **EXERCISE AND MOVEMENT GROUPS**

### **Chair Yoga**

Friday, September 19th and 26th at 10:30 AM

Click Here to Register

#### Sound Yoga

Wednesday, September 17th at 1:00 PM

Click Here to Register

#### **Oncology Yoga**

Wednesday, September 10th, 17th, 24th at 10:30 AM

Click Here to Register

### **Forest Therapy Walk**

Friday, September 12th at 10:30 AM

#### **Stretch and Balance**

Monday, September 22nd & 29th at 1:00 PM

**Click Here to Register** 

### Jodi Steele's Full Body Resistance Band Workout

Monday, September 22nd at 3:00 PM

Click Here to Register

#### **Gentle Yoga**

Wednesday, September 10th at 6:30 PM

**Click Here to Register** 

#### INDIVIDUAL AND GROUP SUPPORT PROGRAMS



# Prostate Cancer Support Group

Wednesday, September 11th at 6:00 PM

Click Here to Register



#### **Oasis Advanced Cancer**

Tuesday, September 9th and 23rd at 1:00 PM

**Click Here to Register** 

#### Men's Meet Up

Tuesday, September 30th at 9:30 AM

Click Here to Register

# Caregivers, Supporters, and Family Members Support Circle

Wednesday, September 10th at 6:30 PM

Click Here to Register

#### Niagara Multiple Myeloma Support Circle

Wednesday, September 10th at 10:30 AM

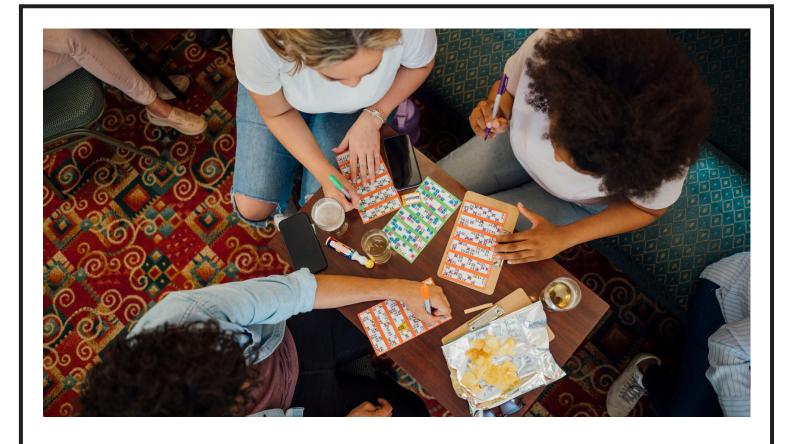
#### **SOCIAL PROGRAMS**



### **Crafts with Debbie**

Wednesday, September 24th at 1:00 PM

Click Here to Register



## **Inspirational Bingo**

Thursday, September 18th at 6:00 PM

**Click Here to Register** 

# Fun in the Kitchen with Connie: Thanksgiving Favourites and Gratitudes

Click Here to Register

Friday, September 26th at 2:00 PM

#### **Crochet with Caity: Coffee & Crochet**

Tuesday, September 2nd - 30th at 1:00 PM

Click Here to Register

#### Painting Workshop: Sheep's Face

Thursday, September 4th at 10:00 AM

Click Here to Register

### Mandala Art Workshop

Wednesday, September 3rd at 10:00 AM

Click Here to Register

#### **Tea and Trivia**

Wednesday, September 17th at 1:30 PM

**Click Here to Register** 

### **Quilting for Wellness**

Thursday, September 11th - 25th at 1:30 PM

#### **SYMPTOM MANAGEMENT PROGRAMS**

#### **Nature Journalling**

Monday, September 22nd at 10:30 AM

**Click Here to Register** 

#### **Relaxation Retreat**

Wednesday, September 24th at 1:00 PM

**Click Here to Register** 

# Discover Reiki: An Introduction to Self-Healing an Energy Attunement

Thursday, September 18th at 6:00 PM

**Click Here to Register** 

#### **Healing Through Breathwork**

Monday, September 15th - October 6th at 9:30 AM

Click Here to Register

#### THERAPEUTIC ARTS PROGRAMS

#### **Art Therapy**

Friday, September 5th - October 10th at 1:00 PM

Click Here to Register

### **Art Therapy**

Tuesday, September 9th - October 14th at 9:30 AM

**Click Here to Register** 

#### **EDUCATIONAL AND SELF-DEVELOPMENT PROGRAMS**

### **Look Good Feel Better (Host Program)**

Wednesday, September 10th at 1:00 PM

Click Here to Register

# In the Kitchen: Managing Gut Health During Cancer Treatment with Kate Park, RD

Thursday, September 11th at 6:30 PM

### **Nourish: Super Healthy Strategies**

Friday, September 19th and 26th at 10:00 AM

**Click Here to Register** 

# Be Well Speaker Talks: Respite Care for the Mind

Wednesday, September 3rd at 10:30 AM

**Click Here to Register** 

### Fireside Chat: Brain Fog

Monday, September 8th at 1:30 PM

Click Here to Register

#### BEREAVED/GRIEF PROGRAMS

# Bereaved Support Group: Loss of an Adult Child to Cancer (Online)

Tuesday, September 9th at 6:30 PM

Click Here to Register

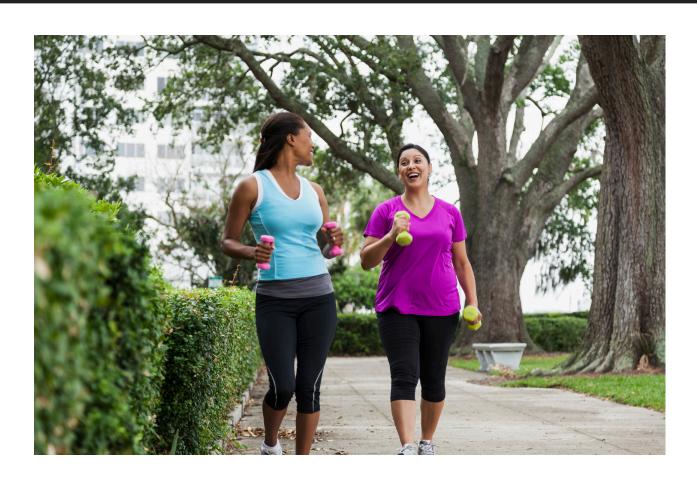
### **Bereavement Support Circle**

Thursday, September 18th at 6:30 PM

Wellspring Niagara
Cancer Support Centre

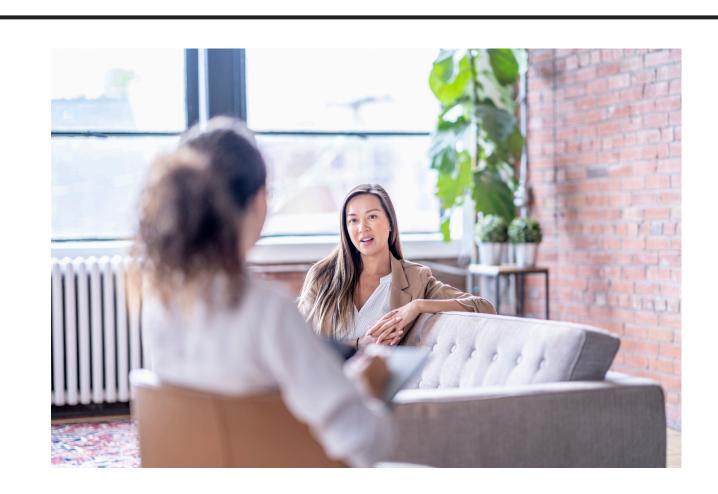


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# Peer Support

The Peer Support and Navigation program gives you the opportunity to connect with a volunteer at Wellspring Niagara who has lived experience with cancer. This program is intended to offer one-on-one emotional and informational support. Please call 905-684-7619 to book a peer visit.

#### **EXERCISE AND MOVEMENT GROUPS**

#### **Chair Yoga**

Friday, October 3rd & 10th at 10:30 AM

Click Here to Register

### **Oncology Yoga**

Wednesday, October 1st, 8th & 15th at 10:30 AM

Click Here to Register

### **Forest Therapy Walk**

Friday, October 17th at 10:30 AM

Click Here to Register

#### **Stretch and Balance**

Monday, October 20th & 27th at 1:00 PM

## Jodi Steele's Full Body Resistance Band Workout

Monday, October 27th at 3:00 PM

Click Here to Register

#### INDIVIDUAL AND GROUP SUPPORT PROGRAMS



**New to Wellspring Support Circle** 

Thursday, October 9th at 6:30 PM

**Click Here to Register** 



**Oasis Advanced Cancer** 

Tuesday, October 14th & 28th at 1:00 PM

**Click Here to Register** 

#### Men's Meet Up

Tuesday, October 28th at 9:30 AM

Click Here to Register

### Caregivers/Supporters Support Circle

Wednesday, October 8th at 6:30 PM

Click Here to Register

### Niagara Multiple Myeloma Support Circle

Wednesday, October 8th at 10:30 AM

Click Here to Register

### **Prostate Cancer Support Circle**

Thursday, October 9th at 6:00 PM

Click Here to Register

### **Breast Cancer Support Circle**

Thursday, October 2nd - 23rd at 1:30 PM

Click Here to Register

### **Breast Cancer Support Circle**

Friday, October 3rd - 24th at 1:30 PM

#### **SOCIAL/EVENTS PROGRAMS**



# Watercolour Painting

Wednesday, October 15th at 11:00 AM

**Click Here to Register** 



Fun in the Kitchen with Cheryl: Thanksgiving

Friday, October 3rd at 2:00 PM

Click Here to Register

# Fun in the Kitchen with Connie: Spooktacular Halloween Dinner Party

Wednesday, October 22nd at 2:00 PM

**Click Here to Register** 

# Therapeutic Sugar Cookie Decorating Workshop

Saturday, October 18th at 9:30 AM & 11:30 AM

Click Here to Register

#### Erinne's Little Monster Mash

Saturday, October 18th at 11:00 AM

Click Here to Register

# Garden Club of Niagara Arts in Medicine (AIM) Floral Arrangements

Wednesday, October 8th at 10:30 AM

Click Here to Register

# A Carvin' Good Time: Pumpkin Carving Contest

Wednesday, October 29th at 1:30 PM

### **Quilting for Wellness**

Thursday, October 2nd - 30th at 1:30 PM

**Click Here to Register** 

### **DIY Book Pumpkin Craft Workshop**

Friday, October 31st at 10:00 AM

Click Here to Register

#### **SYMPTOM MANAGEMENT PROGRAMS**

#### **Nature Journalling**

Friday, October 24th at 10:30 AM

**Click Here to Register** 

#### Sound Bath & Reiki Healing

Thursday, October 9th at 7:00 PM

Click Here to Register

#### **Healing Through Breathwork**

Monday, October 6th at 9:30 AM

Click Here to Register

#### THERAPEUTIC ARTS PROGRAMS

# Open Art Studio for Caregivers, Supporters, and Family Members

Friday, October 17th at 10:00 AM

**Click Here to Register** 

#### The Music Within

Friday, October 10th at 11:30 AM

**Click Here to Register** 

### **Art Therapy**

Friday, October 3rd and 10th at 1:00 PM

Click Here to Register

# **Expressive Writing: Writing to Navigate Through Grief, Loss, and Transitions**

Monday, October 6th at 12:30 PM

#### BEREAVED/GRIEF PROGRAMS

# Bereaved Support Group: Loss of an Adult Child to Cancer (Online)

**Click Here to Register** 

Tuesday, October 7th at 6:30 PM

#### **Bereavement Support Circle**

Thursday, October 16th at 6:30 PM

Click Here to Register

#### **EDUCATIONAL AND SELF-DEVELOPMENT PROGRAMS**

# In the Kitchen: Autumn Soup Class with Kate Park, RD

**Click Here to Register** 

Saturday, October 18th at 10:30 AM

#### Look Good Feel Better (Host Program)

Wednesday, October 8th at 1:00 PM

Click Here to Register

# **Be Well Speaker Talks: Making Room for Spirituality**

Wednesday, October 15th at 10:30 AM

Click Here to Register

# Be Well Speaker Talks: Sleep Health Workshop

Wednesday, October 22nd at 11:00 AM

Click Here to Register

#### **Nourish: Beans and Grains**

Friday, October 17th and 24th at 10:00 AM

Click Here to Register

# Fireside Chat: Restoring Body Image After Cancer

Click Here to Register

Monday, October 20th at 1:30 PM