

Wellspring Niagara Cancer Support Centre



The following programs are provided in-person at [Wellspring Niagara](#). 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

[Click Here to Register](#)

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

[Click Here to Register](#)

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

Friday, September 26th at 2:00 PM

[Click Here to Register](#)

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

[Click Here to Register](#)

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

[Click Here to Register](#)

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

[Click Here to Register](#)

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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

[Click Here to Register](#)

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

[Click Here to Register](#)

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

[Click Here to Register](#)

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

[Click Here to Register](#)

BEREAVED/GRIEF PROGRAMS

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

Tuesday, October 7th at 6:30 PM

[Click Here to Register](#)

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

Saturday, October 18th at 10:30 AM

[Click Here to Register](#)

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

Monday, October 20th at 1:30 PM

[Click Here to Register](#)
