

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 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](#)

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/EVENTS 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](#)

Trivia Night with Priya

Thursday, September 18th at 6:00 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](#)

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

[Click Here to Register](#)

Wednesday, September 3rd at 10:30 AM

Fireside Chat: Brain Fog

[Click Here to Register](#)

Monday, September 8th at 1:30 PM

BEREAVED/GRIEF PROGRAMS

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

[Click Here to Register](#)

Tuesday, September 9th at 6:30 PM

Bereavement Support Circle

[Click Here to Register](#)

Thursday, September 18th at 6:30 PM
