

Wellspring Niagara Cancer Support Centre November Calendar



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

Tuesday, November 4th - 25th at 2:00 AM

Friday, November 7th - 28th at 10:30 AM

[Click Here to Register](#)

Sound Yoga

Wednesday, November 19th at 1:00 PM

[Click Here to Register](#)

Oncology Yoga

Wednesday, November 5th - December 10 at 10:30 AM

[Click Here to Register](#)

Stretch and Balance

Monday, November 17th at 1:00 PM

[Click Here to Register](#)

Jodi Steele’s Full Body Resistance Band Workout

Monday, November 24th at 3:00 PM

[Click Here to Register](#)

INDIVIDUAL AND GROUP SUPPORT PROGRAMS



Breast Cancer Support Group

Thursday, Nov 27 - Dec 18 at 1:30 PM

[Click Here to Register](#)



Oasis Advanced Cancer

Tuesday, November 11th and 25th at 1:00 PM

[Click Here to Register](#)

Breast Cancer Support Group

Friday, November 28th - December 19th at 1:30 PM

[Click Here to Register](#)

Men’s Meet Up

Tuesday, November 25th at 9:30 AM

[Click Here to Register](#)

Caregivers Support Circle

Wednesday, November 12th at 6:30 PM

[Click Here to Register](#)

Niagara Multiple Myeloma Support Circle

Wednesday, November 12th at 10:30 AM

[Click Here to Register](#)

Prostate Cancer Support Circle

Wednesday, November 13th at 6:00 PM

[Click Here to Register](#)

SOCIAL PROGRAMS



Crafts with Debbie

Wednesday, November 19th at 1:00 PM

[Click Here to Register](#)



Inspirational Bingo

Thursday, November 13th at 6:00 PM

[Click Here to Register](#)

Fun in the Kitchen with Connie: Winter Appetizers to Warm your Heart

Wednesday, November 12th at 6:30 PM

[Click Here to Register](#)

Crochet and Coffee with Caity

Tuesday, November 4th - 25th at 1:00 PM

[Click Here to Register](#)

Painting Workshop: Sheep in Landscape

Thursday, November 6th at 10:00 AM

[Click Here to Register](#)

Watercolour Painting

Wednesday, November 26th at 11:00 AM

[Click Here to Register](#)

Mandala Art Workshop

Monday, November 3rd at 10:00 AM

[Click Here to Register](#)

Quilting for Wellness

Thursday, November 6th - December 11th at 1:30 PM

[Click Here to Register](#)

Fun in the Kitchen with Cheryl

Monday, December 1st at 1:00 PM

[Click Here to Register](#)

SYMPTOM MANAGEMENT PROGRAMS

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

Thursday, November 20th at 6:00 PM

[Click Here to Register](#)

Relaxation Retreat

Wednesday, November 5th at 1:00 PM
Wednesday, November 26th at 1:00 PM

[Click Here to Register](#)

Healing Through Breathwork

Monday, November 24th - December 15th at 9:30 AM

[Click Here to Register](#)

THERAPEUTIC ARTS PROGRAMS

Art Therapy

Tuesday, November 4th - December 9th at 9:30 PM
Friday, November 7th - December 12th at 1:00 PM

[Click Here to Register](#)

The Music Within

Friday, November 14th at 11:30 AM

[Click Here to Register](#)

Expressive Writing Workshop

Monday, November 17th at 12:30 PM

[Click Here to Register](#)

EDUCATIONAL AND SELF-DEVELOPMENT PROGRAMS

In the Kitchen: Preventing Weight Loss During Treatment with Kate Park, RD

Thursday, November 20th at 6:30 PM

[Click Here to Register](#)

Look Good Feel Better (Host Program)

Wednesday, November 12th at 1:00 PM

[Click Here to Register](#)

Nourish: Plant-Based Eating

Friday, November 21st and 28th at 10:00 AM

[Click Here to Register](#)

Be Well Speaker Talks: Self Counsel for Cancer Patients

Wednesday, November 5th at 10:30 AM

[Click Here to Register](#)

Fireside Chat: Navigating Life After Cancer - Finding a New Normal

Monday, November 10th at 1:30 PM

[Click Here to Register](#)

BEREAVED/GRIEF PROGRAMS

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

Tuesday, November 11th at 6:30 PM

[Click Here to Register](#)

Bereavement Support Circle

Thursday, November 20th at 6:30 PM

[Click Here to Register](#)

Wellspring Niagara Cancer Support Centre December Calendar



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EXERCISE AND MOVEMENT GROUPS

Oncology Yoga

Wednesday, November 5th - December 10th at 10:30 AM

[Click Here to Register](#)

Stretch and Balance

Monday, December 15th at 1:00 PM

[Click Here to Register](#)

Jodi Steele's Full Body Resistance Band Workout

Monday, December 15th at 3:00 PM

[Click Here to Register](#)

INDIVIDUAL AND GROUP SUPPORT PROGRAMS



Breast Cancer Support Group

Thursday, Nov 27 - Dec 18 at 1:30 PM

[Click Here to Register](#)



Oasis Advanced Cancer

Tuesday, December 9th at 1:00 PM

[Click Here to Register](#)

Breast Cancer Support Group

Friday, November 28th - December 19th at 1:30 PM

[Click Here to Register](#)

Men's Meet Up

Tuesday, December 16th at 9:30 AM

[Click Here to Register](#)

Caregivers Support Circle

Wednesday, December 10th at 6:30 PM

[Click Here to Register](#)

Niagara Multiple Myeloma Support Circle

Wednesday, December 10th at 10:30 AM

[Click Here to Register](#)

Prostate Cancer Support Circle

Thursday, December 11th at 6:00 PM

[Click Here to Register](#)

SOCIAL PROGRAMS



Christmas Carol Sing-A-long with Ann

Wednesday, December 17th at 3:00 PM

[Click Here to Register](#)



Erinne's Magical Christmas Pizza Party

Saturday, December 6th at 11:00 AM

[Click Here to Register](#)

Fun in the Kitchen with Connie: Holiday Recipe Exchange

Wednesday, December 10th at 6:30 PM

Wednesday, December 17th at 1:30 PM

[Click Here to Register](#)

Crochet and Coffee with Caity

Tuesday, December 2nd - 16th at 1:00 PM

[Click Here to Register](#)

Therapeutic Sugar Cookie Decorating Workshop

Saturday, December 6th at 9:30 AM & 11:30 AM

[Click Here to Register](#)

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

Wednesday, December 10th at 10:30 AM

[Click Here to Register](#)

Quilting for Wellness

Thursday, December 4th - 11th at 1:30 PM

[Click Here to Register](#)

SYMPTOM MANAGEMENT PROGRAMS

Sound Bath and Reiki Healing

Thursday, December 11th at 7:00 PM

[Click Here to Register](#)

Healing Through Breathwork

Monday, December 1st - 15th at 9:30 AM

[Click Here to Register](#)

Winter Wellness Retreat

Monday, December 8th at 11:00 AM

[Click Here to Register](#)

THERAPEUTIC ARTS PROGRAMS

Art Therapy

Tuesday, November 4th - December 9th at 9:30 PM

Friday, November 7th - December 12th at 1:00 PM

[Click Here to Register](#)

Expressive Writing Workshop: Finding Peace in Stillness

Monday, December 1st at 12:30 PM

[Click Here to Register](#)

Holiday Music Within

Wednesday, December 3rd at 11:30 AM

[Click Here to Register](#)

EDUCATIONAL AND SELF-DEVELOPMENT PROGRAMS

In the Kitchen: Nutritious Party Foods with Kate Park, RD

Thursday, December 11th at 6:30 PM

[Click Here to Register](#)

Look Good Feel Better (Host Program)

Wednesday, December 10th at 1:00 PM

[Click Here to Register](#)

Be Well Speaker Talks: Surviving the Holidays

[Click Here to Register](#)

Wednesday, December 10th at 10:30 AM

Be Well Talks: Lymphedema

[Click Here to Register](#)

Friday, December 5th at 1:00 PM

Nourish: Myths and Controversies

[Click Here to Register](#)

Friday, December 12th at 10:00 AM

Fireside Chat: Sexual Health After Breast Cancer

[Click Here to Register](#)

Monday, December 8th at 1:30 PM

BEREAVED/GRIEF PROGRAMS

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

[Click Here to Register](#)

Tuesday, December 9th at 6:30 PM

Bereavement Support Circle

[Click Here to Register](#)

Thursday, December 11th at 6:30 PM
