

For more information and program availability, please contact your local Wellspring centre.

**WELLSPRING BIRMINGHAM GILGAN HOUSE
(OAKVILLE)**

2545 Sixth Line
Oakville, ON L6H 7V9
905.257.1988

**WELLSPRING CHINGUACOUSY
(BRAMPTON)**

5 Inspiration Way
Brampton, ON L6R 0L7
905.792.6480
Toll-free 1.877.907.6480

WELLSPRING DOWNTOWN TORONTO

4 Charles Street East, 4th Floor
Toronto, ON M4Y 1T1
416.961.1928
Toll-free 1.877.499.9904

**WELLSPRING WESTERKIRK HOUSE
(SUNNYBROOK)**

105 Wellness Way
Toronto, ON M4N 3M5
416.480.4440

Charitable Registration # 89272 8940 RR0001

wellspring.ca/familyprogramming



Wellspring Family Programs are supported through RBC Insurance Program and AMPed for Life (Team Alex).



Insurance

**YOU HAVE
CANCER.**
Now you have to
tell your children.



wellspring family programming

**When a Parent
Has Cancer**





Wellspring is here to support you, and your children.

When a parent is diagnosed with cancer, the whole family bears the impact.

Family Programming at Wellspring helps parents with dependent children care for themselves and their family members, physically, emotionally, financially, practically and spiritually.

Online Educational Guide

An educational guide for parents is available online at:

wellspring.ca/familyprogramming

This booklet is full of best practices, good advice and suggestions that will help parents talk with and support their children through this challenging and uncertain time.

Family Counsellor

Each Wellspring centre in the Greater Toronto Area has a professional Family Counsellor who specializes in family support and is available to discuss your family's specific circumstances and needs. Simply call your local centre to book an appointment.

Children's and Parents' Program

Dinner and social time are just the start of a special 8-week program that guides parents' and children's understanding of how cancer impacts the family. Each week focuses on a specific theme and incorporates a variety of therapeutic play activities for children so they can have fun while learning about cancer, feelings, worries and support. Parents discuss the same themes so that the conversation and coping strategies learned can continue at home.



About Wellspring

Being part of the compassionate and understanding Wellspring community means having the opportunity to talk with others who have been through cancer, to access experts and to share knowledge and experience in a warm, safe, encouraging and non-clinical environment. At Wellspring, the focus is on the person, not the disease.

Wellspring charges no fees, and requires no medical referral.