



wellspring
Oasis

For those living with advanced cancer

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. Before participating in an Oasis program, Wellspring asks that you speak with the program leader.

**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

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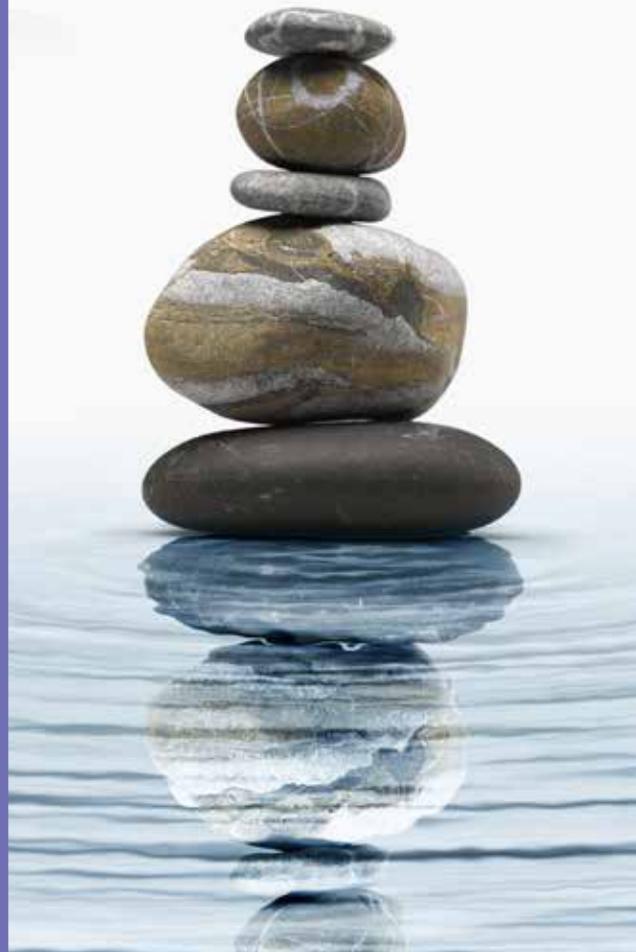
wellspring.ca

If you are living with
advanced cancer,
Wellspring is here to help



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Wellspring is here to support those living with advanced or metastatic cancer.

The Oasis Advanced Cancer Programs at Wellspring provide a special, protected community for people living with advanced or metastatic cancer to come together for support, networking and life-enhancing activities. Oasis includes the Advanced Cancer Support Group and the Oasis Art Expression Studio, both designed to create a community that encourages honest, unscripted explorations of the cancer experience.

Living with advanced or metastatic cancer can be emotionally overwhelming. Allowing yourself to express your emotions freely, no matter what they are, is important to your emotional health and well-being. Wellspring is here to support you in your journey.

Oasis programs at Wellspring help with:

- Feelings of belonging
- Achieving a sense of acceptance through the sharing of a common experience
- Reducing any sense of isolation
- Discovering resources and a community of support

Oasis Advanced Cancer Support Group

The Oasis Advanced Cancer Support Group meets on a drop in basis, to provide patients with metastatic or advanced cancer the opportunity to meet with one another, form a community and share unique experiences and challenges. Each session is facilitated by a professional leader who specializes in advanced diseases.

Oasis Art Expression Studio

The Art expression studio provides a place for patients with metastatic or advanced cancer to just 'be' with others from their own community, with understanding, togetherness and the shared value of living life in the moment. The Art Studio provides a protected place for self-directed artistic expression under the guidance of a professional artist who encourages each member to enjoy art expression for the life-enhancing joy of it, or to add deeper meaning through the creation of a legacy art project.

