

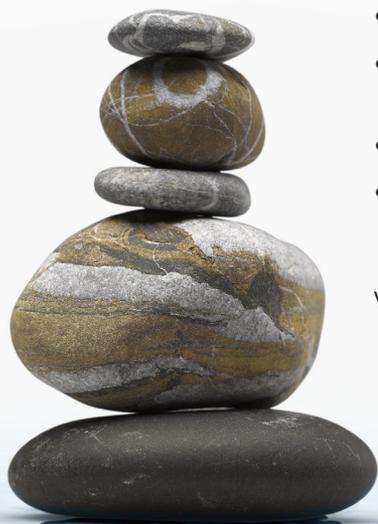
If you are living with advanced cancer, Wellspring's Oasis Programs are here to help

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.

Wellspring's new Oasis Programming provides a special protected community of support for people with advanced or metastatic cancer. Oasis includes the Advanced Cancer Support Group and the Art Expression Studio, both designed to create a community that encourages honest, unscripted explorations of the cancer experience, and 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

Visit wellspring.ca for more information.



wellspring
Oasis

For those living with advanced cancer

You might think about participating in Oasis Programming at Wellspring if you are currently living with advanced or metastatic cancer and you are looking for help during this challenging and difficult time.

Oasis Programs:

Oasis Advanced Cancer Support Group

Support groups are a proven model of community and safety where any concern can be brought forward, explored and shared. Led by seasoned professionals who understand the unique nature of metastatic and advanced disease, this program invites unedited conversation that draws from the core of the patients' experiences.

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. It is a place for self-directed artistic projects under the guidance of a professional artist. Patients are encouraged to enjoy art expression for the life-enhancing joy of it, or for support in the creation of a legacy project.

wellspring.ca



wellspring
Oasis

For those living with advanced cancer