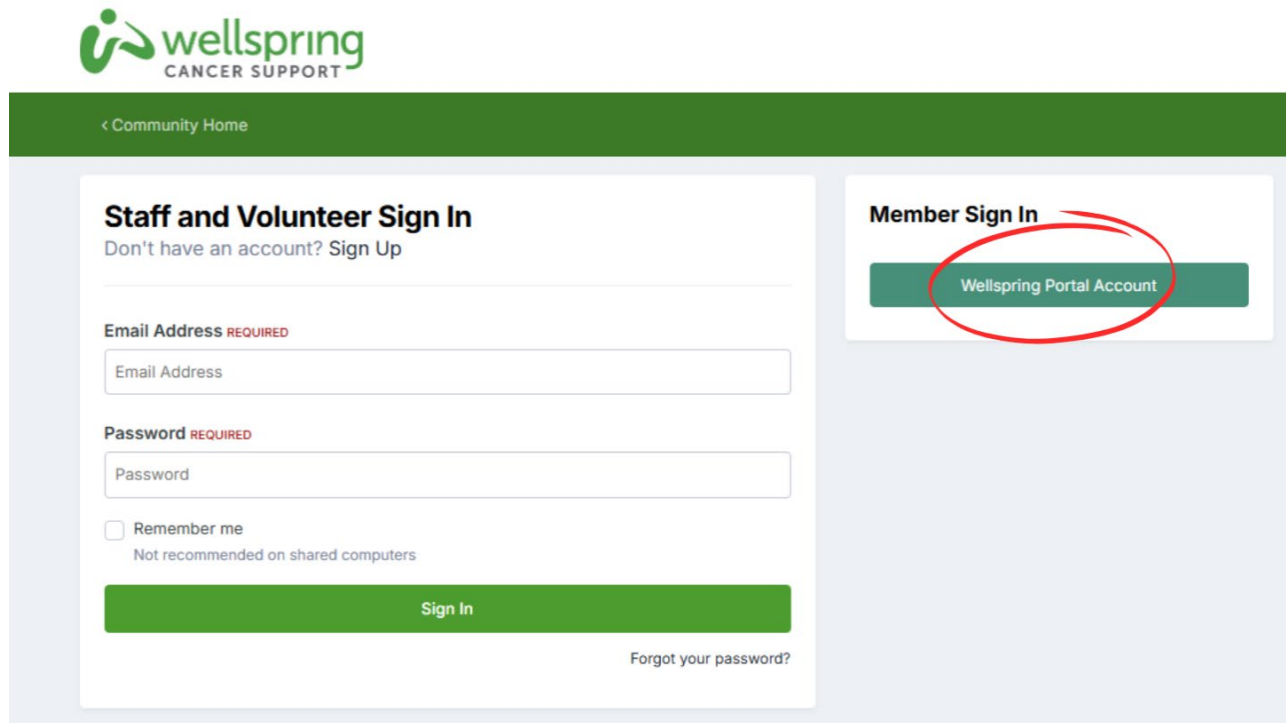
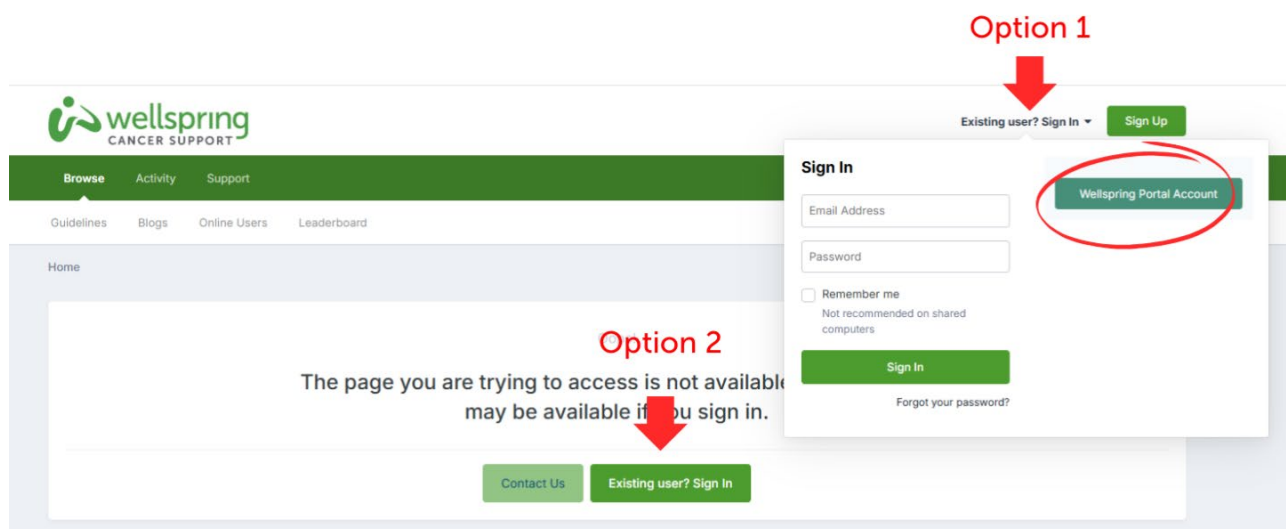


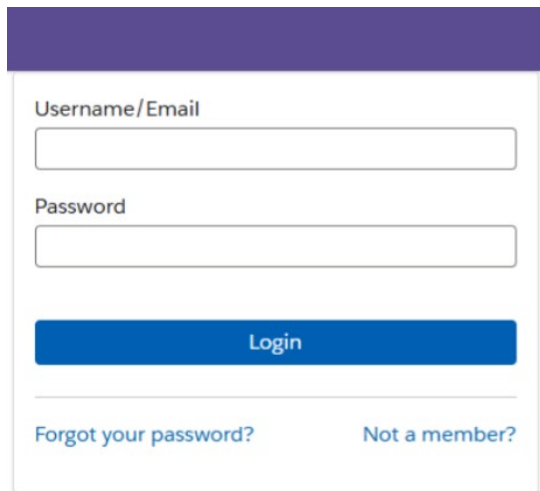
## Community Forum - Getting Started Quick Guide (for members)

Visit the Community Forum from Wellspring's website at [wellspring.ca](http://wellspring.ca), or go to [community.wellspring.ca](http://community.wellspring.ca).

1. To log in, click on one of the following options and then click on the button that says **"Wellspring Portal Account"**.



2. Log in using your **regular Wellspring Portal credentials** (note: you must have an active Wellspring account in order to participate in the Community forum).

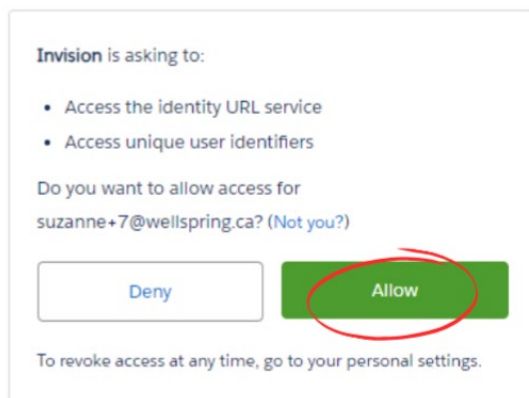


A login form with a purple header bar. Below the header, there are two input fields: "Username/Email" and "Password". Below these fields is a blue "Login" button. At the bottom of the form, there are two links: "Forgot your password?" and "Not a member?".

3. The first time you access the system, you will be asked by Invision Community (our Community Forum host) to "Allow Access" to your Wellspring details. Click "**Allow**". You should not see this screen again.




### Allow Access?



A dialog box titled "Allow Access?". It contains the text "Invision is asking to:" followed by a bulleted list of permissions: "Access the identity URL service" and "Access unique user identifiers". Below the list, it asks "Do you want to allow access for suzanne+7@wellspring.ca? (Not you?)". At the bottom, there are two buttons: "Deny" and "Allow". The "Allow" button is highlighted with a red circle. Below the buttons, it says "To revoke access at any time, go to your personal settings."

4. If there are no other users in the system with the same name as you, you will then see the “Registration Terms.” Read through these and then click “**I agree**” to be granted access to the site:



< Community Home

### Registration Terms

Welcome to Wellspring Cancer Support's private online community. This space is intended to provide you with a safe, online space to connect with one another.

At Wellspring, we know the importance and impact of connecting with others who get it. We hope this forum is an additional way for you to make these connections and feel the support of our community. Wellspring is here to help you live better with cancer.

To support your safety, all individuals must abide by set out rules/commitments. Those that don't may be removed from the forum.

Please note, this forum is monitored from Monday – Friday during regular business hours.

*Disclaimer: The information on this site is not a replacement for seeing a doctor or professional. Information posted by members within this site is not necessarily evidence-informed or endorsed by Wellspring. For a list of evidence informed programs and services, please visit our website at [wellspring.ca](http://wellspring.ca) or see your healthcare professional.*

*Please note, Wellspring is not a crisis centre. If you are having suicidal thoughts, please call 988 (within Canada).*

**Group rules:**

- 1. Be kind & supportive, making this a safe space.** I will treat all individuals with respect. I will do my part to create a welcoming environment for all. This includes not using profanity or making disparaging remarks.
- 2. I will not judge others' courses of action.** I will use only my personal experiences, recognizing each person's experience and choices are unique. I will not offer treatment advice and won't judge others (i.e. no "should" statements).
- 3. No promotions or spam.** I will not solicit or market services or products within this group, unless approved by an admin. I will also refrain from promoting negative reviews.
- 4. Respect everyone's privacy.** I will keep in confidence personal information shared by others, unless given permission to share this information OR I strongly believe that sharing such info with Wellspring staff will minimize harm to them or others. I can notify staff by visiting the Support area, or by Reporting specific content.
- 5. Talk to the admin team.** If I have questions or concerns in the Group, I will ask admins for help.

**I agree**

- a. If there is another user with the same name, you will see a screen asking you to Complete Your Profile. Include a Display Name similar to your name, but with a number or other differentiator (like a middle name). Then read the Terms of Use, check them off, and then click “**Create my Account**”. You are now set up.

### Complete Your Profile

We require just a few more details before we can proceed

Display Name \*

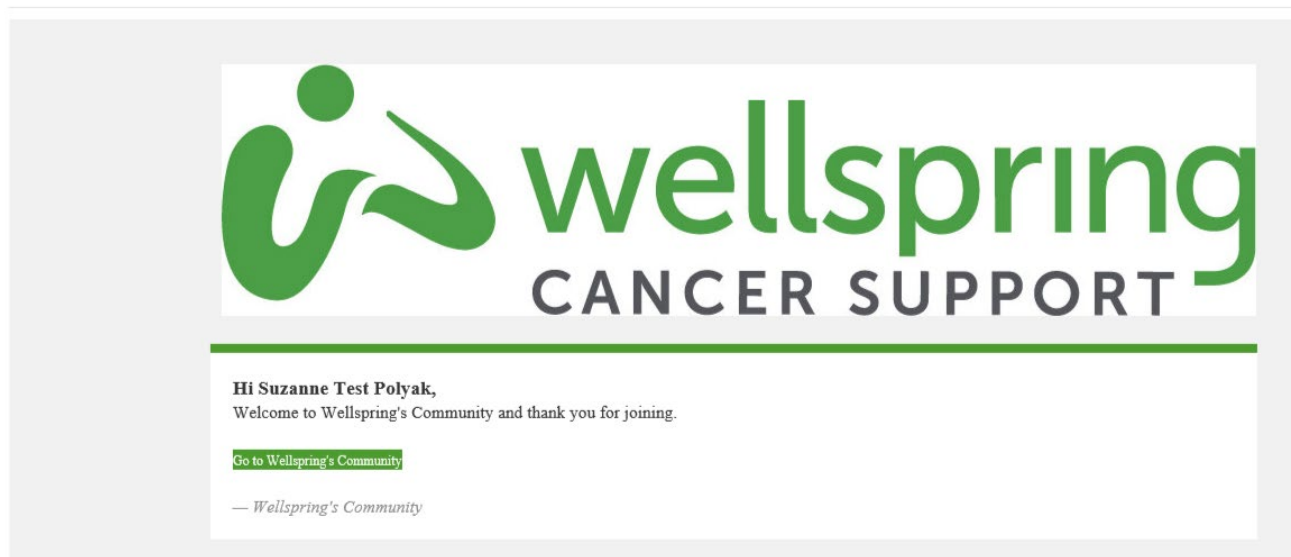
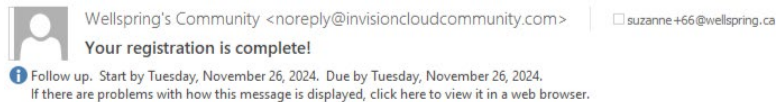
It looks like your name is the same as someone else's on this site. Please provide a first and last name with a number or other differentiator.

☒ Send me news and updates

☐ I agree to the Terms of Use \*

**Create my Account** Cancel

5. Once signed in, you will receive an email letting you know your registration is complete.



Once logged in, for further instructions on how to use the site, or to add your questions, visit the Help & Support forum at: <https://community.wellspring.ca/forum/3-help-support/>