

CAREGIVER SUPPORT



Caring for a loved one with cancer is an act of love and dedication, but it can also be overwhelming. Many caregivers put their own needs aside, often at the cost of their well-being. The emotional and physical toll of caregiving can be significant—but you don't have to carry it alone.

At Wellspring, we recognize that caregivers need support too. That's why we offer a range of programs designed specifically for those caring for someone with cancer. Because taking care of yourself is just as important as taking care of others.

There is no charge to participate.



For more information
or to register, visit:

**[wellspring.ca/program/
caregiver-supports/](https://wellspring.ca/program/caregiver-supports/)**

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.