

RESOURCES WHILE YOU'RE WAITING



Wellspring has a collection of resources designed to support your well-being as you wait for your appointment or receive treatment.

From guided meditations to educational videos on coping skills, these resources are here to help you feel informed, comforted, and connected—wherever you are on your cancer journey.

Scan to explore our online resources



wellspring.ca/resources-waiting

Wellspring offers professional programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.

