

2024-25 Gratitude Report

Momentum with meaning

Our Mission

FISCAL YEAR: APRIL 1, 2024 - MARCH 31, 2025

As we reflect on this past year, we are filled with gratitude for your incredible support. Because of you, Wellspring has continued to evolve and expand, ensuring that more individuals living with cancer receive the life-changing support they need.

Having just launched our new digital platform in March of last year, we continued to introduce enhancements, making it easier for individuals to navigate programs, connect with peers through our Community Forum, and engage through our Volunteer Management System. These improvements are helping us serve more people with greater care and efficiency.

We are also thrilled to announce the signing of an affiliation agreement for Wellspring New Brunswick, with programs launching this year. In addition, we introduced a new Lesbian and Queer Support Group, continued our Nourish RX Food App pilot, and relaunched in-hospital peer support at Oakville, while expanding services at Toronto hospitals.

Health professional outreach has been a priority – participating in conferences, making it easier for institutions to order pamphlets and posters, creating a dedicated e-newsletter, and a focus on awareness activities have helped broaden our reach.

This year, we reached a significant milestone – over 76,000 visits to Wellspring programs!

Looking ahead, we are excited to reach expanded audiences through the roll out of young adult program offerings, the Inuit Nourish program, and increased French programming through our new affiliation in New Brunswick. We also look forward to addressing unmet needs of cancer patients through the addition of body image and fear of recurrence programs to our roster.

Your support makes all of this possible. Thank you for being part of our journey and for making a lasting difference in the lives of those facing cancer.

With gratitude,



Christina Smith
CEO, Wellspring



Matt Barasch
Board Chair, Wellspring

Our Impact

12,860

individuals supported*

↑ **51% increase**
from last fiscal

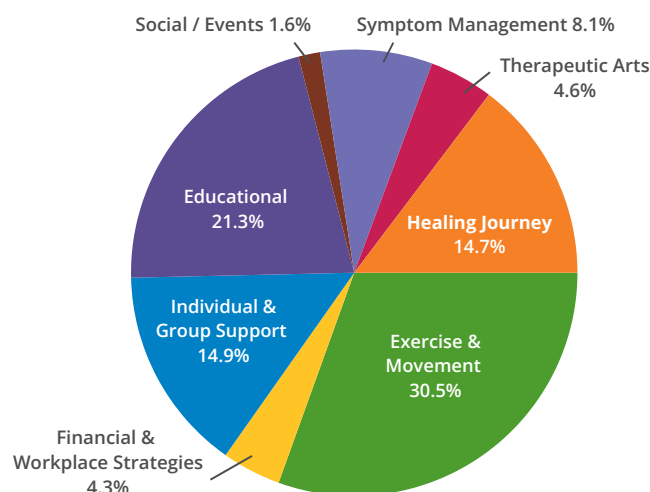
76,450

program visits*

↑ **23% increase**
from last fiscal

* Includes members (patients, caregivers and family members), volunteers and healthcare professionals.

MEMBER VISITS:



In our May 2025 Mission Survey, member respondents said:

97% Wellspring helps me feel less isolated.

96% I manage stressful situations better.

95% Wellspring increased my physical well-being.

96% Wellspring increased my mental health.

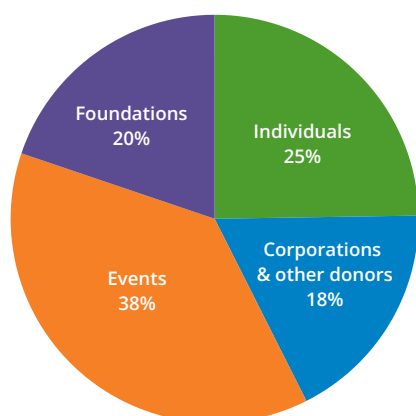
68% Wellspring increased my financial well-being.

96%

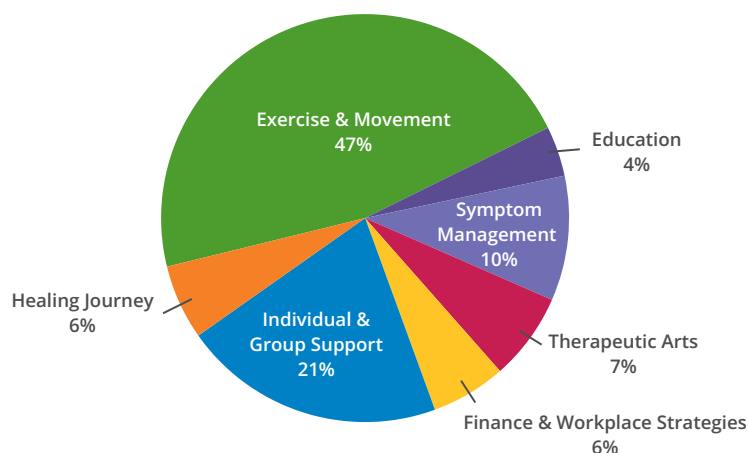
My quality of life has improved as a result of participation in Wellspring programs.

Our Financials

SOURCES OF FUNDRAISING REVENUE:



PROGRAM EXPENSES:



Our Milestones



This past fiscal year has been one of connection, innovation, and impact at Wellspring. From launching new support platforms to expanding access to specialized programs, your donations are helping us continue to ensure that individuals live better with cancer. Here are some key milestones made possible by your support:

A New Space for Connection

In February 2025, Wellspring launched the Community Forum, a secure and welcoming online space designed exclusively for Wellspring members. This new platform allows individuals to connect with others who understand the cancer experience – whether by seeking advice, sharing stories, or simply offering support. In the first two months, over 320 members engaged in the forum, generating more than 1,700 visits. This strong initial response shows the importance of this platform in supporting community.

Creating Safer Spaces for 2SLGBTQIA+ Individuals

In October 2024, we expanded our programming with the launch of dedicated Lesbian and Queer Cancer Support Groups, complementing our existing group for gay men. This important step helps ensure more inclusive, affirming support is available to all members of the 2SLGBTQIA+ community.

Be Well Talks:

Learning, Empowerment, and Support

Over the last year, Wellspring hosted 23 Be Well Talk webinars, offering insight and inspiration on topics that matter most to those living with cancer. These webinars are also available on demand, making them an accessible resource for anyone, at any time.

We partnered with the Ontario Molecular Pathology Research Network to offer a four-part educational series demystifying complex medical topics, and with Pancreatic Cancer Canada to explore the emotional toll cancer takes on families.

Growing Support for Young Adults

With the rising number of cancer diagnosis among young adults, and in recognition of their unique needs, we introduced new young adult (YA)-specific programs this year. We began with YA Brain Fog and expanded to include a YA Breast Cancer group, which launched April 2025. These programs provide young adults with the opportunity to navigate the challenges of cancer alongside peers who understand their stage of life.

Building Stronger Bridges with Health Care

Wellspring is strengthening its ties to the healthcare system to ensure more people facing cancer can access the support they need. This year, we participated in three Ontario Health – Cancer Care Ontario communities of practice, supported seven promising research proposals, and worked with over 720 University of Toronto students to ensure our programs use the most current evidence available. We also expanded our presence at national conferences, like the Canadian Association of Psychosocial Oncology (CAPO) and the Canadian Association of Nurses in Oncology (CANO), and launched new tools – including a dedicated health professional e-newsletter and ordering platform – to make it patient referrals easier for clinicians.

Expanding Our Program Leader Network

To enhance the quality and accessibility of our programs, Wellspring is expanding its professional facilitator pool to include individuals from across Canada. This expanded network strengthens our expertise, enables us to offer sessions at more varied times, and builds meaningful connections with healthcare professionals across the country.

“I am not sure where I would be without access to all of the Wellspring programs, webinars, on demand resources, etc. that are facilitated by such amazing passionate and knowledgeable people. What an incredible community. I definitely appreciate all the information and support. I just wanted to let you know what a difference this makes in helping navigate all the different aspects/challenges of going through cancer.”

— Wellspring program participant

“As a social worker, I have had the privilege of supporting those affected by cancer for almost 20 years. Wellspring has been a valued partner in providing emotional, financial and physical support. Referring someone to Wellspring means connecting them to a community of care that can make a meaningful difference in their quality of life – something which I’ve witnessed first-hand.”

— Lisa Roelfsema, MSW, RSW

Our Giving Opportunities

At Wellspring, every program we offer is made possible by the generosity of our donors. With no operational government funding, we rely entirely on the compassion and commitment of individuals, foundations, and community partners who believe in the healing power of cancer support.

Whether it's a one-time gift, a monthly donation, a tribute in honour of a loved one, or a legacy gift for future generations, each act of giving directly helps someone affected by cancer access vital support programs, free of charge.

In addition to ongoing fundraising opportunities, Wellspring has several philanthropic initiatives that provide unique program support.

Wellspring Initiators continue to drive innovation by voting on areas for new programs or services to better serve the Wellspring community. Thanks to seed funding provided by this dedicated group, Wellspring has developed program solutions to address existing gaps in cancer care services. Most recently, we rolled out our new Community Forum, and will be rolling out a new fear of recurrence program this year.

Our **Adopt-a-Program** provides a full year's worth of funding for vital Wellspring programs. Through this initiative, donors have the opportunity to fully sponsor specific programs. These generous gifts enable us to enhance health outcomes and assist more individuals in better coping with cancer. For further details, visit: wellspring.ca/adoptaprogram

Together, we're building a compassionate community of care.



Thank you for being an integral part of our members' cancer journeys.



wellspring.ca

Helping people live better with cancer