

Program Evaluation Summary April 2025 - March 2026

Formal program evaluations are an important part of quality assurance at Wellspring. This document includes a summary of our formal Program Evaluations from Fiscal 2026.

Wellspring conducts program evaluations throughout the course of the year. Typically, approximately 15 programs are selected for evaluation each month. In addition, if adaptations to a program have happened or a new Program Leader is engaged, a program evaluation is triggered.

Wellspring's Program Managers monitor program evaluations on an ongoing basis and share aggregate results with Program Leaders.

In addition to program evaluations, Wellspring conducts evaluation in three other ways:

1. **Ongoing monitoring of programs:** This includes monitoring specific data, including the number of individuals served, average attendance, waitlists, and interest lists; having regular check-ins with Program Leaders; and receiving informal feedback from members. All of these factors are used to determine how many and how often specific programs are offered, and if changes are required.
2. **Mission Survey:** The Mission Survey is conducted annually across the network. It is sent to all active members who have taken a program with Wellspring in the past year, and looks at participants' experience with Wellspring as a whole. It includes questions ranging from demographics to service quality to broader quality-of-life measures. High-level results from the survey are shared in the Our Impact section of Wellspring's website.
3. **System Performance Review:** Every three years, each Wellspring organization participates in a System Performance Review (SPR). The SPR is a comprehensive evaluation that assesses the strength of a Wellspring organization. These findings are used to identify ways of improving the organization's strategies to maximize mission impact, system efficiencies, reach, growth, and long-term sustainability. The primary goal of the SPR is to create and support a shared learning process that strengthens the inner workings of individual Wellspring organizations and the Wellspring network as a whole.

The SPR is conducted by an independent review panel of external advisors and experts who conduct interviews with people who have first-hand knowledge of the Wellspring organization and review documented evidence sources related to the KPIs outlined in the Wellspring Manual.

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Education and Self-Development

Be Well Talks:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with your experience with this program?	64	62	97%
The facilitator was knowledgeable and helpful.	64	63	98%
I gained useful information.	61	61	100%
I felt welcome to make a comment or ask the leader a question.	64	64	100%
I will participate in future Be Well Talks.	63	63	100%
This program met my needs.	63	60	95%
I would recommend the program to others.	59	58	98%

"Got tools to deal with peripheral emotional aspects of cancer."

"Good and helpful information in a supportive environment."

"I was looking for something more interactive."

Healing Journey Levels 1-5:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with your experience with this program?	142	131	92%
The program leader was knowledgeable and helpful.	143	138	97%
I was treated with compassion and respect.	142	141	99%
I was comfortable sharing my experiences and feelings.	142	133	94%
I felt a sense of connection with the other members of the group.	143	137	96%
From participating in the group, I gained useful information.	133	130	98%
From participating in the group, I learned helpful coping strategies.	141	136	96%
Participating in the group helped me to feel heard and understood.	138	133	96%

Participating in the group helped me to feel less alone.	139	134	96%
Participating in the group helped me to feel less anxious.	133	125	94%
Participating in the group helped me to feel less depressed.	123	115	93%
Participating in the group helped me to feel less overwhelmed.	134	127	95%
Participating in the group helped me to feel more confident.	136	129	95%
Participating in the group helped me to feel more in control.	136	130	96%
I am coping better now than before the group.	142	131	92%
This program met my needs.	143	132	92%
I would recommend the program to others.	134	129	96%

“Participating in this group helped me feel more nourished — emotionally, health-wise, socially, and spiritually —, and prompted me to seek out additional supports and resources to nourish myself, including the cancer exercise program and the cancer coaching program.”

“I like the fact that we did not strictly read the slides but actually discussed actual life experiences.”

“It was nice to know I am not alone and I learned a lot of relaxation techniques that are helping with anxiety and stress control.”

“I would have loved the session to be in person. It allows me to connect with others, I’m able to give my undivided attention and also forces me to get out of the house.”

Exercise and Movement

Cancer Exercise Programs:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with the program?	209	205	98%
The program leader was knowledgeable and helpful.	210	208	99%
The program leaders provided adaptations to the program that allowed me to participate at my own level.	210	208	99%
Being with others in the program helped motivate me to exercise.	207	202	98%
From participating in the program, I have a better understanding of how exercise can help me maintain or improve my health and wellness.	207	206	100%

The program gave me confidence to exercise on my own.	205	200	98%
Did you experience an improvement in stamina from the start to the end of the program?	206	184	89%
Did you experience an improvement in strength from the start to the end of the program?	208	196	94%
Did you experience an improvement in balance from the start to the end of the program?	203	171	84%
Did you experience an improvement in range of motion from the start to the end of the program?	197	173	88%
Did you experience an improvement in fatigue from the start to the end of the program?	198	153	77%
Did you experience an improvement in pain from the start to the end of the program?	135	92	68%
Did you experience an improvement in shortness of breath from the start to the end of the program?	135	98	73%
Did you experience an improvement in general mood from the start to the end of the program?	197	179	91%
Did you experience an improvement in stress level from the start to the end of the program?	190	168	88%
This program made me feel better about my body.	208	206	99%
This program met my needs.	208	203	98%

“What can I say, the leaders are the reason I am where I am today. The exercise program gave me my life back and the Maintenance program is an essential continuation of that for me. The leaders are incredible; very compassionate and caring, with a good understanding of the needs and obstacles we face in our cancer experiences.”

“It provides a strong basis for me to continue my attempt at improving my post cancer outlook.”

“I did feel I was a bit younger (40s vs 60+) than most program participants and could have pushed a bit harder so I wonder if there is enough demand to do a course for 35-55 in the future?”

Chi Life and Yoga:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with the program?	155	150	97%
The program leader was knowledgeable and helpful.	158	156	99%
I was treated with compassion and respect.	149	148	99%

The program leaders provided adaptations to the program that allowed me to participate at my own level.	158	156	99%
From participating in the program, I have a better understanding of how yoga/ chi life can help my well-being.	156	154	99%
Did you experience an improvement in flexibility during the program?	156	126	84%
Did you experience an improvement in strength during the program?	153	112	77%
Did you experience an improvement in balance during the program?	155	114	80%
Did you experience an improvement in range of motion during the program?	152	121	83%
Did you experience an improvement in fatigue during the program?	153	89	68%
Did you experience an improvement in pain during the program?	154	71	67%
Did you experience an improvement in general mood during the program?	154	116	83%
Did you experience an improvement in feelings of anxiety during the program?	152	98	80%
Did you experience an improvement in stress level during the program?	154	112	83%
This program made me feel better about my body.	141	137	97%
I am more physically active as a result of participating in Wellspring programs.	157	151	96%
This program met my needs.	157	154	98%
I would recommend the program to others.	140	140	100%

"This program definitely helped my range of motion and flexibility. I always felt more relaxed after the class."

"Please provide more classes over the course of the week, one class a week is not enough. Same with yoga. More participants need them and we are only allowed 1 class of yoga per week. The classes can be a bit bigger as well, if the space allows."

"The program leader adjusts some of the postures according to the needs of the participants. She is acutely aware of sensitivities on a daily basis, and that is what motivates me to attend weekly."

"I wish it was offered at least twice a week at the downtown location."

Finance & Workplace Strategies

Money Matters Programs:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Making a Money Matters appointment was easy.	85	81	95%
Overall, how satisfied are you with the program?	85	67	79%
I learned what financial resources are available to me (if any).	78	63	81%
I received help in completing necessary forms.	57	47	82%
Participating in the program helped me to manage my financial, workplace or insurance issues.	81	64	79%
This program met my needs/expectations.	84	68	81%
I would recommend this program to others.	83	70	84%

"It is so so helpful to have someone personally there to help you navigate the most stressful aspect of getting cancer, other than the worry of dying. Knowing that I will have to very suddenly stop working due to treatment was so scary and having this program gave me another life."

"I have bottomless gratitude to Wellspring for offering this program and others; you have made a significant difference in how I met cancer, carried it, and am living beyond it."

"Awareness of this program should be so much higher. I am so grateful for the help I have received and still receive."

Returning to Work:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with the program?	18	17	94%
The program leader was knowledgeable and helpful.	18	17	94%
The information was provided in a way that was easy to follow.	18	18	100%
I learned strategies that I will use to help me manage my transition back to work.	18	17	94%
I understand better what accommodations I might need when back at work.	18	18	100%
I feel more confident in my readiness to return to work.	18	17	94%
I have created a plan to help me have a successful return to work.	18	16	89%
This program met my needs.	18	16	89%

“Thank you for a workshop series that was balanced lecture/materials and participant questions/sharing.”

“I very strongly feel the facilitators of these programs would have more credibility if they were patients or fellow cancer survivors.”

Wellness at Work:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with the program?	4	3	75%
The program leader was knowledgeable and helpful.	4	4	100%
The information was provided in a way that was easy to follow.	3	3	100%
I learned strategies that I can use to manage workplace stress.	4	4	100%
I learned strategies to support my health and wellness.	4	3	75%
I feel a connection with others who have returned to work or are contemplating returning to work.	4	1	25%

“Good information but not enough time to stick to the slides for facts. Give an overview with more legal rights for pre present post information for all ages.”

“The participation of those who have not returned to work really diluted and made this a poor experience for those of us who have returned to work.”

Individual and Group Support

Support Groups:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with the program?	128	122	95%
The program leader(s) was knowledgeable and helpful.	127	120	94%
I was treated with compassion and respect.	126	123	98%
I was comfortable sharing my experiences and feelings.	128	124	97%
I felt a sense of connection with the other members of the group.	128	124	97%
From participating in the group, I gained useful information.	127	117	92%
From participating in the group, I learned helpful coping strategies.	127	116	91%
Participating in the group helped me to feel heard and understood.	128	125	98%

Participating in the group helped me to feel less alone.	126	123	98%
Participating in the group helped me to feel less anxious.	123	112	91%
Participating in the group helped me to feel less depressed.	119	107	90%
Participating in the group helped me to feel less overwhelmed.	123	114	93%
Participating in the group helped me to feel more confident.	123	115	93%
Participating in the group helped me to feel more positive.	120	111	93%
I am coping better now than before the group.	127	115	91%
This program met my needs.	126	112	89%
I would recommend the program to others.	112	107	96%

“Excellent progression of activities and respectful space for everyone to share.”

“I felt welcomed in the group. It was smaller than I expected but it felt about right. The amount of time spent with each member was adequate.”

“I wish the program was more than once a month.”

“Would have liked it if there was a bit more structure about what each week’s topic would be about.”

Individual and Familial Support (Short-Term Counselling, Family Counselling, Paeds and Parents Counselling, Peer Support):

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with your interaction with the counsellor/peer support volunteer?	120	115	96%
The counsellor/volunteer was compassionate and listened.	95	94	99%
I was provided with helpful suggestions for programs or services to address my concerns.	96	88	92%
I learned of coping strategies that were helpful from my counsellor/volunteer.	94	87	93%
Speaking to the counsellor/volunteer helped me to feel heard and understood.	96	92	96%
Speaking to the counsellor/volunteer helped me to feel less alone.	94	91	97%
Speaking to the counsellor/volunteer helped me to feel less anxious.	94	90	96%

Speaking to the counsellor/volunteer helped me to feel more confident to access Wellspring programs.	96	91	95%
How helpful did you find your interaction with the counsellor/volunteer?	97	94	97%
This program met my needs.	103	100	97%

"Thank you for being dedicated to my mental health and assisting me through turning a difficult period in my life to a growth opportunity!"

"I was able to connect with a volunteer without waiting which made a big difference on a day where I needed support."

"I wish we could have had a longer session. For the first session it feels like an hour is not enough."

Cancer Coaching (Cancer Coaching: Transition & Cancer Coaching: Chronic Cancer):

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with your interaction with your coach?	15	15	100%
The process to be matched with a coach was easy.	15	15	100%
The volunteer coach was compassionate and respectful.	15	15	100%
The volunteer coach was knowledgeable and made appropriate recommendations.	15	15	100%
I received useful information.	16	16	100%
I learned helpful coping strategies.	16	16	100%
Speaking to the volunteer helped me to feel heard and understood.	16	16	100%
Speaking to the volunteer helped me to feel less alone.	16	16	100%
Speaking to the volunteer helped me to feel less anxious.	16	16	100%
Speaking to the volunteer helped me to feel better able to cope.	16	16	100%
Creating a plan with my coach helped me to feel more in control.	16	16	100%
Creating a plan with my coach helped me to feel more confident.	16	16	100%
I am following my wellness plan.	16	16	100%
Overall, how helpful did you find the Coaching program?	16	16	100%
This program met my needs.	16	16	100%
I would recommend this program to other members.	16	16	100%

"Made me feel more hopeful and helped me start living again."

"I really liked the opportunity to choose three areas of concern and learn a little bit each session. In between sessions, I had the time to think about the information and try out the strategies."

"The sessions were very helpful. Maybe if it stretched out longer I might have been able to develop stronger habits to help me follow my wellness plan longer."

Pilot Program - Body Image Awareness Seminar:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
I was treated with compassion and respect.	18	16	89%
The leader demonstrated knowledge and understanding of the topic.	17	13	76%
I felt safe participating in the group.	18	15	83%
I felt a sense of connection with the other group members.	17	11	65%
Overall, how satisfied are you with the program?	18	13	72%
Participation in the BIAS program has made me aware of positive body image and its components.	18	13	72%
Participation in the BIAS program has increased my knowledge of the myths and truths about body image.	18	12	67%
Participation in the BIAS program has increased acceptance and appreciation of my body.	18	10	56%
Participation in the BIAS program has increased my ability to share and discuss body image with others in my support network.	18	9	50%
Participation in the BIAS program has made negative feelings about my body more manageable.	18	9	50%
Participation in the BIAS program has allowed me to develop more compassion for myself and others.	18	13	72%
Participation in the BIAS program has allowed me to adopt a more holistic view of self (beyond appearance).	18	13	72%
Participation in the BIAS program has taught me helpful coping strategies.	18	11	61%
Participation in the BIAS program has met my needs.	18	9	50%

"I really wished this seminar ran longer! This has been the most beneficial class I've taken from Wellspring so far. I'd love to see a part 2 to continue building on what we learned."

"Should address mental effects of body image as well, i.e. not just how participants view their physical body, but how participants can exercise self-compassion on what they cannot accomplish with their body (example mobility, dexterity, etc.)."

Pilot Program – Fear of Recurrence Therapy:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
I was treated with compassion and respect.	24	24	100%
The leader demonstrated knowledge and understanding of the topic.	25	25	100%
I felt safe participating in the group.	25	23	92%
I felt a sense of connection with the other group members.	25	21	84%
Overall, how satisfied are you with the program?	24	23	96%
Participation in the FORT program has increased my awareness of what triggers my fear of recurrence.	24	22	92%
Participation in the FORT program has increased my tolerance for uncertainty.	25	23	92%
Participation in the FORT program has increased my ability to share and discuss my fears with others in my support network.	25	21	84%
Participation in the FORT program has made my fear of cancer recurrence more manageable.	25	24	96%
Participation in the FORT program has improved my quality of life.	24	21	88%
Participation in the FORT program has taught me helpful coping strategies.	24	23	96%
Participation in the FORT program has allowed me to understand how to distinguish worrisome symptoms from benign ones.	25	17	68%
Participation in the FORT program has enabled me to set realistic goals for the future.	25	21	84%
Participation in the FORT program has met my needs.	24	22	92%

“When we were discussing how we felt after our last session, all of us felt hopeful. Many of us felt like we had regained some control, and if cancer were to reoccur that we now had tools we could use to help deal with the reoccurrence. Personally, I feel stronger and more prepared than I did at the start of the program. I am no longer scared. One step at a time, one day at a time: I am looking forward to many more tomorrow’s.”

“I wish the classes were longer than just 6 weeks...maybe 8 weeks would be the magic number. I would have liked a bit more time to go deep into some of the exercises in class rather than doing homework.”

Symptom Management

Nourish Programs:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with the program?	82	81	99%
The program leader was knowledgeable and helpful.	82	80	98%
The information was provided in a way that was easy to follow.	69	67	97%
The food demonstration helped to motivate me to try the recipes at home.	51	51	100%
From participating in the program, I have a better understanding of how nutrition can help me maintain or improve my health and wellness.	82	82	100%
From participating in the program, I have a better understanding of how I can use simple techniques to prepare nutritious foods.	69	69	100%
From participating in the program, I have a better understanding of how a healthy diet can minimize cancer risk.	70	69	99%
I can manage my symptoms better using what I learned at the Nourish Program.	67	67	100%
I have used what I learned through Nourish to make changes to my diet.	69	68	99%
I feel more confident that I can improve my nutrition at home.	81	81	100%
This program met my needs.	69	69	100%
I would recommend the program to others.	62	62	100%

“What I appreciated most about the group model was the small group size, which created a safe and supportive environment where everyone felt comfortable sharing. I also enjoyed the exchange of meal suggestions—it was inspiring to hear different perspectives and ideas, and it helped me feel more connected to the group. Overall, the structure encouraged meaningful conversations and a sense of community.”

“The most significant benefit I received from the program was a deeper sense of awareness and connection—to my body, my habits, and my overall well-being. It wasn’t just about learning what to eat, but understanding why certain choices matter and how they affect me physically and emotionally. That shift in mindset has been truly empowering.”

Single Symptom Management (Brain Fog, Breathing Wellness, and Cancer Related Fatigue):

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with the program?	55	55	100%
The program leaders were knowledgeable and helpful.	55	55	100%
I have a better understanding of (brain fog/fatigue/breathlessness) and the factors that contribute to it.	55	55	100%
I learned helpful strategies to cope with my (brain fog/fatigue).	47	47	100%
I have used the strategies that I learned through the program to address my (brain fog/fatigue).	46	46	100%
This program met my needs.	55	52	95%
I would recommend the program to others.	54	52	96%

"I feel I have tools now that can help me in moments of brain fog. I am more focused while doing tasks (ie. reading, cooking, talking, organizing)."

"Cancer related fatigue is something that I didn't think would be so prominent in my life. Learning how to alleviate the symptoms through exercise and nutrition has been extremely helpful. I highly recommend this program. The tools I have learned will stay with me during treatment and beyond."

"I think though it's good to share other patients struggles with brain fog sometimes it strained off topic just a little too long. Something are meant for therapy/support group. I'm not sure how to nip that in the bud without alienating people...but it's just my opinion. That being said our group leader was super knowledgeable, understanding and kind."

Meditation and Wellness Workshops:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with your experience with this program?	33	33	100%
The leader created a safe space for me to practice these new skills.	34	34	100%
The program leader was knowledgeable and helpful.	32	32	100%
I learned new skills.	33	33	100%
I understand how to use these strategies to manage my stress.	31	31	100%
I feel I have a new tool that I can use when I am feeling anxious or overwhelmed.	34	34	100%

Participating in the program helped me to be more self-aware.	34	34	100%
Participating in the program helped me to feel more self-compassion.	30	30	100%
Participating in the program helped me to feel a sense of calm.	34	34	100%
Participating in the program helped me to feel a sense of well-being.	32	32	100%
Participating in the program helped me to sleep better.	31	30	97%
This program met my needs.	34	34	100%
I would recommend the program to others.	30	30	100%

“The set time every week made me sit down and focus on the group, and the idea of self care and what it could look like. It also has made me more aware of others and their needs for compassion. I think that is because it calmed me.”

“Loved that it was on zoom!!! I am currently out of town and was able to participate because zoom was used!”

Relaxation and Visualization:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with your experience with this program?	25	24	96%
The program leader was knowledgeable and helpful.	25	24	96%
I was treated with compassion and respect.	22	22	100%
I was comfortable sharing my experiences and feelings.	23	22	96%
I felt a sense of connection with the other members of the group.	24	19	79%
From participating in the group, I learned techniques to help when I am feeling stressed or overwhelmed.	25	24	96%
From participating in the group, I learned helpful coping strategies from my peers.	25	22	88%
Participating in the group helped me to feel less alone.	25	23	92%
Participating in the group helped me to feel less anxious.	25	23	92%
Participating in the group helped me to feel less overwhelmed.	24	22	92%
Participating in the group helped me to feel more confident.	25	22	88%
Participating in the group helped me to feel more positive.	25	22	88%
I am using the techniques I learned in Relaxation & Visualization.	25	23	92%

This program met my needs.	25	23	92%
I would recommend the program to others.	24	23	96%

"I know that it takes a lot for the instructors to facilitate the session each week and I truly appreciate all the work that they put into this. They are a great asset to Wellspring."

"Learned how to cope with stress and manage my emotions. It is okay to get distracted but getting back to managing your emotions is important."

"I don't feel this program is the place for other participants to be encouraged to talk about their cancer journey there are many other programs Wellspring offers that do that well. A couple of times instead of relaxation talks people were asked "how are you doing"? Then of course if someone is having a bad day they talk about it. That type of discussion takes away from the purpose of the class."

Energy Programs (Reiki + Healing Touch + Therapeutic Touch):

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with your experience with the appointment(s)?	31	31	100%
The energy practitioner was knowledgeable and helpful.	31	31	100%
I was comfortable with the energy practitioner.	31	31	100%
I was treated with compassion and respect.	30	30	100%
I felt supported and cared about by the energy practitioner.	31	31	100%
The energy appointment(s) helped me feel emotionally better.	30	29	97%
The energy appointment(s) helped me feel physically better.	28	27	96%
The energy appointment(s) helped me feel relaxed.	30	30	100%
The energy appointment(s) helped me sleep better.	31	30	97%
This program met my needs.	31	30	97%
I would recommend the program to others.	28	28	100%

"It was very relaxing and I felt a sense of calm and peace. That is really important for us going through this journey."

"An hour to tune out and not worry about cancer. Resulted in a feeling of calm and feeling respected and cared for."

"The reiki sessions have been great! Only struggle I have is they book up so quickly!"

Wig Program:

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
How satisfied were you with your interaction with the wig volunteer?	20	20	100%
I found a wig to my liking.	20	20	100%
I was provided with enough information to care for my wig following my appointment.	19	19	100%
I felt supported by the wig volunteer during my appointment.	20	20	100%
The wig appointment helped me feel better emotionally.	20	20	100%
The wig appointment helped me feel better physically.	18	17	94%
The wig appointment helped me feel relaxed.	19	19	100%
This program met my needs.	20	20	100%
I would recommend the program to others.	19	19	100%

"I went with my older daughter for her advice and opinion on the wig selection and I found it was a very nice way to share time with her and making her part of this journey, it was a very positive experience for both of us."

"I'm so thankful for this program. I also appreciated the volunteer who helped me through the process and made it fun!"

Therapeutic Arts**Art Workshops, Music Workshops, Writing Workshops:**

Question	Total Respondents	Total Affirmative Responses	Percent of Affirmative Responses
Overall, how satisfied are you with your experience with this program?	98	91	93%
I was comfortable sharing my experiences and feelings.	90	86	96%
I felt a sense of connection with the other members of the group.	99	95	96%
The program leader was knowledgeable and helpful.	88	87	99%
I learned new ways to express my feelings.	90	85	94%

I learned new skills.	88	80	91%
I feel I have a new tool that I can use when I am feeling anxious or overwhelmed.	88	84	95%
Participating in the workshop helped me to feel a sense of calm.	88	85	97%
This program met my needs.	98	93	95%
I would recommend the program to others.	44	44	100%

"I felt an increased sense of true self and motivation for moving forward in my life during a very difficult time."

"I am still painting and using pastels 8 months after the initial class. It has been invaluable in expressing complex feelings. Having the drop-in class allows me to keep up with art on my own but then share it and receive feedback."

"The facilitator is very skilled at getting participants to talk about their experiences, but I personally just wanted to hear and make music. The sessions were in the evening and I am exhausted; to listen compassionately can be hard. I would prefer just music sessions and maybe a separate session for people to talk."