

COMMUNITY PROGRAMS

Wellspring Niagara is pleased to provide a meeting location for the following community-based support groups and programs for cancer patients and their families.

Look Good Feel Better®

This free 2-hour workshop provides a safe and supportive environment where women (who are in treatment or have recently completed treatment) benefit from the shared experience of other women with cancer. Learn make-up tips, hair alternatives, nail and skin care, and cosmetic hygiene. Registration required

Wednesday January 16, 7:00pm—9:00pm

Niagara Brain Tumour Support Group (Drop-In)

The program is offered on the 3rd Wednesday of each month by the *Brain Tumour Foundation of Canada*. This group provides an opportunity for people with brain tumours and their loved ones to share experiences, address personal issues, and gain emotional support in a safe and relaxed environment. **For more information, please contact BTFC at 1-800-265-5106 x 234**

Wednesday, January 16, 6:30pm– 8:00pm

Parents of Children with Cancer Support Group:

Niagara Chapter

This is a safe place where parents (or direct Caregivers) of cancer kids can come to chat with other people in our community that "get it". Ask questions, share news, pass along new cancer info, support each other as we live our lives with Cancer. Whether your child has just been diagnosed, you are on treatment, a survivor or even sadly grieving your angel, we are here. You are NOT alone! We are a very active group, getting involved in community projects, fundraising and fun stuff for families! ***Wellspring Niagara hosts this program.**

For more information or support, please contact Emily Hammond at CancerMama@hotmail.com

Facilitator: Emily Hammond

INFORMATIONAL PROGRAMS

Lending Library– starting January 14, 2019

Our lending library provides you with information pertaining to all aspects of your cancer experience. Members are welcome to sign out books and audio resources for three weeks at a time. Please drop in the centre and check in with the front desk when you arrive.

PRACTICAL PROGRAMING—ONLINE

Money Matters

Do you have questions about money related to cancer? Income replacement programs? Long Term Disability? CPP? Drug reimbursement? Out of pocket expenses?

Are you looking for help with your cancer related financial worries? Ask a Wellspring Money Matters Case Manager. It's easy, absolutely free and completely confidential. Hundreds of individuals have received the help they needed to navigate the financial challenges of cancer.

Set up a private meeting, to help you and your family. Visit wellspring.ca/online-resources/money-matters/ or contact Ilene Shiller at 416-961-1928 x 235 or ilene@wellspring.ca

Understanding Your Long-term Disability Benefits

Do you have Long Term Disability benefits through your employer and want to learn more about LTD? Already receiving LTD but thinking about what happens next?

Wellspring is pleased to offer the online session 'Understanding Your Long Term Disability Benefits', providing you with information to help you better understand how LTD works, your responsibilities and the details of an LTD policy.

To review the video series on Long-term-Disability Benefits visit: <https://wellspring.ca/understanding-your-long-term-disability-ltd-benefits/>

Returning to Work

Cancer patients often have special concerns when considering a return to work after cancer. Returning to Work is a 6-week education and support program designed to help cancer patients achieve a successful return to work following an absence due to cancer.

Returning to Work is available to cancer patients who are preparing to return to work. This program is offered online so that you can access it from the comfort and privacy of your home.

You will need a PC, laptop, or tablet, with a camera and microphone. Registration is required.

To register, please visit Returning to Work Online at wellspring.ca.



JANUARY 2019

CALENDAR

EMOTIONAL PROGRAMS

INFORMATIONAL PROGRAMS

PHYSICAL/ FUNCTIONAL

PRACTICAL PROGRAMS

SOCIAL PROGRAMS

NEW ADDRESS

**50 Wellspring Way
Fonthill, ON L0S 1E6
905-684-7619**

wellspringniagara.ca

Charitable Registration # 86414 6162 RR0001

Program Schedule

Regular Hours: Mon.- Fri. 9:00am-5:00pm *Evening Hours: Wednesday January 16, 2019: 6:00pm-8:30pm *Weekends Hours: Saturday, January 26, 2019 10:00am-1:00pm

EMOTIONAL PROGRAMS

INDIVIDUAL SUPPORT

PATIENTS, CAREGIVERS & BEREAVED

Reiki (By Appointment)

Reiki is a program designed to help restore the body's natural and healthy flow of energy, and provide a relaxing experience that enhances one's sense of well-being.

Available by appointment only.

Please Note:

All members are offered (3) appointments in order to accommodate everyone (with the exception of members in active treatment or palliative). After the (3) appointments are completed, the member is placed on a waiting list and contacted when space is available.

Peer Support (Drop-In)

Peer support volunteers are cancer survivors and caregivers of cancer patients who are specially trained to provide emotional and coping support to individuals who are in similar situations. These volunteers also provide program navigation to help members select programming that is appropriate for their current needs, interest and time. Call or drop-in to speak with a volunteer.

Play Therapy for Children and Teens

Talking about emotions can be tricky if they aren't clear. Through the use of Play Therapy methods in individual and group settings, Liz will assess and help children who are withdrawn, depressed, fearful, shy, acting out, angry or displaying other difficult behaviours in response to a parent or loved one's cancer diagnosis. Miss Liz is qualified to offer playful interaction, emotionally focused therapies for children and families dealing with the difficulties of a cancer diagnosis. ***These sessions are booked by appointment.** Please contact Vanessa Raso, Program Coordinator at 905-684-7619 to register.

Facilitator: Liz Christie, Reg. Psychotherapist., Reg. Play Therapist

EMOTIONAL PROGRAMS

COPING—PATIENTS & CAREGIVERS

Relaxation & Visualization (Drop-In)

This program provides a relaxing and peaceful experience that can improve one's sense of well-being, reduce stress and provide skills to help cope with a cancer diagnosis. This program is a good starting place for new members—both patient and caregiver. Please arrive at least 5 minutes early and bring your own pillow.

Facilitator: Cheryl Gordon

Tuesday, January 15 from 10:30am-12:00pm

Facilitator: Sandra Edgar

Monday, January 21, 1:00pm-2:30pm

Facilitator: Cheryl Gordon

Saturday, January 26, 10:30am-12:00pm

Wednesday, January 30, 1:00pm-2:30pm

The Laws of Attraction

In this workshop we will examine the basic principles of **The Laws of Attraction.** We will learn how to utilize them for our personal healing and for our personal Spiritual Unfoldment. Specifically, we will learn how to apply them to our meditation practice. Registration required.

Facilitator: Tony Murdock

Wednesday, January 23, 2:00pm-4:00pm

GROUP SUPPORT—PATIENTS & CAREGIVERS

Men's Room Support Group

This monthly program was developed for men by men. Male patients and caregivers who are experiencing a journey with cancer, will get the tools they need to help overcome negative thoughts. Men will have an opportunity to share, support and learn. Registration required.

Facilitator: Doug Bronson & Al Vanden Boogaard

Friday, January 11 10:00am-11:30am

EMOTIONAL PROGRAMS

GROUP SUPPORT—CAREGIVERS ONLY

Caregiver Connection

This once a month support program provides a community for caregivers of cancer patients to meet with one another in a safe and comfortable setting. A sharing and open discussion about the emotional, social, physical or personal challenges of having a loved one with cancer. Registration required.

Facilitator: Shelley Wilson, M.A. BA, RSSW

Saturday, January 26, 10:30am-12:00pm

PHYSICAL/ FUNCTIONAL

Cancer Exercise —PATIENTS ONLY

Designed for patients during or after treatment and led by qualified Physiotherapists, Kinesiologists and Exercise Physiologists, members are individually assessed, prescribed customized exercise regimens, and closely supervised in their exercise plans through a twice a week, 20-week program (**Tuesday & Thursday mornings**)

This program is safe for cancer patients in treatment and/or experiencing treatment side-effects.

For added safety and to ensure all health concerns are known a physician's consent is required (forms available through the centre or online at wellspringniagara).

We will be scheduling individual assessments in mid January. Please call Vanessa Raso, Program Coordinator at 905-684-7619 to book your appointment

Facilitators: Paul Skiba, Candice Vermeulen, & Adrianna Tkach

Please Note:

The centre will be closed from
December 15– January 5
to accommodate the move to our new centre.

We will reopen **Monday, January 7, 2019**
with limited programs available.

We will resume full programming in February 2019.

We ask for your patience over the next few months as we transition into our new space. WellSpring Niagara will be having its grand opening in Spring 2019.