

Wellspring Network - Online Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">COVID Calendar (EDT)</div> <p>10-5 Child & Teen Counselling (By Appointment)</p> <p>4 – 5 Yoga (Open Access)</p> <hr style="border-top: 1px dashed black;"/> <p>Nov 2 1-2:30 Breast Cancer Support Group (GTA Registered)</p> <p>Nov 2 2-3 Yoga Nidra Workshop (Niagara Registered)</p> <p>Nov 2 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Nov 9 11-12:30 Be Well Talks: Become the Watchman (Niagara Registered)</p> <p>Nov 9 1-2:30 Breast Cancer Support Group (GTA Registered)</p> <p>Nov 9 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Nov 16 1-2:30 Breast Cancer Support Group (GTA Registered)</p> <p>Nov 16 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Nov 16 2-3 Yoga Nidra Workshop (Niagara Registered)</p>	<p>1-2 Chi Life [Open Access]</p> <hr style="border-top: 1px dashed black;"/> <p>Nov 3 – 24 1-2:30 Meditation Workshop: Introduction to Meditation [GTA Registered]</p> <p>Nov 3 – Dec 22 1-3 Healing Journey Level 4: Becoming Authentic [GTA Registered]</p> <p>Nov 10 1-2 Look Good Fee Better – Skincare & Cosmetics Workshop</p> <p>Nov 10 2:30-4 Gyne Gals Peer to Peer Group (Niagara Registered)</p> <p>Nov 10 6:30-8 Breast Cancer Circle (Niagara Registered)</p> <p>Nov 10 6-8 Ovarian Cancer Support Group (GTA Registered)</p> <p>Nov 10 – Dec 1 6:30-8 Healing Journey Level 1: Coping with Cancer Stress [GTA Registered]</p> <p>Nov 10 8-9 Look Good Fee Better – Wigs & Hair Alternatives Workshop</p>	<p>10-11:30 Relaxation & Visualization [Open Access]</p> <p>3-4 Yoga (Open Access)</p> <hr style="border-top: 1px dashed black;"/> <p>Nov 4 1-2:30 Lymphoma Canada Support Group (GTA Registered)</p> <p>Nov 4 – Nov 25 2-3:30 Yoga Tools for Anxiety [Niagara Registered]</p> <p>Nov 4 6:30-7:30 Look Good Fee Better – Skincare & Cosmetics Workshop</p> <p>Nov 11- Dec 16 10:30-11:30 Chair Yoga [Niagara Registered]</p> <p>Nov 11 1:30-3 Caregiver Talks: Survivor of Cancer – Wisdom Carriers or Expected Educators? (GTA Registered)</p> <p>Nov 18 12-1 Be Well Talks – What About the Kids – Children’s Mental Health with a Cancer Diagnosis (London Registered)</p> <p>Nov 18 6:30-7:30 Look Good Fee Better – Skincare & Cosmetics Workshop</p> <p>Nov 25 3:30-5:30 Nourish: Adding Flavour to Food (GTA Registered)</p>	<p>3-4 Meditation: Ongoing Practice [Open Access] <i>*1st and 3rd Thursday of the month</i></p> <hr style="border-top: 1px dashed black;"/> <p>Nov 5 – 26 10-11:30 Cancer Related Fatigue (GTA Registered)</p> <p>Nov 5 – Dec 10 10-12 Returning To Work [GTA Registered]</p> <p>Nov 5 12-1 Be Well Talks: Managing Your Finances – What You Need to Know (GTA Registered)</p> <p>Nov 5 1-2 Look Good Fee Better – Wigs & Hair Alternatives Workshop</p> <p>Nov 5 1-2 Paeds and Parents Group (GTA Registered)</p> <p>Nov 5 – Dec 10 6:30-8:15 Children’s and Parents’ Programs [GTA Registered]</p> <p>Nov 12, 26, Dec 3 & 17 10:30-12:30 Living Without Limits Advanced Cancer Support Group [Niagara Registered]</p> <p>Nov 12 – Dec 3 10-11:30 Art Workshop: Self-Compassion [GTA Registered]</p> <p>Nov 12 12-1 Be Well Talks: Outlook, Risks, and Potential Therapies for Ovarian Cancer (GTA Registered)</p>	<p>10-5 Child & Teen Counselling (By Appointment)</p> <p>11-12 Yoga (Open Access)</p> <p>1-2:30 Relaxation & Visualization [Open Access]</p> <hr style="border-top: 1px dashed black;"/> <p>Nov 13 10-11:30 Men’s Room Support Group (Niagara Registered)</p> <p>Nov 13 – Dec 4 1:30-3:30 Music Workshop: Circle of Songs, Circle of Stories [GTA Registered]</p> <p>Dec 11 10-11:30 Men’s Room Support Group (Niagara Registered)</p>		 wellspring wellspring.ca/online-programs wellspringniagara.ca/online-programs
						<p>Distance Reiki – Booked by appointment</p> <hr style="border-top: 1px dashed green;"/> <p>GROUP EXERCISE – NOW AVAILABLE</p> <hr style="border-top: 1px dashed green;"/> <p>Open Access – Link is provided on the website</p> <p>Registered Single Session Programs – a link will be sent to those who register along with handouts in some cases</p> <p>Registered Series – multi-session programs with limited registration, link will be sent to registered participants</p> <p>By Appointment – Scheduled one on one appointment. Please click link for further information</p> <p>Community Program – Click program name to be taken to the organizations page for more information or to register</p> <p>Please note you will need to complete and online membership form to participate online. Click here to register online</p>

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<p>Nov 23 10-12 Meditation: Breathing for the Health of It (Niagara Registered)</p> <p>Nov 23 1-2:30 Breast Cancer Support Group (GTA Registered)</p> <p>Nov 23 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Nov 30 – Dec 21 10-11:30 Cancer and COVID Support Group [GTA Registered]</p> <p>Nov 30 1-2:30 Breast Cancer Support Group (GTA Registered)</p> <p>Nov 30 2-3 Yoga Nidra Workshop (Niagara Registered)</p> <p>Nov 30 6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</p> <p>Dec 9 11-12:30 Making Room for Spirituality in Your Life (Niagara Registered)</p> <p>Dec 14 10-12 Meditation: Stress Reduction for the Holidays (Niagara Registered)</p>	<p>Nov 17 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Nov 17 6:30-8 Lymphoma Support Group (Niagara Registered)</p> <p>Nov 24 1-2 Look Good Fee Better – Skincare & Cosmetics Workshop</p> <p>Nov 24 6:30-8:30 Look Good Fee Better – Breast Care Workshop</p> <p>Nov 24 8-9 Look Good Fee Better – Wigs & Hair Alternatives Workshop</p> <p>Dec 8 2:30-4 Gyne Gals Peer to Peer Group (Niagara Registered)</p> <p>Dec 8 6:30-8 Breast Cancer Circle (Niagara Registered)</p>	<p>Nov 25 6:30-8 Be Well Talks: Navigating Pelvic Floor Changes following Cancer Treatment – Female (GTA Registered)</p> <p>Dec 2 1-2:30 Lymphoma Canada Support Group (GTA Registered)</p>	<p>Nov 12 7-9 Prostate Cancer Support Group (Niagara Registered)</p> <p>Nov 19 1-2 Look Good Fee Better – Wigs & Hair Alternatives Workshop</p> <p>Nov 26 1-2:30 OASIS Parents Support Group (GTA Registered)</p> <p>Dec 10 7-9 Prostate Cancer Support Group (Niagara Registered)</p> <p>Dec 17 1-2:30 OASIS Parents Support Group (GTA Registered)</p>			
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