

# Wellspring Network - Online Program Schedule

COVID Calendar (EDT)	<h1 style="margin: 0;">WEEKLY SCHEDULE</h1>					Updated: October 13, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
<p><a href="#">10-5 Child &amp; Teen Counselling (By Appointment)</a></p> <p><a href="#">4 – 5 Yoga (Open Access)</a></p> <hr style="border-top: 1px dashed black;"/> <p><b>October 19 – November 30</b> <a href="#">1-2:30 Breast Cancer Support Group (GTA Registered)</a></p> <p><b>October 19</b> <a href="#">1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</a></p> <p><b>October 19</b> <a href="#">2-3 Yoga Nidra Workshop (Niagara Registered)</a></p> <p><b>October 19 – November 9</b> <a href="#">3-4:30 Cancer Related Fatigue (GTA Registered)</a></p> <p><b>October 26</b> <a href="#">1-2:30 Breast Cancer Support Group (GTA Registered)</a></p> <p><b>October 26</b> <a href="#">1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</a></p> <p><b>October 26</b> <a href="#">6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</a></p> <p><b>Nov 2</b> <a href="#">1-2:30 Breast Cancer Support Group (GTA Registered)</a></p>	<p><a href="#">1-2 Chi Life [Open Access]</a></p> <hr style="border-top: 1px dashed black;"/> <p><b>October 13 – December 15</b> <a href="#">1-3 Healing Journey Level 4: Becoming Authentic [GTA Registered]</a></p> <p><b>October 13</b> <a href="#">1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</a></p> <p><b>October 13</b> <a href="#">2:30-4 Gyne Gals Peer to Peer Group (Niagara Registered)</a></p> <p><b>October 13</b> <a href="#">6-8 Ovarian Cancer Support Group (GTA Registered)</a></p> <p><b>October 13</b> <a href="#">6:30-8 Breast Cancer Circle (Niagara Registered)</a></p> <p><b>October 13</b> <a href="#">6:30-8:30 Nourish: Myths &amp; Controversies (GTA Registered)</a></p> <p><b>October 20 -27</b> <a href="#">10:30-12 Meditation Workshop: The Laws of Attraction (for Healing) (GTA Registered)</a></p> <p><b>October 20</b> <a href="#">11-1 Living Beyond Cancer Support Group (Niagara Registered)</a></p>	<p><a href="#">10-11:30 Relaxation &amp; Visualization [Open Access]</a></p> <p><a href="#">3-4 Yoga (Open Access)</a></p> <hr style="border-top: 1px dashed black;"/> <p><b>October 14</b> <a href="#">1:30-3 Caregiver Talks: The Family and the Caregiver (GTA Registered)</a></p> <p><b>October 21</b> <a href="#">12-1 Be Well Talk: Restoring Body Image after Cancer – Can we fix what feels broken? (GTA Registered)</a></p> <p><b>October 21</b> <a href="#">6-8 Caregivers Connect: Support &amp; Relaxation (GTA Registered)</a></p> <p><b>October 28</b> <a href="#">1:30-3:30 Caregivers Connect: Support &amp; Relaxation (GTA Registered)</a></p> <p><b>November 4</b> <a href="#">1-2:30 Lymphoma Canada Support Group (GTA Registered)</a></p> <p><b>November 4 – November 25</b> <a href="#">2-3:30 Yoga Tools for Anxiety (Niagara Registered)</a></p> <p><b>December 2</b> <a href="#">1-2:30 Lymphoma Canada Support Group (GTA Registered)</a></p>	<p><a href="#">3-4 Meditation: Ongoing Practice [Open Access]</a> <i>*1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month</i></p> <hr style="border-top: 1px dashed black;"/> <p><b>Oct 15 &amp; 29</b> <a href="#">10:30-12:30 Living Without Limits Advanced Cancer Support Group (Niagara Registered)</a></p> <p><b>October 22</b> <a href="#">12-1 Be Well Talks: What is Clinical Trial Research and Where are we Headed? (GTA Registered)</a></p> <p><b>October 22</b> <a href="#">1-2:30 OASIS Parents Support Group (GTA Registered)</a></p> <p><b>October 22</b> <a href="#">6-7:30 Wellness at Work: Managing Stress in the Workplace (GTA Registered)</a></p> <p><b>October 29</b> <a href="#">3:30-4:30 Nourish: Talking with Dieticians (GTA Registered)</a></p> <p><b>October 29 – December 17</b> <a href="#">6-7:30 Bereavement Support Group [GTA Registered]</a></p> <p><b>November 5 – 26</b> <a href="#">10-11:30 Cancer Related Fatigue (GTA Registered)</a></p> <p><b>November 5 – December 10</b> <a href="#">10-12 Returning To Work [GTA Registered]</a></p>	<p><a href="#">10-5 Child &amp; Teen Counselling (By Appointment)</a></p> <p><a href="#">11-12 Yoga (Open Access)</a></p> <p><a href="#">1-2:30 Relaxation &amp; Visualization [Open Access]</a></p> <hr style="border-top: 1px dashed black;"/> <p><b>November 13</b> <a href="#">10-11:30 Men's Room Support Group (Niagara Registered)</a></p> <p><b>December 11</b> <a href="#">10-11:30 Men's Room Support Group (Niagara Registered)</a></p>	<hr style="border-top: 1px dashed black;"/> <p><b>October 17 -18</b> <a href="#">9-4 Skills for Healing – Cancer Weekend Retreat</a></p>	<div style="text-align: center;">               wellspring         </div> <p style="text-align: center;"><a href="https://wellspring.ca/online-programs">wellspring.ca/online-programs</a></p> <p style="text-align: center;"><a href="https://wellspringniagara.ca/online-programs">wellspringniagara.ca/online-programs</a></p> <p style="text-align: center;"><b>Distance Reiki –</b> <a href="#">Booked by appointment</a></p> <p style="text-align: center;"><b>Open Access –</b> Link is provided on the website</p> <p style="text-align: center;"><b>Registered Single Session Programs</b> – a link will be sent to those who register along with handouts in some cases</p> <p style="text-align: center;"><b>Registered Series –</b> multi-session programs with limited registration, link will be sent to registered participants</p> <p style="text-align: center;"><b>By Appointment –</b> Scheduled one on one appointment. Please click link for further information</p> <p style="text-align: center;"><b>Community Program –</b> Click program name to be taken to the organizations page for more information or to register</p> <p style="text-align: center;">Please note you will need to complete and online membership form to participate online. <a href="#">Click here to register online</a></p>

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<p><b>Nov 9</b>  <a href="#">11-12:30 Be Well Talks: Become the Watchman (Niagara Registered)</a></p> <p><b>Nov 9</b>  <a href="#">1-2:30 Breast Cancer Support Group (GTA Registered)</a></p> <p><b>Nov 16</b>  <a href="#">1-2:30 Breast Cancer Support Group (GTA Registered)</a></p> <p><b>Nov 23</b>  <a href="#">1-2:30 Breast Cancer Support Group (GTA Registered)</a></p> <p><b>Nov 30</b>  <a href="#">1-2:30 Breast Cancer Support Group (GTA Registered)</a></p> <p><b>Dec 9</b>  <a href="#">11-12:30 Making Room for Spirituality in Your Life (Niagara Registered)</a></p>	<p><b>October 20</b>  <a href="#">6:30-8 Lymphoma Support Group (Niagara Registered)</a></p> <p><b>October 27</b>  <a href="#">1-3 Nourish: Nutrition &amp; Breast Cancer (GTA Registered)</a></p> <p><b>October 27</b>  <a href="#">3-5 Nourish: Plant-Based Eating (GTA Registered)</a></p> <p><b>October 27 – December 15</b>  <a href="#">1-2:30 Brain Fog (GTA Registered)</a></p> <p><b>October 27 – November 3</b>  <a href="#">2:30-4:30 Art Workshop: Spiritual Self-Care (GTA Registered)</a></p> <p><b>November 3 – 24</b>  <a href="#">1-2:30 Meditation Workshop: Introduction to Meditation (GTA Registered)</a></p>		<p><b>November 5</b>  <a href="#">12-1 Be Well Talks: Managing Your Finances – What You Need to Know (GTA Registered)</a></p> <p><b>November 5</b>  <a href="#">1-2 Paeds and Parents Group (GTA Registered)</a></p> <p><b>November 5 – December 10</b>  <a href="#">6:30-8:15 Children's and Parents' Programs (GTA Registered)</a></p> <p><b>November 26</b>  <a href="#">1-2:30 OASIS Parents Support Group (GTA Registered)</a></p> <p><b>December 17</b>  <a href="#">1-2:30 OASIS Parents Support Group (GTA Registered)</a></p>			
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