

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 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 1:30-3 Oasis Advanced 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 7 11-12:30 Making Room for Spirituality in Your Life (Niagara Registered)</p> <p>Dec 7 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Dec 7 - 14 6:30-8 Meditation Workshop: The Law of Attraction (for Healing) [GTA Registered]</p>	<p>1-2 Chi Life [Open Access]</p> <hr style="border-top: 1px dashed black;"/> <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 1 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Dec 1, 15, Jan 5 & 19 1-2:30 Oasis Art Studio [GTA Registered]</p> <p>Dec 8 2:30-4 Gyne Gals Peer to Peer Group (Niagara Registered)</p> <p>Dec 8 6-8 Ovarian Cancer Support Group (GTA Registered)</p> <p>Dec 8 6:30-8 Breast Cancer Circle (Niagara Registered)</p> <p>Dec 8 – Jan 26</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 25 1:30-3:30 Caregivers Connect: Support and Relaxation (GTA Registered)</p> <p>Nov 25 3:30-5:30 Nourish: Adding Flavour to Food (GTA Registered)</p> <p>Nov 25 12-1 Be Well Talks: Managing Sleep Issues (GTA 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>Dec 2 6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</p> <p>Dec 9 12-1 Be Well Talks: Hot Topics in Cancer Research (London Registered)</p> <p>Dec 16 6-8 Caregivers Connect: Support and Relaxation (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 26, Dec 3 & 17 10:30-12:30 Living Without Limits Advanced Cancer Support Group [Niagara Registered]</p> <p>Nov 26 1-2:30 OASIS Parents Support Group (GTA Registered)</p> <p>Dec 4 6:30-8 Be Well Talks: Navigating Pelvic Floor Changes following Cancer Treatment – Male (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>	<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>Dec 11 10-11:30 Men's Room Support Group (Niagara Registered)</p> <p>Dec 11 1-3 Nourish: Plant-based Eating (GTA Registered)</p>	<hr style="border-top: 1px dashed black;"/>	<div style="text-align: center;">  wellspring wellspring.ca/online-programs wellspringniagara.ca/online-programs </div> <p style="text-align: center; color: blue;">Distance Reiki – Booked by appointment</p> <div style="border: 2px dashed green; padding: 5px; text-align: center; margin: 10px 0;"> <p style="color: purple; font-weight: bold;">GROUP EXERCISE – NOW AVAILABLE</p> </div> <p style="text-align: center; color: orange;">Open Access – Link is provided on the website</p> <p style="color: green; font-weight: bold;">Registered Single Session Programs</p> <p style="color: green;">– a link will be sent to those who register along with handouts in some cases</p> <p style="color: purple; font-weight: bold;">Registered Series –</p> <p style="color: purple;">multi-session programs with limited registration, link will be sent to registered participants</p> <p style="color: red; font-weight: bold;">By Appointment –</p> <p style="color: red;">Scheduled one on one appointment. Please click link for further information</p> <p style="color: blue; font-weight: bold;">Community Program –</p> <p style="color: blue;">Click program name to be taken to the organizations page for more information or to register</p> <p style="font-weight: bold;">Please note you will need to complete and online membership form to participate online.</p> <p style="text-align: center; color: red; font-weight: bold;">Click here to register online</p>

Updated: November 24, 2020

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<p>Dec 14 10-12 Meditation: Stress Reduction for the Holidays (Niagara Registered)</p> <p>Dec 14 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Dec 14 2-3 Yoga Nidra Workshop (Niagara Registered)</p> <p>Dec 21 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Dec 21 6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</p> <p>Jan 4 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Jan 11 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Jan 18 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Jan 25 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Jan 25 6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</p>	<p>6:30-8 Healing Journey Level: 2 Skills for Healing [GTA Registered]</p> <p>Dec 15 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Jan 12 6-8 Ovarian Cancer Support Group (GTA Registered)</p>	<p>Dec 23 1:30-3:30 Caregivers Connect: Support and Relaxation (GTA Registered)</p> <p>Jan 13 12-1 Be Well Talks: Navigating Cancer Care in South Western Ontario During COVID (London Registered)</p> <p>Feb 17 12-1 Be Well Talks: Coping with Anxiety & Grief – A Male Perspective (London Registered)</p>				
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