

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>Jan 11 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Jan 18 11-12:30 Be Well Talks: Have You Ever Had a Bad Day? (Niagara Registered)</p> <p>Jan 18 1:30-3 Oasis Advanced Cancer Support Group (GTA Registered)</p> <p>Jan 18 2-3 Yoga Nidra Workshop (Niagara Registered)</p> <p>Jan 25 1-3 Group Healing Workshop (Niagara 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>Feb 1 2-3 Yoga Nidra Workshop (Niagara Registered)</p>	<p>1-2 Chi Life [Open Access]</p> <hr style="border-top: 1px dashed black;"/> <p>Jan 12 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Jan 12 1-2 Look Good Fee Better – Skincare & Cosmetics Workshop</p> <p>Jan 12 2:30-4 Gyne Gals Peer to Peer Group (Niagara Registered)</p> <p>Jan 12 – Mar 16 3:30-5:30 Healing Journey 5: A New Earth by Eckhart Tolle [GTA Registered]</p> <p>Jan 12 6-8 Ovarian Cancer Support Group (GTA Registered)</p> <p>Jan 12 6:30-8 Breast Cancer Circle (Niagara Registered)</p> <p>Jan 12 9-10 Look Good Fee Better – Wigs & Hair Alternatives Workshop</p> <p>Jan 19 1:30-3 Patient Connect: Support and Relaxation (Niagara Registered)</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>Jan 13 – Feb 17 10:30-11:30 Yoga 4 Cancer [Niagara Registered]</p> <p>Jan 13 12-1 Be Well Talks: Navigating Cancer Care in South Western Ontario During COVID (London Registered)</p> <p>Jan 13 1:30-3 Caregiver Talks: Long Term Care, Hospice & Palliative Care (GTA Registered)</p> <p>Jan 13 – Feb 3 6:30-8 Music Workshop: Circle of Songs, Circle of Stories [GTA Registered]</p> <p>Jan 13 – Mar 3 6:30-8 Bereavement Support Group - Spousal [GTA Registered]</p> <p>Jan 20 – Feb 10 1-2:30 Life Unleashed: Writing Experience for Healing (Niagara Registered)</p> <p>Jan 20 6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</p> <p>Jan 20 6:30-7:30 Look Good Fee Better – Skincare & Cosmetics Workshop</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>Jan 14 – Mar 4 10-11:30 Brain Fog [GTA Registered]</p> <p>Jan 14 – Mar 4 1-3 Healing Journey 3: Steps Toward Spiritual Healing [GTA Registered]</p> <p>Jan 14 2-3 Look Good Feel Better – Breast Care Workshop</p> <p>Jan 14 3:30-5:30 Nourish: Super Healthy Strategies (GTA Registered)</p> <p>Jan 14 – 21 3:30-5:30 Art Workshop: Vision Board Making (GTA Registered)</p> <p>Jan 14 – Mar 4 6:30-8 Bereavement Support Group - Family [GTA Registered]</p> <p>Jan 14 7-9 Prostate Cancer Support Group (Niagara Registered)</p> <p>Jan 21, Feb 4 & 18 10:30-12:30 Living Without Limits Advanced Cancer Support Group [Niagara Registered]</p> <p>Jan 21 - 28 10:30-12 Art Workshop: Vision Board Making (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>Jan 29- Feb 19 1:30-3 Cancer Related Fatigue (GTA Registered)</p> <p>Feb 5 – Mar 26 10-12 Healing Journey 2: Skills for Healing [GTA Registered]</p> <p>Feb 5 10-12 Nourish: Nutrition and Breast Cancer (GTA Registered)</p> <p>Feb 12 10-11:30 Men's Room Support Group (Niagara Registered)</p> <p>Feb 12 – 19 3-4:30 Meditation Workshop: Finding Your Voice [GTA Registered]</p> <p>Mar 12 10-11:30 Men's Room Support Group (Niagara Registered)</p> <p>Apr 9 10-11:30 Men's Room Support Group (Niagara Registered)</p>	<div style="text-align: center;">  wellspring wellspring.ca/online-programs wellspringniagara.ca/online-programs </div> <p style="text-align: center;">Distance Reiki – Booked by appointment</p> <div style="border: 2px dashed green; padding: 5px; text-align: center;"> <p>GROUP EXERCISE – NOW AVAILABLE</p> </div> <p style="text-align: center;">Open Access – Link is provided on the website</p> <p style="text-align: center;">Registered Single Session Programs – a link will be sent to those who register along with handouts in some cases</p> <p style="text-align: center;">Registered Series – multi-session programs with limited registration, link will be sent to registered participants</p> <p style="text-align: center;">By Appointment – Scheduled one on one appointment. Please click link for further information</p> <p style="text-align: center;">Community Program – 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. Click here to register online</p>	

Updated: January 11, 2021

Wellspring Network - Online Program Schedule

<p>Feb 22 11-12:30 Be Well Talks: Personal Resiliency in Challenging Times (Niagara Registered)</p> <p>Feb 22 2-3 Yoga Nidra Workshop (Niagara Registered)</p> <p>Mar 1 - 22 6:30-8 Meditation Workshop: Opening the Spiritual Heart (GTA Registered)</p> <p>Mar 8 1-3 Healing Heart Workshop (Niagara Registered)</p> <p>April 12 11-12:30 Be Well Talks: Become the Watchman (Niagara Registered)</p> <p>May 10 11-12:30 Making Room for Spirituality in Your Life (Niagara Registered)</p>	<p>Jan 19 - 26 3-4:30 Wellness at Work: Building Resilience in Extraordinary Times (GTA Registered)</p> <p>Jan 19 - 26 6-7:30 Art Workshop: Vision Board Making (GTA Registered)</p> <p>Jan 19 6:30-8 Lymphoma Support Group (Niagara Registered)</p> <p>Jan 26 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Jan 26 1-2 Look Good Fee Better – Skincare & Cosmetics Workshop</p> <p>Jan 26 9-10 Look Good Fee Better – Wigs & Hair Alternatives Workshop</p> <p>Feb 2 – Mar 16 10-12 Healing Journey 3: Steps Towards Spiritual Healing (GTA Registered)</p> <p>Feb 2 – 9 1-2:30 Meditation Workshop: Meditations for Introspection, Creativity and Intuition (GTA Registered)</p> <p>Feb 2 6:30-8 Anticipatory Grief: Learning to Live with Gratitude More than (Niagara Registered)</p>	<p>Jan 27 6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</p> <p>Jan 27 6:30-7:30 Look Good Feel Better – Breast Care Workshop</p> <p>Feb 3 12-1 Be Well Talks: Coping with Your Fear of Recurrence (GTA Registered)</p> <p>Feb 3 1-2:30 Lymphoma Canada Support Group (GTA Registered)</p> <p>Feb 10 12-1 Be Well Talks: History of Cancer and Progress in Cancer Research (GTA Registered)</p> <p>Feb 17 12-1 Be Well Talks: Coping with Anxiety & Grief – A Male Perspective (London Registered)</p> <p>Feb 17 – Mar 3 2-3 The Science of Resiliency (Niagara Registered)</p> <p>Mar 3 1-2:30 Lymphoma Canada Support Group (GTA Registered)</p> <p>Mar 31- April 28 2-3:30 The Five Pranas (Niagara Registered)</p> <p>Mar 3 – 24 7:30-8:30 Yoga for Better Sleep (Niagara Registered)</p> <p>Apr 7 1-2:30 Lymphoma Canada Support Group (GTA Registered)</p>	<p>Jan 21 1-2 Look Good Fee Better – Wigs & Hair Alternatives Workshop</p> <p>Jan 28 1-2:30 OASIS Parents Support Group (GTA Registered)</p> <p>Jan 28 3-5 Nourish: Adding Flavour to Food (GTA Registered)</p> <p>Feb 4 - 11 10:30-12 Art Workshop: Vision Board Making (GTA Registered)</p> <p>Feb 4 1-2:30 Paeds & Parents Support Group (GTA Registered)</p> <p>Feb 11 7-9 Prostate Cancer Support Group (Niagara Registered)</p> <p>Feb 18 – Mar 11 10:30-12 Art Workshop: Boundaries as Self-Care (GTA Registered)</p> <p>Mar 11 7-9 Prostate Cancer Support Group (Niagara Registered)</p> <p>Apr 8 7-9 Prostate Cancer Support Group (Niagara Registered)</p>			
---	---	--	--	--	--	--

Wellspring Network - Online Program Schedule

	<p>Feb 2 – 23 6:30-8 Healing Journey 1: Coping with Cancer Stress [GTA Registered]</p> <p>Feb 9 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Feb 9 2:30-4 Gyne Gals Peer to Peer Group (Niagara Registered)</p> <p>Feb 9 6:30-8 Breast Cancer Circle (Niagara Registered)</p> <p>Feb 16 1:30-3 Patient Connect: Support and Relaxation (Niagara Registered)</p> <p>Feb 16 - 23 3-4:30 Wellness at Work: Building Resilience in Extraordinary Times [GTA Registered]</p> <p>Feb 16 6:30-8 Lymphoma Support Group (Niagara Registered)</p> <p>Feb 23 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Mar 2 – Apr 20 6:30-8:30 Healing Journey 2: Skills for Healing [GTA Registered]</p> <p>Mar 9</p>					
--	--	--	--	--	--	--

Wellspring Network - Online Program Schedule

	<p><u>2:30-4 Gyne Gals Peer to Peer Group (Niagara Registered)</u></p> <p>Mar 9 <u>6:30-8 Breast Cancer Circle (Niagara Registered)</u></p> <p>Mar 16 <u>6:30-8 Lymphoma Support Group (Niagara Registered)</u></p> <p>April 13 <u>2:30-4 Gyne Gals Peer to Peer Group (Niagara Registered)</u></p> <p>April 13 <u>6:30-8 Breast Cancer Circle (Niagara Registered)</u></p> <p>Apr 20 <u>6:30-8 Lymphoma Support Group (Niagara Registered)</u></p>					
--	--	--	--	--	--	--