

# Wellspring Network - Online Program Schedule

COVID Calendar (EDT)	<h1 style="margin: 0;">WEEKLY SCHEDULE</h1>					Updated: April 30, 2021
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>May 3 – June 28</b> <a href="#">10-11:30 Brain Fog [GTA Registered]</a></p> <p><b>May 3 – June 14</b> <a href="#">1-3 Returning to Work [GTA Registered]</a></p> <p><b>May 3</b> <a href="#">2-3 Yoga Nidra Workshop (Niagara Registered)</a></p>	<p><a href="#">1-2 Chi Life [Open Access]</a></p> <hr style="border-top: 1px dashed black;"/> <p><b>May 4 - 25</b> <a href="#">10:30-12 Meditation Workshop: How to Set Up and Maintain a Home Meditation Routine (GTA Registered)</a></p> <p><b>May 4, 18, Jun 1, 15 7 &amp; 22</b> <a href="#">11-1 Living Beyond Cancer Support Group (Niagara Registered)</a></p> <p><b>May 4, 18, Jun 1, 15</b> <a href="#">1-3 OASIS Art Expression Studio (GTA Registered)</a></p> <p><b>May 4</b> <a href="#">3-4:15 Wellness Workshop: Sound Bath Meditations (GTA Registered)</a></p> <p><b>May 4</b> <a href="#">6:30-8:30 Grief Support Group for Parent (Loss of an Adult Child to Cancer) (Niagara Registered)</a></p> <p><b>May 4</b> <a href="#">6:30-8:30 Nourish: Plant-based Eating [GTA 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>May 5 - 26</b> <a href="#">11-12:30 Meditation Workshop: Tibetan Buddhist Healing Meditation (Niagara Registered)</a></p> <p><b>May 5</b> <a href="#">1-2:30 Lymphoma Canada Support Group (GTA Registered)</a></p> <p><b>May 5</b> <a href="#">6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p> <p><b>May 5</b> <a href="#">6:30-7:30 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</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>May 6 - 13</b> <a href="#">10:30-12 Meditation: Breathing for the Health of It (GTA Registered)</a></p> <p><b>May 6</b> <a href="#">1-2 Look Good Fee Better – Wigs &amp; Hair Alternatives Workshop</a></p> <p><b>May 6</b> <a href="#">7-9 Prostate Cancer Support Group (Niagara Registered)</a></p> <p><b>May 6</b> <a href="#">8-9 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</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>May 14</b> <a href="#">10-11:30 Men's Room Support Group (Niagara Registered)</a></p>	<div style="text-align: center;">               wellspring  <a href="https://wellspring.ca/online-programs">wellspring.ca/online-programs</a>  <a href="https://wellspringniagara.ca/online-programs">wellspringniagara.ca/online-programs</a> </div> <p style="text-align: center; color: blue;"><b>Distance Reiki – Booked by appointment</b></p> <div style="border: 2px dashed green; padding: 5px; text-align: center; color: purple;"><b>GROUP EXERCISE – NOW AVAILABLE</b></div> <p style="text-align: center; color: orange;"><b>Open Access –</b> Link is provided on the website</p> <p style="color: green;"><b>Registered Single Session Programs</b> – a link will be sent to those who register along with handouts in some cases</p> <p style="color: purple;"><b>Registered Series –</b> multi-session programs with limited registration, link will be sent to registered participants</p> <p style="color: red;"><b>By Appointment –</b> Scheduled one on one appointment. Please click link for further information</p> <p style="color: blue;"><b>Community Program –</b> Click program name to be taken to the organizations page for more information or to register</p> <p style="color: black;"><b>Please note you will need to complete and online membership form to participate online.</b> <a href="#" style="color: red; text-decoration: underline;">Click here to register online</a></p>	

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<p><b>May 10</b>  <a href="#">1-3 Energy Balancing Workshop (Niagara Registered)</a></p>	<p><b>May 11- Jun 1</b>  <a href="#">10:30-12 Healing Journey 1: Coping with Cancer Stress – Family [GTA Registered]</a></p> <p><b>May 11</b>  <a href="#">1-2 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p> <p><b>May 11</b>  <a href="#">2:30-4 Gyne Gals Peer to Peer Group (Niagara Registered)</a></p> <p><b>May 11</b>  <a href="#">6-8 Ovarian Support Group (GTA Registered)</a></p> <p><b>May 11</b>  <a href="#">6:30-8 Breast Cancer Circle (Niagara Registered)</a></p>	<p><b>May 12 – June 23</b>  <a href="#">2-3 Yoga Workshop: The Overlay of Chakra Energy and Western Psychology (Niagara Registered)</a></p>	<p><b>May 13</b>  <a href="#">1-2:30 OASIS Parents Support Group (GTA Registered)</a></p> <p><b>May 13</b>  <a href="#">2-3:30 Yoga Therapy for Neuropathy (Niagara Registered)</a></p> <p><b>May 13 – June 3</b>  <a href="#">6:30-8 Creative Coping Strategies for Caregivers [Niagara Registered]</a></p> <p><b>May 13</b>  <a href="#">6:30-8 Living With Chronic Cancer (GTA Registered)</a></p> <p><b>May 13</b>  <a href="#">8-9 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p>			
<p><b>May 17</b>  <a href="#">2-3 Yoga Nidra Workshop (Niagara Registered)</a></p>	<p><b>May 18</b>  <a href="#">1:30-3 Patient Connect: Support and Relaxation (Niagara Registered)</a></p> <p><b>May 18</b>  <a href="#">3-5 Nourish: Talking with Dieticians [GTA Registered]</a></p> <p><b>May 18</b>  <a href="#">6:30-8 Lymphoma Support Group (Niagara Registered)</a></p> <p><b>May 25</b>  <a href="#">1-2 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p> <p><b>May 25</b>  <a href="#">8:30-9:30 Look Good Fee Better – Wigs &amp; Hair Alternatives Workshop</a></p>	<p><b>May 19</b>  <a href="#">6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p> <p><b>May 19 – Jun 23</b>  <a href="#">10-11:00 Parent's Support Group (GTA Registered)</a></p> <p><b>May 26</b>  <a href="#">1:30-3:30 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p> <p><b>May 26</b>  <a href="#">6:30-8:30 Nourish: Myths and Controversies [GTA Registered]</a></p> <p><b>May 26</b>  <a href="#">6:30-7:30 Look Good Feel Better – Breast Care Workshop</a></p>	<p><b>May 20 – Jun 24</b>  <a href="#">10:00-11:00 Chair Yoga (Niagara Registered)</a></p> <p><b>May 20</b>  <a href="#">6:30-8 Anticipatory Grief: Learning to Live with Gratitude More than Grief – Interactive (Niagara Registered)</a></p> <p><b>May 27</b>  <a href="#">1-2:30 OASIS Parents Support Group (GTA Registered)</a></p> <p><b>May 27</b>  <a href="#">6:30-8 Living With Chronic Cancer (GTA Registered)</a></p> <p><b>May 27</b>  <a href="#">8-9 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p>	<p><b>May 21 – June 11</b>  <a href="#">1-3 Art Workshop: Nature Connection Through Watercolours [GTA Registered]</a></p>		

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<p><b>May 31</b>  <a href="#">6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</a></p>	<p><b>Jun 1</b>  <a href="#">6:30-8:30 Grief Support Group for Parent (Loss of an Adult Child to Cancer) (Niagara Registered)</a></p>	<p><b>Jun 2 – Jul 7</b>  <a href="#">10:30-11:30 Yoga 4 Cancer (Y4C) (Niagara Registered).</a></p> <p><b>June 2 – Jul 28</b>  <a href="#">5:30-7 Brain Fog (GTA Registered)</a></p> <p><b>June 2</b>  <a href="#">6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p> <p><b>June 2 – Jun 23</b>  <a href="#">7:30-8:30 Yoga Tools for Better Sleep (Niagara Registered)</a></p>	<p><b>Jun 3</b>  <a href="#">1-3 Nourish: Beans and Grains [GTA Registered]</a></p>			
<p><b>Jun 7</b>  <a href="#">10:30-12 Be Well Talks: Emotional Freedom Technique (Niagara Registered)</a></p> <p><b>Jun 7</b>  <a href="#">2-3 Yoga Nidra Workshop (Niagara Registered)</a></p> <p><b>Jun 7 - 24</b>  <a href="#">6:30-8 Meditation Workshop: How to Get a Good Night's Sleep (GTA Registered)</a></p>	<p><b>Jun 8</b>  <a href="#">2:30-4 Gyne Gals Peer to Peer Group (Niagara Registered)</a></p> <p><b>Jun 8</b>  <a href="#">6-8 Ovarian Support Group (GTA Registered)</a></p> <p><b>Jun 8 – Jun 29</b>  <a href="#">6:30-8 Healing Journey 1: Coping with Cancer Stress – Family [GTA Registered]</a></p>		<p><b>Jun 10</b>  <a href="#">1-2:30 OASIS Parents Support Group (GTA Registered)</a></p> <p><b>Jun 10</b>  <a href="#">6:30-8 Living With Chronic Cancer (GTA Registered)</a></p> <p><b>Jun 10</b>  <a href="#">7-9 Prostate Cancer Support Group (Niagara Registered)</a></p>	<p><b>June 11</b>  <a href="#">10-11:30 Men's Room Support Group (Niagara Registered)</a></p>		
<p><b>Jun 14</b>  <a href="#">1-3 Healing Heart Workshop (Niagara Registered)</a></p>	<p><b>Jun 15 – Aug 10</b>  <a href="#">10:30-12:30 Healing Journey 2: Skills for Healing [GTA Registered]</a></p> <p><b>Jun 15</b>  <a href="#">1:30-3 Patient Connect: Support and Relaxation (Niagara Registered)</a></p> <p><b>Jun 15</b>  <a href="#">3-5 Nourish: Adding Flavour to Food [GTA Registered]</a></p>	<p><b>June 16</b>  <a href="#">6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p>				

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	<p><b>Jun 15</b>  <a href="#">6:30-8 Lymphoma Support Group (Niagara Registered)</a></p>					
<p><b>Jun 21</b>  <a href="#">2-3 Yoga Nidra Workshop (Niagara Registered)</a></p>		<p><b>June 23</b>  <a href="#">6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p>	<p><b>Jun 24</b>  <a href="#">1-2:30 OASIS Parents Support Group (GTA Registered)</a></p>			
<p><b>Jun 28</b>  <a href="#">6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</a></p>			<p><b>Jun 24</b>  <a href="#">6:30-8 Living With Chronic Cancer (GTA Registered)</a></p>			
	<p><b>Jul 5 – Sep 20</b>  <a href="#">10-12 Healing Journey 5: A New Earth by Eckhart Tolle [GTA Registered]</a></p>			<p><b>July 9</b>  <a href="#">10-11:30 Men's Room Support Group (Niagara Registered)</a></p>		
	<p><b>Jul 13</b>  <a href="#">6:30-8 Breast Cancer Circle (Niagara Registered)</a></p>					
	<p><b>Jul 20</b>  <a href="#">1:30-3 Patient Connect: Support and Relaxation (Niagara Registered)</a></p>					
	<p><b>Jul 20</b>  <a href="#">6:30-8 Lymphoma Support Group (Niagara Registered)</a></p>					