

# Wellspring Network - Online Program Schedule

COVID Calendar (EDT)

## WEEKLY SCHEDULE

Updated: July 16, 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>Jul 19</b> <a href="#">1-3 Energy Balancing Workshop (Niagara Registered)</a></p> <p><b>Jul 19</b> <a href="#">1:30-3 OASIS Advanced 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>Jul 20 – Sept 7</b> <a href="#">6:30-8 Breast Cancer Circle (GTA Registered)</a></p> <p><b>Jul 20, Aug 3 &amp; Aug 17</b> <a href="#">1-3 OASIS Art Expression Studio [GTA 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> <p><b>Jul 20</b> <a href="#">8:30-9:30 Look Good Fee Better – Wigs &amp; Hair Alternatives Workshop</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>Jul 21 &amp; 28</b> <a href="#">10:30-12 Meditation: How to Get a Good Night's Sleep (GTA Registered)</a></p> <p><b>Jul 21</b> <a href="#">12-1 Be Well Talks: Breast Cancer 101 (GTA Registered)</a></p> <p><b>Jul 21</b> <a href="#">1-3 Yoga Workshop: Designing Your Home Yoga Practice</a></p> <p><b>Jul 21</b> <a href="#">1:30-3 Pancreatic Cancer Support Group (GTA Registered)</a></p> <p><b>Jul 21</b> <a href="#">6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p> <p><b>Jul 21</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>Jul 22</b> <a href="#">10:30-12:30 Living Without Limits Advanced Cancer Support Group (Niagara Registered)</a></p> <p><b>Jul 22</b> <a href="#">1-2 Look Good Fee Better – Wigs &amp; Hair Alternatives Workshop</a></p> <p><b>Jul 22</b> <a href="#">1-2:30 OASIS Parents Support Group (GTA Registered)</a></p> <p><b>Jul 22 – Aug 12</b> <a href="#">6:30-8 Healing Journey 1: Coping with Cancer Stress [GTA Registered]</a></p> <p><b>Jul 22 – Aug 12</b> <a href="#">7-9 Music Workshop: Circle of Songs, Circle of Stories [GTA Registered]</a></p> <p><b>Jul 22</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>Jul 23</b> <a href="#">11-12:15 Wellness Workshop: Sound Bath Meditations (GTA Registered)</a></p>	<hr style="border-top: 1px dashed black;"/>	 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>
						<p><b>Distance Reiki – Booked by appointment</b></p> <hr style="border-top: 2px dashed green;"/> <p><b>GROUP EXERCISE – NOW AVAILABLE</b></p> <hr style="border-top: 2px dashed green;"/> <p><b>Open Access –</b> Link is provided on the website</p> <p><b>Registered Single Session Programs</b> – a link will be sent to those who register along with handouts in some cases</p> <p><b>Registered Series –</b> multi-session programs with limited registration, link will be sent to registered participants</p> <p><b>By Appointment –</b> Scheduled one on one appointment. Please click link for further information</p> <p><b>Community Program –</b> 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.  <a href="#">Click here to register online</a></p>
<p><b>Jul 26</b> <a href="#">1:30-3 OASIS Advanced Cancer Support Group (GTA Registered)</a></p> <p><b>Jul 26</b> <a href="#">6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</a></p>	<p><b>Jul 27</b> <a href="#">10-12 Nourish: Talking with Dietitians (GTA Registered)</a></p> <p><b>Jul 27</b> <a href="#">11-1 Living Beyond Cancer Support Group (Niagara Registered)</a></p>	<p><b>Jul 28 – Aug 18</b> <a href="#">10-11 Yoga [Niagara Registered]</a></p> <p><b>Jul 28</b> <a href="#">1:30-3:30 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p>	<p><b>Jul 29</b> <a href="#">10-12 Nourish: Nutrition and Breast Cancer [GTA Registered]</a></p> <p><b>Jul 29</b> <a href="#">8-9 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p>			

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	<p><b>Jul 27</b>  <a href="#">1-2 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p> <p><b>Jul 27</b>  <a href="#">6:30-8 Bereavement Support - Ongoing (GTA Registered)</a></p>	<p><b>Jul 28</b>  <a href="#">6:30-7:30 Look Good Fee Better – Breast Care, Forms &amp; Garments Workshop</a></p>				
	<p><b>Aug 3</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>Aug 3</b>  <a href="#">8:30-9:30 Look Good Fee Better – Wigs &amp; Hair Alternatives Workshop</a></p>	<p><b>Aug 4</b>  <a href="#">1-2:30 Lymphoma Canada Support Group (GTA Registered)</a></p> <p><b>Aug 4</b>  <a href="#">6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p> <p><b>Aug 4</b>  <a href="#">6:30-7:30 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p>	<p><b>Aug 5</b>  <a href="#">10-11:30 Yoga Workshop: The Kosha Model of Healing (Niagara Registered)</a></p> <p><b>Aug 5</b>  <a href="#">10:30-12:30 Living Without Limits Advanced Cancer Support Group [Niagara Registered]</a></p> <p><b>Aug 5</b>  <a href="#">1-2 Look Good Fee Better – Wigs &amp; Hair Alternatives Workshop</a></p> <p><b>Aug 5</b>  <a href="#">6:30-7:30 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p>	<p><b>Jul 30 – Aug 20</b>  <a href="#">10-11 Qi Gong [Niagara Registered]</a></p>		
<p><b>Aug 9</b>  <a href="#">11-12:30 Be Well Talks: Victims of Our Own Minds (Niagara Registered)</a></p> <p><b>Aug 9</b>  <a href="#">1:30-3 OASIS Advanced Cancer Support Group (GTA Registered)</a></p> <p><b>Aug 9</b>  <a href="#">2-3 Yoga Nidra Workshop (Niagara Registered)</a></p>	<p><b>Aug 10</b>  <a href="#">11-1 Living Beyond Cancer Support Group (Niagara Registered)</a></p> <p><b>Aug 10</b>  <a href="#">1-2 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p> <p><b>Aug 10</b>  <a href="#">6-8 Ovarian Support Group (GTA Registered)</a></p> <p><b>Aug 10</b>  <a href="#">6:30-8 Breast Cancer Circle (Niagara Registered)</a></p>	<p><b>Aug 11</b>  <a href="#">1:30-3:30 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p>	<p><b>Aug 12</b>  <a href="#">1-2:30 OASIS Parents Support Group (GTA Registered)</a></p> <p><b>Aug 12</b>  <a href="#">2-3 Look Good Fee Better – Breast Care, Forms &amp; Garments Workshop</a></p> <p><b>Aug 12</b>  <a href="#">8-9 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p>			
<p><b>Aug 16</b>  <a href="#">1:30-3 OASIS Advanced Cancer Support Group (GTA Registered)</a></p>	<p><b>Aug 17</b>  <a href="#">8:30-9:30 Look Good Fee Better – Wigs &amp; Hair Alternatives Workshop</a></p>	<p><b>Aug 18</b>  <a href="#">1:30-3 Pancreatic Cancer Support Group (GTA Registered)</a></p>	<p><b>Aug 19</b>  <a href="#">10:30-12:30 Living Without Limits Advanced Cancer Support Group [Niagara Registered]</a></p>			

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		<p><b>Aug 18</b>  <a href="#">6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p>	<p><b>Aug 19</b>  <a href="#">1-2 Look Good Fee Better – Wigs &amp; Hair Alternatives Workshop</a></p>			
<p><b>Aug 23</b>  <a href="#">1:30-3 OASIS Advanced Cancer Support Group (GTA Registered)</a></p> <p><b>Aug 23</b>  <a href="#">2-3 Yoga Nidra Workshop (Niagara Registered)</a></p>	<p><b>Aug 24</b>  <a href="#">11-1 Living Beyond Cancer Support Group (Niagara Registered)</a></p> <p><b>Aug 24</b>  <a href="#">1-2 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p>	<p><b>Aug 25</b>  <a href="#">12-1:15 Be Well Talks: Navigating Cancer through the Use of Imagery (GTA Registered)</a></p> <p><b>Aug 25</b>  <a href="#">1:30-3:30 Caregivers Connect: Support and Relaxation (GTA Registered)</a></p> <p><b>Aug 25</b>  <a href="#">6:30-7:30 Look Good Fee Better – Breast Care, Forms &amp; Garments Workshop</a></p>	<p><b>Aug 26</b>  <a href="#">1-2:30 OASIS Parents Support Group (GTA Registered)</a></p> <p><b>Aug 26</b>  <a href="#">8-9 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p>			
<p><b>Aug 30</b>  <a href="#">1:30-3 OASIS Advanced Cancer Support Group (GTA Registered)</a></p> <p><b>Aug 30</b>  <a href="#">6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</a></p>	<p><b>Aug 31</b>  <a href="#">6:30-8 Bereavement Support - Ongoing [GTA Registered]</a></p> <p><b>Aug 31</b>  <a href="#">8:30-9:30 Look Good Feel Better – Wigs &amp; Hair Alternatives Workshop</a></p>	<p><b>Sep 1</b>  <a href="#">1-2:30 Lymphoma Canada Support Group (GTA Registered)</a></p> <p><b>Sep 1</b>  <a href="#">6:30-7:30 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p>	<p><b>Sep 2</b>  <a href="#">8-9 Look Good Fee Better – Skincare &amp; Cosmetics Workshop</a></p> <p><b>Sep 9 – Nov 11</b>  <a href="#">10-12 Healing Journey 5: A New Earth by Eckart Tolle [GTA Registered]</a></p> <p><b>Sep 9</b>  <a href="#">2-3 Look Good Fee Better – Breast Care, Forms &amp; Garments Workshop</a></p> <p><b>Sep 9 - 30</b>  <a href="#">3-5 OASIS Art: Notes of Gratitude [GTA Registered]</a></p>	<p><b>Sep 10 – Oct 1</b>  <a href="#">12:30-2 Healing Journey 1: Coping with Cancer Stress [GTA Registered]</a></p>		
<p><b>Sep 13 – Nov 8</b>  <a href="#">1-2:30 Breast Cancer Support Group [GTA Registered]</a></p>		<p><b>Sep 15 – Nov 3</b>  <a href="#">6:30-8 Bereavement Support - Spousal (GTA Registered)</a></p>				

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<p><b>Sep 13 - 20</b> <a href="#">6:30 -8 Meditation Workshop: Loving Kindness [GTA Registered]</a></p>	<p><b>Sep 21 – Nov 9</b> <a href="#">3-5 Healing Journey 3: Steps Towards Spiritual Healing [GTA Registered]</a></p> <p><b>Sep 21 – Dec 7</b> <a href="#">10-12 Healing Journey 6: Healing Through the Mind [GTA Registered]</a></p>	<p><b>Sep 22 - 29</b> <a href="#">3-4:30 Wellness Workshop: Breathless (GTA Registered)</a></p> <p><b>Oct 6 - 27</b> <a href="#">1-2:30 Meditation Workshop: Introduction to Meditation [GTA Registered]</a></p>	<p><b>Oct 7 - 28</b> <a href="#">1-3 OASIS Art: Exploring Acrylic Painting [GTA Registered]</a></p>	<p><b>Oct 15 – Dec 3</b> <a href="#">12:30-2 Healing Journey 2: Skills for Healing [GTA Registered]</a></p>		
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