


Wellspring Network - Online Program Schedule

COVID Calendar (EDT)

WEEKLY SCHEDULE

Updated: September 20, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
<p>4 – 5 Yoga (Open Access)</p> <hr style="border-top: 1px dashed black;"/> <p>Sep 20 – Oct 18 1-2:30 Cancer Related Fatigue [GTA Registered]</p> <p>Sep 20 1-3 Healing Heart Workshop (Niagara Registered)</p> <p>Sep 20 1:30-3 OASIS Advanced Cancer Support Group (GTA Registered)</p>	<p>1-2 Chi Life [Open Access]</p> <hr style="border-top: 1px dashed black;"/> <p>Sep 21 – Dec 7 10-12 Healing Journey 6: Healing Through the Mind [GTA Registered]</p> <p>Sep 21 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Sep 21 1-3 Oasis Art Expression Studio</p> <p>Sep 21 1-2 Look Good Feel Better – Skincare & Cosmetics Workshop</p> <p>Sep 21 1:30-3 Patient Connect: Support & Relaxation (Niagara Registered)</p> <p>Sep 21 – Nov 9 3-5 Healing Journey 3: Steps Towards Spiritual Healing [GTA Registered]</p> <p>Sep 21 – Nov 9 5:30-7 Brain Fog [GTA Registered]</p> <hr style="border-top: 1px dashed black;"/> <p>Sep 28 6:30-8 Bereavement – Ongoing Support [GTA Registered]</p>	<p>10-11:30 Relaxation & Visualization [Open Access]</p> <hr style="border-top: 1px dashed black;"/> <p>3-4 Yoga (Open Access)</p> <hr style="border-top: 1px dashed black;"/> <p>Sep 22 1:30-3:30 Caregivers Connect: Support and Relaxation (GTA Registered)</p> <p>Sep 22 - 29 3-4:30 Wellness Workshop: Breathless [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>Sep 23 – Oct 28 10-12 Returning to Work [GTA Registered]</p> <p>Sep 23 – 30 10:30-12 Art Workshop: Reset and Renew [GTA Registered]</p> <p>Sep 23, Oct 14, 28 10:30-12:30 Living Without Limits [Niagara Registered]</p> <p>Sep 23 1-2:30 OASIS Parents' Support Group (GTA Registered)</p> <p>Sep 23 – Nov 11 6-7:30 Bereavement Support - Family [GTA Registered]</p> <p>Sep 23 8-9 Look Good Feel Better – Skincare & Cosmetics Workshop</p> <hr style="border-top: 1px dashed black;"/> <p>Sep 30 2-4 Nourish: Beans and Grains [(TA 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>Sep 24 – Oct 1 10:30-12 Wellness Workshop: Cultivating Creativity, Healing and Spirituality [GTA Registered]</p> <p>Sep 24 1-3 Nourish: Super Healthy Strategies [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> <div style="text-align: center; margin-top: 20px;"> <p>Distance Reiki – Booked by appointment</p> <hr style="border-top: 2px dashed green;"/> <p>GROUP EXERCISE – NOW AVAILABLE</p> <hr style="border-top: 2px dashed green;"/> <p>Open Access – Link is provided on the website</p> <p>Registered Single Session Programs – a link will be sent to those who register along with handouts in some cases</p> <p>Registered Series – multi-session programs with limited registration, link will be sent to registered participants</p> <p>By Appointment – Scheduled one on one appointment. Please click link for further information</p> <p>Community Program – 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. Click here to register online</p> </div>

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<p>Sept 27 2-3 Yoga Nidra Workshop (Niagara Registered)</p> <p>Sept 27 6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</p>	<p>Sep 28 8:30-9:30 Look Good Feel Better – Skincare & Cosmetics Workshop</p>					
<p>Oct 4 11-12:30 Be Well Talks: Making Room for Spirituality in Your Life (Niagara Registered)</p>	<p>Oct 5 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p>	<p>Oct 6 - 27 1-2:30 Meditation Workshop: Introduction to Meditation [GTA Registered]</p>	<p>Oct 7 1-2 Look Good Feel Better – Wigs & Hair Alternatives Workshop</p>	<p>Oct 8 10-11:30 Men's Room Support Group [Niagara Registered]</p>		
<p>Oct 4 1:30-3 OASIS Advanced Cancer Support Group (GTA Registered)</p>	<p>Oct 5 1-3 Oasis Art Expression Studio</p>	<p>Oct 6 1-2:30 Lymphoma Canada Support Group (GTA Registered)</p>	<p>Oct 7 - 28 1-3 OASIS Art: Exploring Acrylic Painting [GTA Registered]</p>			
<p>Oct 4 2-3 Yoga Nidra Workshop (Niagara Registered)</p>	<p>Oct 5 6:30-8 Grief Support Group for Parent - Loss of an Adult Child to Cancer (Niagara Registered)</p>	<p>Oct 6 6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</p> <p>Oct 6 6:30-7:30 Look Good Feel Better – Skincare & Cosmetics Workshop</p> <p>Oct 6 - 27 7:30-8:30 Yoga Tools for Better Sleep [Niagara Registration]</p>	<p>Oct 7 8-9 Look Good Feel Better – Skincare & Cosmetics Workshop</p>			
	<p>Oct 12 1-2 Look Good Feel Better – Skincare & Cosmetics Workshop</p> <p>Oct 12 1:30-3 Gyne Gals Peer to Peer Group (Niagara Registered)</p> <p>Oct 12 6-8 Ovarian Cancer Support Group (GTA Registered)</p> <p>Oct 12 6:30-8 Breast Cancer Circle (Niagara Registered)</p> <p>Oct 12 8:30-9:30 Look Good Feel Better – Wigs & Hair Alternatives Workshop</p>	<p>Oct 13 1:30-3:30 Caregivers Connect: Mindfulness for Caregiving (GTA Registered)</p> <p>Oct 13 6-8 Nourish: Plant-Based Eating [GTA Registered]</p>	<p>Oct 14 1-2:30 OASIS Parents' Support Group (GTA Registered)</p> <p>Oct 14 6:30-8 Anticipatory Grief: Learning to Live With Gratitude More Than Grief - Interactive (Niagara Registered)</p> <p>Oct 14 7-9 Prostate Cancer Support Group (Niagara Registered)</p> <p>Oct 14 8-9 Look Good Feel Better – Skincare & Cosmetics Workshop</p>	<p>Oct 15 – Dec 3 12:30-2 Healing Journey 2: Skills for Healing [GTA Registered]</p>		

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<p>Oct 18 1:30-3 OASIS Advanced Cancer Support Group (GTA Registered)</p>	<p>Oct 19 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Oct 19 1-3 Oasis Art Expression Studio</p> <p>Oct 19 1:30-3 Patient Connect: Support & Relaxation (Niagara Registered)</p> <p>Oct 19 4-5 Nourish: Talking with Dieticians [GTA Registered]</p>	<p>Oct 20 1:30-3 Pancreatic Cancer Support Group (GTA Registered)</p> <p>Oct 20 – Nov 17 2-3 Yoga: The Five Pranas [Niagara Registration]</p> <p>Oct 20 – 27 2-3:30 Writing Workshop: Journaling for Comfort and Calm [GTA Registered]</p> <p>Oct 20 6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</p> <p>Oct 20 6:30-7:30 Look Good Feel Better – Skincare & Cosmetics Workshop</p>	<p>Oct 20 6:30-7:30 Look Good Feel Better – Skincare & Cosmetics Workshop</p>	<p>Oct 21 1-2 Look Good Feel Better – Wigs & Hair Alternatives Workshop</p> <p>Oct 21 8-9 Look Good Feel Better – Skincare & Cosmetics Workshop</p>		
<p>Oct 25 1:30-3 OASIS Advanced Cancer Support Group (GTA Registered)</p> <p>Oct 25 2-3 Yoga Nidra Workshop (Niagara Registered)</p> <p>Oct 25 6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</p>	<p>Oct 26 1-2 Look Good Feel Better – Skincare & Cosmetics Workshop</p> <p>Oct 26 6:30-8 Bereavement – Ongoing Support [GTA Registered]</p> <p>Oct 26 8:30-9:30 Look Good Feel Better – Wigs & Hair Alternatives Workshop</p> <p>Nov 2 6-8 Nourish: Myths and Controversies [GTA Registered]</p> <p>Nov 9 1:30-3 Gyne Gals Peer to Peer Group (Niagara Registered)</p> <p>Nov 9 6:30-8 Breast Cancer Circle (Niagara Registered)</p>	<p>Oct 27 1:30-3:30 Caregivers Connect: Support and Relaxation (GTA Registered)</p> <p>Nov 3 1-2:30 Lymphoma Canada Support Group (GTA Registered)</p> <p>Nov 10 6:30-8:30 Yoga Tools for Better Sleep – Part 2 [Niagara Registration]</p> <p>Nov 24 – Dec 8 2-3 Yoga: The Science of Resiliency [Niagara Registration]</p>	<p>Oct 28 1-2:30 OASIS Parents' Support Group (GTA Registered)</p> <p>Oct 28 8-9 Look Good Feel Better – Skincare & Cosmetics Workshop</p> <p>Nov 11 1-2:30 OASIS Parents' Support Group (GTA Registered)</p> <p>Nov 11 6:30-8 Anticipatory Grief: Learning to Live With Gratitude More Than</p>	<p>Nov 12 10-11:30 Men's Room Support Group (Niagara Registered)</p>		

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			<p>Grief - Interactive (Niagara Registered)</p> <p>Nov 11 7-9 Prostate Cancer Support Group (Niagara Registered)</p> <hr/> <p>Nov 25 1-2:30 OASIS Parents' Support Group (GTA Registered)</p> <hr/> <p>Dec 1 1-2:30 Lymphoma Canada Support Group (GTA Registered)</p> <hr/> <p>Dec 9 1-2:30 OASIS Parents' Support Group (GTA Registered)</p> <hr/> <p>Dec 9 7-9 Prostate Cancer Support Group (Niagara Registered)</p>			
<p>January 10 11-12:30 Be Well Talks: Have You Ever Had A Bad Day? (Niagara Registered)</p>	<p>Dec 14 1:30-3 Gyne Gals Peer to Peer Group (Niagara Registered)</p>			<p>Dec 10 10-11:30 Men's Room Support Group (Niagara Registered)</p>		
<p>January 24 6-7:30 Be Well Talks: Caregiver Wisdom – Resiliency, Renewal & Respite (Niagara Registered)</p>	<p>Dec 14 6:30-8 Breast Cancer Circle (Niagara Registered)</p>					
<p>February 14 11-12:30 Be Well Talks: Personal Resiliency in Challenging Times (Niagara Registered)</p>						

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