


Wellspring Network - Online Program Schedule

COVID Calendar (EDT)

WEEKLY SCHEDULE

Updated: November 29, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
<p>4 – 5 Yoga (Open Access)</p> <hr style="border-top: 1px dashed black;"/> <p>Nov 29 6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</p> <hr style="border-top: 1px dashed black;"/> <p>Dec 6 10:30-12 Meditation: Breathing for the Health of It (Niagara Registration)</p> <p>Dec 6 2-3 Yoga Nidra Workshop (Niagara Registered)</p>	<p>1-2 Chi Life [Open Access]</p> <hr style="border-top: 1px dashed black;"/> <p>Nov 30 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Nov 30 6:30-8 Bereavement – Ongoing Support [GTA Registered]</p> <hr style="border-top: 1px dashed black;"/> <p>Dec 7 1-2 Look Good Feel Better – Skincare & Cosmetics Workshop</p> <p>Dec 7 & 21 1-3 OASIS Art Expression Studio (GTA Registered)</p> <p>Dec 7 1:30-3 Gyne Gals Peer to Peer Group (Niagara Registered)</p> <p>Dec 7 - 14 6-7:30 Art Workshop: Boundaries as Self-Care [GTA Registration]</p> <p>Dec 7 6:30-8 Grief Support Group for Parent - Loss of an Adult Child to Cancer (Niagara 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>Dec 1 1-2:30 Lymphoma Canada Support Group (GTA Registered)</p> <p>Dec 1 6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</p> <p>Dec 1 6:30-7:30 Look Good Feel Better – Skincare & Cosmetics Workshop</p> <hr style="border-top: 1px dashed black;"/> <p>Dec 8 12-1 Be Well Talks: Prehab – Getting Ready for your Treatment (GTA Registered)</p> <p>Dec 8 1:30-3:30 Caregivers Connect: Mindfulness for Caregiving (GTA Registered)</p> <p>Dec 8 6:30-7:30 Look Good Feel Better – Breast Care, Form & Garments</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>Dec 2 1-2 Look Good Feel Better – Wigs & Hair Alternatives Workshop</p> <p>Dec 2 6-7:30 Wellness at Work: Managing Stress in the Workplace [GTA Registered]</p> <hr style="border-top: 1px dashed black;"/> <p>Dec 9 1-2:30 OASIS Parents' Support Group (GTA Registered)</p> <p>Dec 9 2-3 Look Good Feel Better – Breast Care, Form & Garments</p> <p>Dec 9 6-8 Prostate Cancer Support Group (Niagara Registered)</p> <p>Dec 9 8-9 Look Good Feel Better – Skincare & Cosmetics Workshop</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 3 10:30-12 Wellness Workshop: Sound-based Mindfulness (Niagara Registered)</p> <hr style="border-top: 1px dashed black;"/> <p>Dec 10 10-11:30 Men's Room Support Group (Niagara 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; font-weight: bold;">Distance Reiki – Booked by appointment</p> <div style="border: 2px dashed green; padding: 5px; text-align: center; color: purple; font-weight: bold;">GROUP EXERCISE – NOW AVAILABLE</div> <p style="text-align: center; color: orange; font-weight: bold;">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="color: black; font-weight: bold;">Please note you will need to complete and online membership form to participate online.</p> <p style="color: red; font-weight: bold; text-align: center;">Click here to register online</p>

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	<p>Dec 7 - 14 6:30-8 Meditation Workshop: Stress and the Holidays [GTA Registration]</p> <p>Dec 7 8:30-9:30 Look Good Feel Better – Wigs & Hair Alternatives Workshop</p>					
<p>Dec 13 2-3 Yoga Nidra Workshop (Niagara Registered)</p>	<p>Dec 14 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Dec 14 1:30-3 Patient Connect: Support & Relaxation (Niagara Registered)</p> <p>Dec 14 1:30-3 Gyne Gals Peer to Peer Group (Niagara Registered)</p> <p>Dec 14 6-8 Ovarian Cancer Support Group (GTA Registered)</p> <p>Dec 14 6:30-8 Lymphoma Cancer Support Group [Niagara Registered]</p> <p>Dec 14 6:30-8 Breast Cancer Circle (Niagara Registered)</p>	<p>Dec 15 1:30-3 Pancreatic Cancer Support Group (GTA Registered)</p> <p>Dec 15 6-8 Caregivers Connect: Support and Relaxation (GTA Registered)</p> <p>Dec 15 6:30-7:30 Look Good Feel Better – Skincare & Cosmetics Workshop</p>	<p>Dec 16 1-2 Look Good Feel Better – Wigs & Hair Alternatives Workshop</p> <p>Dec 16 4-5 Nourish: Talking with Dieticians [GTA Registered]</p>	<p>Dec 17 7-8:30 Music Workshop: Songs of the Season [GTA Registration]</p>		
<p>Dec 20 6:30-8:30 Gay Men's Cancer Support Group (GTA Registered)</p>	<p>Dec 21 6:30-8 Bereavement – Ongoing Support [GTA Registered]</p> <p>Dec 21 8:30-9:30 Look Good Feel Better – Wigs & Hair Alternatives Workshop</p>	<p>Dec 22 1:30-3 Caregivers Connect: Support and Relaxation (GTA Registered)</p>	<p>Dec 23 1-2:30 OASIS Parents' Support Group (GTA Registered)</p>			

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	<p>Jan 4 – Feb 22 6:30-8 Bereavement Support - Family (GTA Registered)</p>	<p>Jan 5 – Feb 23 6:30-8 Bereavement Support - Spousal (GTA Registered)</p>				
<p>Jan 10 – Mar 7 10-12 Returning to Work (GTA Registered)</p> <p>Jan 10 – Mar 7 1:30-3 Brain Fog (GTA Registered)</p>	<p>Jan 11, 25, Feb 15 & 22 11-1 Living Beyond Cancer Support Group (Niagara Registered)</p> <p>Jan 11-18 1-2:30 Meditation Workshop: Loving Kindness [GTA Registration]</p> <p>Jan 11 1:30-3 Gyne Gals Peer to Peer Group (Niagara Registered)</p> <p>Jan 11 3-5 Nourish: Super Healthy Strategies [GTA Registered]</p> <p>Jan 11 6:30-8 Breast Cancer Circle (Niagara Registered)</p> <p>Jan 11 6:30-8 Grief Support Group for Parent - Loss of an Adult Child to Cancer (Niagara Registered)</p>	<p>Jan 12 – Feb 23 2-3 Yoga Workshop: The Overlap of Chakra Energy & Western Psychology [Niagara Registered]</p>	<p>Jan 13 6-8 Prostate Cancer Support Group (Niagara Registered)</p> <p>Jan 13 – Mar 3 6:30-8 Healing Journey 2: Skills for Healing [GTA Registered]</p>	<p>Jan 13 – Mar 3 6:30-8 Healing Journey 2: Skills for Healing [GTA Registered]</p>		
<p>Jan 17 – Feb 25 10:30-12 Qi Gong @ Wellspring Niagara [Niagara Registered]</p> <p>January 17 11-12:30 Be Well Talks: Have You Ever Had A Bad Day? (Niagara Registered)</p> <p>Jan 17 2-3 Yoga Nidra Workshop (Niagara Registered)</p>	<p>Jan 18 1:30-3 Lymphoma Cancer Support Group [Niagara Registered]</p> <p>Jan 18 3-5 Nourish: Adding Flavour to Food [GTA Registered]</p> <p>Jan 18 6:30-8:00 Men's Room Support Group (Niagara Registered)</p>	<p>Jan 19 – Feb 23 10:30-11:30 Oncology Yoga (formerly Y4C) [Niagara Registration]</p> <p>Jan 19 7-8 Be Well Talks: Sexual and Gender Diversity in Cancer Care (GTA Registered)</p>	<p>Jan 20, 27 & Feb 17 10:30-12:30 Living Without Limits (Niagara Registered)</p>	<p>Jan 21 – Feb 25 10-11:30 Qi Gong [Niagara Registered]</p>		

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<p>Jan 24 - 31 10:30-12 Meditation: Laws of Attraction [Niagara Registration]</p> <p>Jan 24 2-3 Yoga Nidra Workshop (Niagara Registered)</p> <p>Jan 24 -31 3-5 Art Workshop: Vision Board Making [GTA Registration]</p> <p>Jan 24 6-7:30 Be Well Talks: Caregiver Wisdom – Resiliency, Renewal & Respite (Niagara Registered)</p> <p>Jan 24-31 6:30-8 Meditation Workshop: Loving Kindness [GTA Registration]</p>	<p>Feb 1 6:30-8 Grief Support Group for Parent - Loss of an Adult Child to Cancer (Niagara Registered)</p>	<p>Jan 26 2-4 Nourish: Beans and Grains [GTA Registered]</p>	<p>Jan 27 – Mar 31 10-12 Healing Journey 6: Healing Through the Mind [GTA Registered]</p>	<p>Feb 3 11-1:30 Yoga Workshop: Therapeutic Rest & Learning (Niagara Registered)</p> <p>Feb 3 6-8 Nourish: Plant-Based Eating [GTA Registered]</p>		
<p>Feb 7 10:30-12 Be Well Talks: Trauma and Cancer (Niagara Registered)</p>	<p>Feb 8 - 15 10:30-12 Meditation: Mindfulness for Beginners [Niagara Registration]</p> <p>Feb 8 1:30-3 Gyne Gals Peer to Peer Group (Niagara Registered)</p> <p>Feb 8 6:30-8 Breast Cancer Circle (Niagara Registered)</p>	<p>Feb 9-16 2-3:30 Writing Workshop: Journaling for Calm and Comfort [GTA Registration]</p>				
<p>Feb 14 11-12:30 Be Well Talks: Personal Resiliency in Challenging Times (Niagara Registered)</p> <p>Feb 14 2-3 Yoga Nidra Workshop (Niagara Registered)</p>	<p>Feb 15 1:30-3 Lymphoma Cancer Support Group [Niagara Registered]</p> <p>Feb 15 3-5 Nourish: Nutrition and Breast Cancer [GTA Registered]</p>	<p>Feb 16 6:30-7:30 Be Well Talks: New Advances in Exercise with LGBTQ2+ Lens (GTA Registered)</p>				

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	Feb 15 6:30-8:00 Men's Room Support Group (Niagara Registered)					
Feb 28 2-3 Yoga Nidra Workshop (Niagara Registered)						
Feb 28-Mar 7 6:30-8 Meditation Workshop: Strengthening Your Intention [GTA Registration]						
			Mar 3 6-8 Nourish: Myths and Controversies [GTA Registered]			
			April 7 – Jun 9 10-12 Healing Journey 6: Healing Through the Mind [GTA Registered]			