

Wellspring Cancer Support Canada provides professionally-led supportive care programs and services, at no charge, to help those living with cancer, their loved ones and caregivers.



Programs are available in centres across Canada ([Locations](#)) and online ([Well on the Web](#))

Peer Support is the perfect starting place for individuals looking for support.

Wellspring Peer Support Volunteers have been trained to provide personalized and private emotional support as well as help navigating programs to meet your individual needs. Peer support is available in person or by telephone.

PROGRAMMING TO ADDRESS SPECIFIC NEEDS

SUPPORT TO ADDRESS SIDE EFFECTS AND EMOTIONAL CONCERNS

Cognitive Challenges Brain Fog	Fatigue/Sleep Concerns Cancer Related Fatigue	Nutritional Information Nourish**	Breathlessness Breathing Wellness
Anxiety, Distress and Coping Strategies Healing Journey 1 2 3 4 5 Meditation** Skills and Strategies Workshops (Art, Music, Writing, Mindfulness)**		Relaxation & Visualization** L'Chaim Peer Support (Jewish)	General Side Effect Management & Wellness Cancer Exercise** Chi Life** Yoga**

SUPPORT FOR PATIENTS

Living with Chronic Cancer Living with Chronic Cancer Support Group Chronic Cancer Coach	Living with Advanced or Metastatic Cancer (OASIS) Oasis Advanced Cancer Support Group Oasis Art Expression Studio Oasis Parent's Support Group
By Diagnosis Site Bladder Cancer Peer Support Breast Cancer Support Group** Nourish: Nutrition and Breast Cancer Gay Men's Support Group Lymphoma Support Group Men's Room Support Group Myeloma Peer Support	Ovarian Cancer Peer Support (EN) Ovarian Cancer Peer Support (FR) Ovarian Cancer Support Group Groupe de soutien du cancer de l'ovaire Ovarian Cancer Circle Pancreatic Cancer Peer Support Pancreatic Cancer Support Group Pancreatic Cancer Short-Term Professional Counselling
Financial Concerns Money Matters Program (ON) Money Matters Program (AB)	

SUPPORT TO ADDRESS TRANSITION POST TREATMENT

Transition to Community Cancer Transition Coach Living Beyond Cancer Support Group*	Work Related Returning to Work Wellness at Work: Managing Stress in the Workplace Wellness at Work: Moving Beyond Cancer and Letting Go
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SUPPORT FOR CAREGIVERS

Caregivers Caregivers Connect: Support & Relaxation Caregiver Talks	L'Chaim Caregiver Peer Support (Jewish) Self-paced Caregiver Talks (Pre-Recorded)	Bereaved Caregivers Bereavement Support Group
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SUPPORT FOR FAMILIES

Families with Children under the age of 18 Family Counselling Children's and Parents' Program	Parent's Support Group Family Events**	Information Support Be Well Talks Self-Paced Webinars
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* Presented by Wellspring Niagara | **Available in Centre at Wellspring Westerkirk House (Toronto), and Wellspring Birmingham Gilgan House (Centre)