



## About Wellspring

Being part of the compassionate and understanding Wellspring community means having the opportunity to talk with others who have been through cancer, to access experts and share knowledge and experience in a warm, safe, encouraging and non-clinical environment. At Wellspring, the focus is on the person, not the disease. Wellspring charges no fees, and requires no medical referral.

[wellspring.ca/familyprogramming](https://wellspring.ca/familyprogramming)



For more information and program availability, please contact your local Wellspring centre.

**The Paeds and Parents Programs are only available at:**

**WELLSPRING BIRMINGHAM GILGAN HOUSE (OAKVILLE)**  
2545 Sixth Line  
Oakville, ON L6H 7V9  
905.257.1988

**Other Wellspring locations include:**

**WELLSPRING CHINGUACOUSY (BRAMPTON)**  
5 Inspiration Way  
Brampton, ON L6R 0L7  
905.792.6480  
Toll-free 1.877.907.6480

**WELLSPRING DOWNTOWN TORONTO**  
4 Charles Street East, 4th Floor  
Toronto, ON M4Y 1T1  
416.961.1928  
Toll-free 1.877.499.9904

**WELLSPRING WESTERKIRK HOUSE (SUNNYBROOK)**  
105 Wellness Way  
Toronto, ON M4N 3M5  
416.480.4440

Charitable Registration # 89272 8940 RR0001

[wellspring.ca/familyprogramming](https://wellspring.ca/familyprogramming)



Wellspring Family Programs are generously supported by RBC Insurance.



Insurance

# YOUR CHILD HAS CANCER.

Everyone in the family needs some care.



wellspring family programming

## When a Child Has Cancer





## Wellspring is here to support you, and your children.

Your child has cancer. Suddenly your world has turned upside down. The loss of control and the changes in your family's daily life are upsetting. At Wellspring, we understand that when a child has been diagnosed with cancer, every member of the family needs some care and a helping hand.

Getting help from others strengthens and encourages your child and your entire family, and Wellspring is here to provide an extensive range of programs, free of charge, to help your family through these uncertain times.

The child with cancer, his or her siblings, and you as parents, will learn how to care for yourselves and each other, physically, nutritionally, emotionally, financially, and practically, right from initial diagnosis, throughout the illness and well into aftercare.

### Paeds & Parents Online Educational Guide

An educational guide, providing tips to help you talk with your children about cancer, is available online at [wellspring.ca/familyprogramming](https://wellspring.ca/familyprogramming). The guide also provides coping strategies to help you manage emotions, ways to deal effectively with your other life responsibilities and offers suggestions that will benefit the entire family.

### Paeds & Parents Family Counselling

Wellspring Birmingham Gilgan House in Oakville, Ontario provides access to a family counsellor who specializes in family support when a child has cancer. To discuss your family's specific needs and circumstances, simply call the centre to book a no-cost appointment.



### Paeds & Parents Nourish

Extensive research has shown that maintaining proper nutrition is a significant challenge for parents, the child with cancer and for well siblings. Ill health, taste challenges from cancer treatment and emotional disruption from the overall experience make healthy nutrition a challenging goal. Paeds & Parents Nourish is a two-part program with complementary interactive sessions for parents and for the child with cancer and his or her siblings, to address common nutritional challenges.

### Paeds & Parents Money Matters Financial Advice Clinic

Cancer has a cost, especially for parents of a child who has cancer. Families that were two-income almost always drop down to one while a parent takes a leave from work to care for the ill child and attend treatment appointments. Wellspring's Money Matters program provides access to financial experts to review assets and remaining income and advise on ways to help you get through while family income is temporarily reduced.

### Paeds & Parents Group *(Supported by AMPed for Life)*

The professionally facilitated Paeds & Parents Group provides an opportunity for parents of children with cancer to connect for mutual support, sharing of ideas, discussion and networking. The children's group (ages 5-17) is designed to meet the psychosocial needs of children through monthly themed fun therapeutic activities led by professionals. Each evening session begins with a light dinner. Child minding is available for children under the age of 5.

### Paeds & Parents Events

*(Supported by AMPed for Life)*

Four times a year, Wellspring hosts amazing special events and activities for children with cancer and their families. These events provide important opportunities for families in similar circumstances to network, share and socialize.

