SPIRITUAL

Yoga Meditation **Relaxation & Visualization** Healing Journey 5 & 6

SOCIAL

Social Events Bereavement Support Groups Patient Support Groups Caregiver Support Groups Other Support Groups Healing Journey 1-4

DEEPER MIND

Art Storytelling

CONSCIOUS MIND

Brain Fog Money Matters

Returning to Work Body Image Healing Journey 1-4

1-4

BODY

• Chi Life

Fear of Recurrance

Cancer Related Fatigue

Journalling

Music

Yoga

- Breathing Wellness
- Symptom Management

- Nourish
- Cancer Exercise
- Energy sessions

Peer Support One-on-on One-on-on One-on-one counselling Self-Paced Resources **Healing Journey** BeWell Talks