

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 and online: [wellspring.ca/programs](https://wellspring.ca/programs)

Visit the online Community Forum: [community.wellspring.ca](https://community.wellspring.ca)



**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 FOR PEOPLE WITH CANCER**

Art Therapy: Oasis Art Expression Studio Art Workshops	Lung Cancer Support Group
Be Well Talks (Live and Self-Paced)	Lymphoma Support Group
Body Image Awareness Seminars (BIAS) *	Meditation Workshops (Sound Bath, Ongoing Practice and other topics)
Brain Fog (under licence from Maximum Capacity) *	Mindfulness
Breast Cancer Support Group *	Money Matters (Alberta and Ontario)
Breathing Wellness	Music Therapy
Cancer Coaching (Cancer Transition & Living with a Chronic Cancer)	Nourish: <ul style="list-style-type: none"> <li>• Nourish: Adding Flavour to Food</li> <li>• Nourish: Beans and Grains</li> <li>• Nourish: Myths and Controversies</li> <li>• Nourish: Nutrition and Breast Cancer</li> <li>• Nourish: Plant-Based Eating</li> <li>• Nourish: Prostate Cancer</li> <li>• Nourish: Super Healthy Strategies</li> <li>• Nourish: Talking with Dietitians</li> <li>• Nourish: RxFood App</li> <li>• Nourish: Self-paced</li> </ul>
Cancer Exercise: <ul style="list-style-type: none"> <li>• 12 week program</li> <li>• Oasis</li> <li>• Cancer Exercise: Online</li> <li>• Cancer Exercise: Pre Surgical</li> <li>• Cancer Exercise: Maintenance</li> </ul>	Oasis Advanced Cancer Support Group
Cancer Related Fatigue	Pancreatic Support Group
Career Counselling Clinic	Peer Support
Chi Life	Relaxation and Visualization
Drumming	Returning to Work
Employment Law Clinic	Short-Term Counselling
Energy Programs (Reiki, Therapeutic Touch, Healing Touch)	Under 55 Pancreatic Support Group
Fear of Recurrence Therapy (FORT)	Wellness at Work
Gay and Queer Men’s Cancer Support Group	Online Self-Paced Resources

Healing Journey Level 1-6	Writing Workshops
Lesbian and Queer Women’s Cancer Support Group	Yoga *
Living with Chronic Cancer Support Group	

## SUPPORT FOR CAREGIVERS

Art Therapy: Oasis Art Expression Studio	Money Matters (Alberta and Ontario)
Be Well Talks (Live and Self-Paced)	Music Therapy
Cancer Coaching (Cancer Transition & Living with a Chronic Cancer)	Nourish: <ul style="list-style-type: none"> <li>Nourish: Adding Flavour to Food</li> <li>Nourish: Beans and Grains</li> <li>Nourish: Myths and Controversies</li> <li>Nourish: Nutrition and Breast Cancer</li> <li>Nourish: Plant-Based Eating</li> <li>Nourish: Prostate Cancer</li> <li>Nourish: Self-paced</li> <li>Nourish: Super Healthy Strategies</li> <li>Nourish: Talking with Dietitians</li> <li>Nourish: RxFood App (Breast/AYA/Prostate)</li> </ul>
Caregivers Connect: Support and Relaxation	Pancreatic Support Group
Chi Life	Peer Support
Drumming	Relaxation and Visualization
Energy Programs (Reiki, Therapeutic Touch, Healing Touch)	Returning to Work
Healing Journey Level 1-6	Short-Term Counselling
Meditation Workshops (Sound Bath, Ongoing Practice and other topics)	Writing Workshops
Mindfulness	Yoga *

## SUPPORT FOR 2SLGBTQIA+

Gay and Queer Men’s Cancer Support Group
Lesbian and Queer Women’s Cancer Support Group

## SUPPORT FOR BEREAVED

Bereavement Support Group (Family, MAID, Spousal)
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## SUPPORT FOR FAMILIES

Child Minding (In-Centre)
Children's and Parents' Program
Family Counselling
Family Events
Family Navigation
Oasis Parent's Support Group
Paeds and Parents Counselling
Parents of Children with Cancer Support Circle

## HEALTH CARE PROFESSIONALS

Health Care Portal
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## SUPPORT FOR PUBLIC

Be Well Talks (Live and Self-Paced)
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\* Denotes young adult specific sessions available