

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

Visit the online Community Forum: 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

EDUCATIONAL & SELF-DEVELOPMENT

Be Well Talks (Live and Self-Paced)	Body Image Awareness Seminars (BIAS) *	Fear of Recurrence Therapy (FORT)
Healing Journey Level 1-6	Nourish Programs	Online Self-Paced Resources

EXERCISE & MOVEMENT

Cancer Exercise Programs	Chi Life	Yoga *
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FINANCE & WORKPLACE

Money Matters (Alberta and Ontario)	Career Counselling Clinic	Employment Law Clinic
Returning to Work	Wellness at Work	

THERAPEUTIC ARTS

Art Therapy: Oasis Art Expression Studio Art Workshops	Drumming	Music Therapy	Writing Workshops (Patient & Caregivers)
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INDIVIDUAL & GROUPS

Bereavement Support Group (Family, MAID, Spousal)	Lung Cancer Support Group
Breast Cancer Support Group *	Lymphoma Support Group
Cancer Coaching (Cancer Transition & Living with a Chronic Cancer)	Oasis Advanced Cancer Support Group
Caregivers Connect: Support and Relaxation	Oasis Parent's Support Group
Child Minding (In-Centre)	Paeds and Parents Counselling
Children's and Parents' Program	Pancreatic Support Group
Family Counselling	Parents of Children with Cancer Support Circle
Family Events	Peer Support
Family Navigation	Short-Term Counselling
Gay and Queer Men's Cancer Support Group	Under 55 Pancreatic Support Group
Lesbian and Queer Women's Cancer Support Group	Young Adult Support
Living with Chronic Cancer Support Group	

SYMPTOM MANAGEMENT

Brain Fog (under licence from Maximum Capacity) *	Meditation (Sound Bath, Ongoing Practice and other topics)
Breathing Wellness	Mindfulness
Cancer Related Fatigue	Relaxation and Visualization
Energy Programs (Reiki, Therapeutic Touch, Healing Touch)	

RESOURCES

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