



# Live better with cancer

At Wellspring Cancer Support, you will find a range of specialized programs designed to provide connection and belonging; ease pain, fatigue and distress; build strength and mobility; and support financial and workplace challenges. Programs are available free-of-charge and without medical referral.

If you or a loved one has cancer, Wellspring is here for you.

[GETTING STARTED](#)

[OUR PROGRAMS](#)

[VIRTUAL CENTRE](#)

## Discover Our Programs



**Exercise & Movement**

Cancer Exercise; Exercise and Educate; Chi Life; Yoga; indoor and outdoor activities



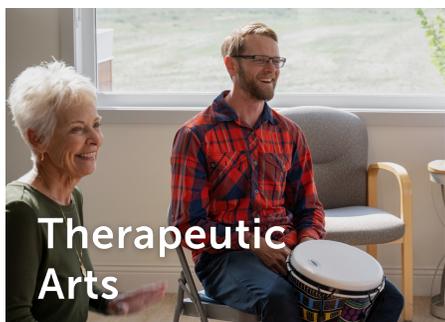
**Self-Development & Educational**

Healing Journey; Nourish; Be Well Talks; Resource Centres



**Symptom Management**

Brain Fog; Cancer Related Fatigue; Breathing Wellness; Meditation; Relaxation and Visualization; Reiki or Therapeutic Touch



**Therapeutic Arts**

Art Workshops; Writing Workshops; Music Workshops



**Finance & Workplace Strategies**

Money Matters; Returning to Work; Wellness at Work



**Individual & Group Support**

Peer Support; Counselling; Caregivers Connect; Children's and Parent's Program; Bereavement Support Group; Oasis Advanced Cancer Support Group; LGBTQIA+ Cancer Support Groups; and more