

RELAXATION AND VISUALIZATION



Relaxation and Visualization, also known as guided imagery, provides a relaxing and peaceful experience that can improve your sense of well-being, reduce stress and provide skills to help you cope with a cancer diagnosis. It is a good program for those newly diagnosed with cancer.

You will be led through a guided meditation and imagery session, followed by group discussion. This program will help you learn various coping strategies while also introducing you to others in a support group and networking setting.

There is no charge to participate.



For more information
or to register, visit:

wellspring.ca

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.