

HEALING JOURNEY



Cancer can be debilitating in many ways. Patients cope with nausea, fatigue, pain and difficulty thinking, while worrying about the next treatment, their families, finances and the future.

The Healing Journey is a multi-level program researched and developed by Dr. Alastair Cunningham that guides participants through their cancer journey with coping skills, information, and support that improves quality of life, and relieves cancer-related symptoms.

Participants can attend as many levels of the program as they would like. 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.