



# 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.

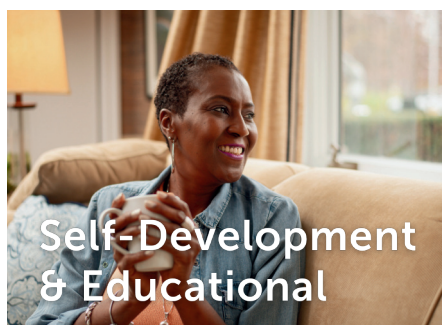


## Discover Our Programs



### 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; Living Beyond Cancer Support Group; 2SLGBTQIA+ Support Groups; and other support groups