

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](https://wellspring.ca/programs)



## 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

### SUPPORT FOR PATIENTS

Art	Money Matters (Alberta and Ontario only)
Be Well Speaker Talks	Music
Brain Fog	Nourish
Breathing Wellness	Peer Support
Cancer Exercise / Exercise Programs	Relaxation and Visualization
Cancer Related Fatigue	Returning to Work
Cancer Transition Coaching	Site Specific: Breast Cancer
Gentle Movement (Chi Life, Qigong, Tai Chi)	Site Specific: Lymphoma
Chronic and Advanced Cancer Support	Site Specific: Ovarian Cancer
Energy Sessions (Reiki, Healing Touch, Therapeutic Touch)	Site Specific: Pancreatic Cancer
Healing Journey	Support Groups
Jewish Support (L'Chaim)	Writing and Storytelling
Meditation	Yoga

### SUPPORT FOR CAREGIVERS

Art	Music
Be Well Speaker Talks	Nourish
Cancer Transition Coaching	Peer Support
Caregiver Support	Relaxation and Visualization
Gentle Movement (Chi Life, Qigong, Tai Chi)	Returning to Work
Energy Sessions (Reiki, Healing Touch, Therapeutic Touch)	Site Specific: Ovarian Cancer
Healing Journey	Site Specific: Pancreatic Cancer
Jewish Support (L'Chaim)	Support Groups
Meditation	Writing and Storytelling
Money Matters (Alberta and Ontario only)	Yoga

### SUPPORT FOR 2SLGBTQIA+

2SLGBTQIA+ Support

### SUPPORT FOR BEREAVED

Bereaved Support

### SUPPORT FOR FAMILIES

Family Support

### SUPPORT FOR YOUNG ADULTS

Young Adult Support

### SUPPORT FOR INDIGENOUS

Indigenous Support

### SUPPORT FOR PUBLIC

Be Well Speaker Talks