

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



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

EDUCATIONAL & SELF-DEVELOPMENT

Be Well Speaker Talks	Healing Journey	Nourish
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EXERCISE & MOVEMENT

Cancer Exercise / Exercise Programs	Gentle Movement (Chi Life, Qigong, Tai Chi)	Yoga
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FINANCE & WORKPLACE STRATEGIES

Money Matters (Alberta and Ontario only)	Returning to Work
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INDIVIDUAL & GROUP SUPPORT

2SLGBTQIA+ Support	Jewish Support (L'Chaim)
Bereaved Support	Peer Support
Cancer Transition Coaching	Site Specific: Breast Cancer
Caregiver Support	Site Specific: Lymphoma
Chronic and Advanced Cancer Support	Site Specific: Ovarian Cancer
Family Support	Site Specific: Pancreatic Cancer
Indigenous Support	Support Groups

SOCIAL / EVENTS

Family Support	Young Adult Support
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SYMPTOM MANAGEMENT

Brain Fog	Energy Sessions (Reiki, Healing Touch, Therapeutic Touch)
Breathing Wellness	Meditation
Cancer Related Fatigue	Relaxation and Visualization

THERAPEUTIC ARTS

Art	Music
Chronic and Advanced Cancer Support	Writing and Storytelling