

Well on the Web

Wellspring Cancer Support Canada is providing supportive care programs and services, online and at no charge, to help those living with cancer and their loved ones.

EMOTIONAL SUPPORT PROGRAMS

[Bereavement Support Group](#)

[Breast Cancer Support Group](#)

[Caregiver Talks Series](#)

[Caregivers Connect: Support & Relaxation](#)

[Expressive Arts Workshops: Art, Writing, Music, etc.](#)

[Family Counselling \(including Paeds & Parents Counselling\)](#)

[Gay Men's Cancer Support Group](#)

[Healing Journey, Levels 1-5: \[1\]\(#\) \[2\]\(#\) \[3\]\(#\) \[4\]\(#\) \[5\]\(#\)](#)

[Meditation Workshops and Ongoing Practice](#)

[Oasis Advanced Cancer Support Group](#)

[Ovarian Cancer Support Group](#)

[Parent's Support Group](#)

[Peer Support \(including Pancreatic Cancer and Bladder Cancer Peer Support\)](#)

[Relaxation & Visualization](#)



PHYSICAL/FUNCTIONAL/PRACTICAL SUPPORT PROGRAMS

[Back at Work](#)

[Brain Fog](#)

[Cancer Related Fatigue](#)

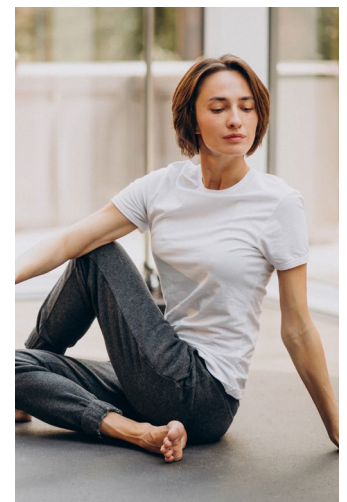
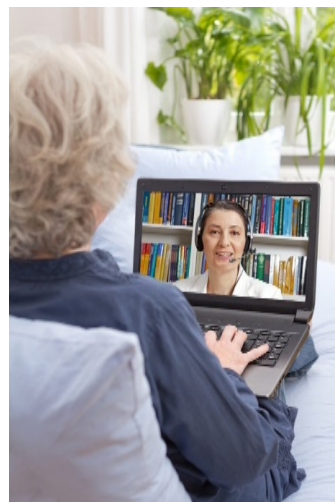
[Chi Life](#)

[Money Matters](#)

[Returning to Work](#)

[Understanding Your Long Term Disability Benefits](#)

[Wellspring Yoga](#)



INFORMATIONAL SUPPORT PROGRAMS

[Be Well Wednesday Talk Series](#)

[Nourish Educational Series](#)

[Beans & Grains](#)

[Plant-Based Eating](#)

[Myths & Controversies](#)

[Nutrition and Breast Cancer](#)

[Super Healthy Strategies](#)

[Eating Well in the Time of COVID-19](#)



SELF-PACED WEBINARS

[How To Get A Good Night's Sleep](#)

[Lions, Tigers and Bears](#)

[Motivation to Make Lifestyle Changes](#)

[The Experience of Caregiver Guilt](#)

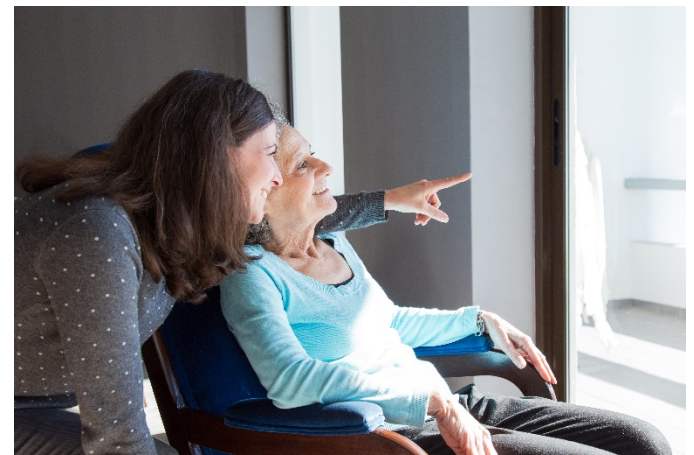
[Why is My Brain So Foggy?](#)

[Pancreatic Cancer Educational Series](#)

[Good Enough Caregiver](#)

[Coping Strategies](#)

[Nutrition and Pancreatic Cancer: 1 2 3 4](#)



RESOURCES

[Government of Ontario Benefits Information](#)

[Healing Journey Materials and Meditations](#)

[Parent Guides](#)

