



Over 40 Programs Across Southern-Ontario  
 Toronto, Burlington, Hamilton, Niagara

Location	Organization/ Non-profit	Website	What They Offer
Niagara	Wellspring Niagara	<a href="http://wellspring.ca/niagara">wellspring.ca/niagara</a>	Yoga Organic Skin & Hair Care Art Therapy Breast Cancer Support Group Cancer Exercise Eating for Energy Healing Journey Program Meditation Financial Counselling Back To Work Support Online Programs
Oakville	Wellspring Birmingham Gilgan House	<a href="http://wellspring.ca/birmingham">wellspring.ca/birmingham</a>	
Toronto	Wellspring Westerkirk House Sunnybrook	<a href="http://wellspring.ca/westerkirk">wellspring.ca/westerkirk</a>	
Toronto	Wellspring Downtown	<a href="http://wellspring.ca/downtown-toronto">wellspring.ca/downtown-toronto</a>	
Hamilton	Juravinski Cancer Centre	<a href="http://jcchhsc.ca">jcchhsc.ca</a>	Healthy Eating Class Therapeutic Arts Program
Hamilton	YWCA	<a href="http://YWCAhamilton.org">YWCAhamilton.org</a>	Aqua Motion Pilates YWCA Encore (floor, pool & relaxation)

			techniques-FREE)
Hamilton	Wellwood Hamilton	<a href="http://wellwood.on.ca">wellwood.on.ca</a>	<p>One-on-One Peer Mentoring  Support and Discussion Group for Women with  Gynecological Cancer  Breast Cancer Support – The First 2 Years  Qi Gong  Yoga  Restorative Yoga  Tai Chi  Visual Journaling, Expressing Your Journey  Through Art, Native Beadwork &amp; Squares of  Care  Meditation  Educational Lectures</p>
Toronto	Gilda's Club Greater Toronto	<a href="http://gildasclubtoronto.org">gildasclubtoronto.org</a>	<p>Adult Bereavement  Friends &amp; Family Support Group  Living with Cancer Support Group  Ovarian Cancer Peer Support Group  Transitions: From Recovery to Wellness</p>
Toronto	Fitzone Plus	<a href="http://pilateswithsamantha.com">pilateswithsamantha.com</a>	Pilates-based rehabilitation program
Toronto	Sunnybrook (Odette Cancer Centre)	<a href="http://sunnybrook.ca">sunnybrook.ca</a>	Art Therapy
Toronto	The Healing Journey Program	<a href="http://healingjourney.ca">healingjourney.ca</a>	<p>Coping with Cancer Stress  Skills for Healing  Steps towards Spiritual Healing  Becoming authentic  Introduction to a Course in Miracles</p>

Mississauga	Credit Valley Hospital- Trillium Health Partners	<a href="http://trilliumhealthpartners.ca">trilliumhealthpartners.ca</a>	Patient education Nutrition Support Drug Navigation
Online	Canadian Cancer Society	<a href="http://cancerconnection.ca">cancerconnection.ca</a>	Online community that helps people who have cancer, cancer survivors and caregivers share their experiences through an online forum, webcasts and online discussions
Online	Canadian Cancer Survivor Network	<a href="http://survivornet.ca">survivornet.ca</a>	Blogs Screening Finding a doctor
Online	Eyes on the Prize	<a href="http://eyesontheprize.org">eyesontheprize.org</a>	Online support and resources for gynecologic cancer survivors
Online	ReThink Breast Cancer	<a href="http://rethinkbreastcancer.com">rethinkbreastcancer.com</a>	Online resources for breast cancer survivors