

Wellspring provides a wide range of cancer support programs and services, at no charge, to meet the emotional, social, psychological and informational needs of people living with cancer and those who care for them.

Wellspring centres are warm and supportive communities. They are non-institutional and non-residential.

Wellspring Chinguacousy is a registered charitable organization that relies entirely on donations for daily operations and programs. A tax receipt is issued for a donation of \$20 or more. For more information on the Wellspring Chinguacousy Foundation, please visit [www.wellspringching.ca](http://www.wellspringching.ca).

For a description of each program and a calendar view, please go to [www.wellspring.ca](http://www.wellspring.ca) or call your nearest Wellspring centre.

**Information is subject to change.  
In case of severe weather, please call  
your centre to confirm schedule.**

**Toll Free: 1.877.907.6480**

**[www.wellspring.ca](http://www.wellspring.ca)**

**Twitter:** [www.twitter.com/WellspringCAN](http://www.twitter.com/WellspringCAN)

**Facebook:** [www.facebook.com/WellspringCAN](http://www.facebook.com/WellspringCAN)

**Pass It On - Online Resource:** [blog.wellspring.ca](http://blog.wellspring.ca)

## Wellspring Chinguacousy

- > What's New at Wellspring
- > Registered Programs
- > Drop-in Programs
- > Discussion Series
- > Nutritional Programs

**5 Inspiration Way  
Brampton, ON L6R 0L7  
905.792.6480 or 1.877.907.6480  
[www.wellspring.ca](http://www.wellspring.ca)**



# CHINGUACOUSY

For more information and a full description of the programs, please visit [www.wellspring.ca](http://www.wellspring.ca).

To register or to book an appointment, please call:  
*Wellspring Chinguacousy* at 905.792.6480

## HOLIDAY SCHEDULE:

December 24, 25, 26 & 31 - Closed  
 Tuesday, January 1 - Closed  
 Saturday, February 16 - Closed  
 Monday, February 18 - Closed  
 Friday, March 29 - Closed  
 Saturday, March 30 - Closed

## DROP-IN PROGRAMS

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Caregiver Connect						10 - 11:30 am Jan 12 Feb 9 Mar 9 Apr 13
Knitting for Wellness					1 - 3 pm*	
Patients Connect		1 - 2:30 pm Jan 8, 22 Feb 12, 26 Mar 12, 26 Apr 9, 23				
Qi Gong				11 am - 12:30 pm		
Relaxation and Visualization					10:30 am - 12 pm*	
Yoga	1 - 2:30 pm*		10 - 11:30 am {NEW}			10 - 11:30 am*
Gentle Yoga					1 - 2:30 pm*	
Peer Support	10 am - 4 pm*	10 am - 4 pm*	10 am - 4 pm	10 am - 4 pm	10 am - 4 pm*	9 am - 12 pm*

**CENTRE HOURS:** Monday to Friday - 9 am - 5 pm. Saturday - 9 am - 12 pm. Sunday - closed

**\*HOLIDAY SCHEDULE:** Please refer to Holiday Schedule above.

## REGISTERED PROGRAMS

Wellspring Chinguacousy offers the following programs on a registered series basis. For registered programs you must put your name on an interest list and you will be called to register into the program once the interest list is full. If you have participated in the program before, priority will be given to a member who has not taken the program. For more information and a full description of the programs, please visit [www.wellspring.ca](http://www.wellspring.ca). To register for a program, please call 905.792.6480.

PROGRAMS	
Advanced/Metastatic Cancer Support Group	The Healing Journey (Levels I – III)
Art Therapy	Lymphoma Support Group
Bereavement Support Group	Meditation
Brain Fog	Music Therapy
Breast Cancer Support Group	Returning to Work
Cancer Exercise	South Asian Women's Support Group
Children's and Parents' Support Group	Tai Chi
Drumming	Writing for the Health of It

## NUTRITIONAL PROGRAMMING

For a full description of these sessions and presenters, please visit [www.wellspring.ca](http://www.wellspring.ca).  
To register for these sessions, please call *Wellspring Chinguacousy* at 905.792.6480.



PROGRAM	DESCRIPTION
<b>Healthy Eating After Treatment: Reducing Risk of Recurrence: 2-part Series</b> Thursday, February 7 & 14, 10:30 am - 12:30 pm Facilitator: Joanne Bak, Registered Dietician	Part 1 includes a review of the latest research and an overview of the most promising foods; part 2, a food preparation and demonstration.
<b>Breast Cancer and Healthy Eating: 3-Part Series</b> Wednesday, April 3, 10 & 17, 12:30 pm - 2:30 pm Facilitator: Joanne Bak, Registered Dietician	This session covers the most current research related to food, nutrition and breast cancer including a food preparation demonstration in Session 3.

# DISCUSSION SERIES

For a full description of these sessions and presenters, please visit [www.wellspring.ca](http://www.wellspring.ca).

To register for these sessions, please call *Wellspring Chinguacousy* at 905.792.6480.

JANUARY	FEBRUARY
<p><b>Discover the Healing Power of Art Therapy</b>            Tuesday, January 8, 10:30 am - 12 pm            Facilitator: Rapinder Kaur, Registered Art Psychotherapist            You need not be artistic to experience Art Therapy. Awaken the artist within and discover how art can help you express feelings and emotions that you may not be able to express in other ways.</p> <p><b>Heartwarming Soups</b>            Monday, January 14, 10:30 am - 12:30 pm            OR 1:30 - 3:30 pm            Facilitator: Sara Harrel, Chef            Learn how to make these three scrumptious, nourishing and filling soups without heavy cream.</p> <ul style="list-style-type: none"> <li>• Butternut Squash and Pear Soup</li> <li>• "No Cream" of Mushroom Soup</li> <li>• Black Bean and Corn Soup with Cilantro Lime Cream</li> </ul> <p><b>Chair Yoga</b>            Tuesday, January 15, 10 - 11:30 am            Facilitator: Lorri Medill, Registered Yoga Teacher            Yoga truly is for everybody. If you are uncomfortable getting down on the floor, Chair Yoga allows you to experience all the wonderful benefits of Yoga with the comfort and support offered by a chair.</p> <p><b>Healthy Caregiving</b>            Wednesday, January 23, 1:30 - 3 pm            Facilitator: Dani Depetrillo, Certified Care Planner            Explore the challenges and rewards of caregiving for a loved one, and the importance of caregiving emotional and physical health.</p> <p><b>Healthy Winter Meals:            Curried Carrot Soup, Roots-shoots-fruits            and Oven Fries and Chips</b>            Monday, January 28, 10:30 am - 12:30 pm            OR 1:30 - 3:30 pm            Facilitator: Lisa Shamai, Chef            Enjoy nutritional goodies that will keep you warm on those cold winter days.</p>	<p><b>Travelling with Cancer</b>            Tuesday, February 5, 10:30 am - 12 pm            Facilitator: Judy Middleton, RN, Travel Agent            Travelling with cancer can be a challenge but you can still enjoy your trip with a well prepared plan. Learn some tips and tricks to make your holiday enjoyable and stress free.</p> <p><b>How do Herbal Medications Interact with            Cancer Treatment Plans?</b>            Friday, February 22, 2 - 3:30 pm            Facilitator: Ferid Rashid, Pharm.D.            Many herbal remedies are recommended for cancer treatment. Find out how these interact with your doctor's treatment plans.</p> <p><b>Healthy Winter Meals:            Red Lentil Dahl, Naan Bread and Powerjacks</b>            Monday, February 25, 10:30 am - 12:30 pm            OR 1:30 - 3:30pm            Facilitator: Lisa Shamai, Chef            Learn how to make exotic healthy food that will warm your soul.</p>

## DISCUSSION SERIES

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MARCH	APRIL
<p><b>Veggie Meals:</b>  <b>Learn how to make these hearty grain salads that will keep for days!</b>                      Monday, March 11, 10:30 am - 12:30 pm                      OR 1:30 - 3:30 pm                      Facilitator: Sara Harrel, Chef</p> <ul style="list-style-type: none"> <li>• Hearty Grain and Rice Salads</li> <li>• Garlicky Sesame Soba Noodle Salad</li> <li>• Whole Wheat Greek Pasta Salad with Red Onions and Feta</li> <li>• Wheat Berry, Quinoa and Wild Rice Salad with Dried Fruits and Walnuts in a Triple Citrus Vinaigrette</li> </ul> <p><b>Meditation:</b>  <b>How to get a good night's sleep</b>                      Monday, March 18, 10:30 am - 12 pm                      Facilitator: Tony Murdock, MA                      Being able to relax at night is key to a good night's sleep. Find out how with meditation.</p> <p><b>After Treatment, Now What?</b>                      Tuesday, March 19, 1:30 - 3 pm                      Facilitator: Rachel Kampf, M.Ed, Psychotherapist                      Many people feel like cancer changes their lives. Explore your feelings about new directions after treatment and regaining your life and your confidence.</p> <p><b>Healthy Spring Meals:</b>  <b>Borscht, New Waldorf Salad, Yam Quesadillas</b>                      Monday, March 25, 10:30 am - 12:30 pm                      OR 1:30 - 3:30 pm                      Facilitator: Lisa Shamaï, Chef                      Enjoy earthy goodness with tons of nutritional benefits in these delicious offerings.</p>	<p><b>Pain Management and How your Medication Works</b>                      Thursday, April 11, 10:30 am - 12 pm                      Facilitator: Amanda MacLennan, RN                      Understand how your medication works and how it affects your level of pain as well as types of pain and how to manage them.</p> <p><b>Qi Harmony</b>                      Wednesday, April 17, 1 - 2:30 pm                      Facilitator: Robert Gallop, Qi Gong Zen Healer                      Learn how to align your life energy by connecting your breathing with your movement to achieve a mindful state of bliss and self-awareness.</p> <p><b>Healthy Spring Meals:</b>  <b>Yamburgers, Red Cabbage &amp; Goat Cheese Salad, Cinnamon Sautéed Bananas</b>                      Monday, April 29, 10:30 am - 12:30 pm                      OR 1:30 - 3:30 pm                      Facilitator: Lisa Shamaï, Chef                      Enjoy a taste of the tropics to welcome the sun in this healthy fun filled menu.</p>

## INDIVIDUAL PROGRAMS AND SUPPORT SERVICES

Wellspring Chinguacousy offers the following programs and services on an individual by appointment basis. For more information and a full description of the programs, please visit [www.wellspring.ca](http://www.wellspring.ca). To book an appointment, please call 905.792.6480.

PROGRAMS	
Child Minding	Therapeutic Touch
Money Matters	Transportation (To & From Wellspring)
Reiki	

## COMMUNITY PROGRAMS AT WELLSPRING

### Brampton Breast Cancer Support Group

Wednesday, January 2, 16, February 6, 20,  
March 6, 20 & April 3, 17, 7:30 - 9 pm  
(The first and third Wednesday of each month)

### CNETS CANADA, Carcinoid Neuro Endocrine Tumour Society Canada

Saturday, January 26, February 23, March 23, April 20,  
May 18, June 15, 10 am - 12 pm

### Look Good Feel Better

Tuesday, January 15, February 19,  
March 19 & April 7, 7 - 9 pm  
*To register for a workshop at Wellspring Chinguacousy,  
please go to [www.lookgoodfeelbetter.ca](http://www.lookgoodfeelbetter.ca) and select  
Workshop locator.*

## FEATURED PROGRAM - PEER SUPPORT

Wellspring's volunteers embody the wisdom and experience of having cancer, and are available at Wellspring to help other members deal with the many challenges the diagnosis can cause.

Wellspring Chinguacousy salutes all of our volunteers and would like to especially mention our Peer Support Volunteers. When you have cancer, you want to speak to someone who understands. Our Peer Support Volunteers have experienced cancer and are here to help. They've been specially trained to assist you in your journey, to offer comfort and to allow you an opportunity to speak freely. Many of our members become Peer Support volunteers so they know Wellspring programs and services first hand. Perhaps you would like to become a Peer Support Volunteer.

## HIGHLIGHTS FROM OTHER WELLSPRING CENTRES

### Wellspring announces the latest addition to the Money Matters Program:

#### The New Financial Advice Clinic

There are many cancer patients who face tough financial decisions while coping with money worries at the same time as having cancer.

"I'm on Long Term Disability and my income is only 65% of when I was working. I'm having trouble meeting my mortgage payments. What options should I consider?"

"My budget is way beyond my monthly income. Should I use my RRSPs to try and get by financially? Is this a good option?"

"I can no longer manage my debts. Should I file for bankruptcy?"

"I'm starting to get back on my feet after cancer. Should I consider getting some insurance coverage?"

To help Wellspring members gain access to helpful information related to financial concerns, Wellspring has established the Financial Advice Clinic. Members will have the opportunity to meet one-on-one with an expert Financial Advisor to discuss their financial concerns and options to help.

Building on the success of other *Money Matters* clinics (Wills, Income Tax, Long Term Disability and Employment Law), Wellspring is pleased to offer this additional resource to members of the *Money Matters* program. All the Financial Advisors at the clinic have been screened and oriented to Wellspring and its members' needs. They are volunteering their time, and are eager to support cancer patients. No solicitation of financial products, or other fee-based services, is part of this clinic. This clinic is a first – for Wellspring, and for cancer patients. It's another way the *Money Matters* program strives to help cancer patients at a time when money worries can be at their highest.

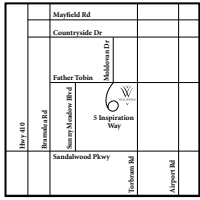
To learn more about the clinic and booking an appointment, please contact the *Money Matters* program at: 416.961.1928

Location: 4 Charles Street East, 4th Floor, Toronto, Ontario



\* *Money Matters* program is generously supported by the Faas Foundation, the RBC Foundation and the R. Howard Webster Foundation.

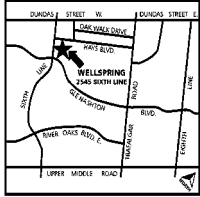
# WELLSPRING LOCATIONS



## WELLSPRING CHINGUACOUSY

5 Inspiration Way  
Brampton, ON L6R 0L7  
905.792.6480

Toll-free: 1.877.907.6480  
chinguacousy@wellspring.ca



## WELLSPRING BIRMINGHAM GILGAN HOUSE (HALTON-PEEL)

2545 Sixth Line  
Oakville, ON L6H 7V9  
905.257.1988

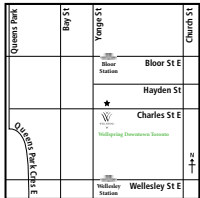
haltonpeel@wellspring.ca



## WELLSPRING WESTERKIRK HOUSE AT SUNNYBROOK

2075 Bayview Avenue  
Toronto, ON M4N 3M5  
416.480.4440

dawn@wellspring.ca



## WELLSPRING DOWNTOWN TORONTO

4 Charles Street East, 4th Floor  
Toronto, ON M4Y 1T1  
416.961.1928

feedback@wellspring.ca

## HOW TO SUPPORT WELLSPRING

**CHINGUACOUSY FOUNDATION:** 1.877.907.6480

Charitable Registration # 84934 9568 RR0001

**OTHER WELLSPRING LOCATIONS:** [www.wellspring.ca](http://www.wellspring.ca)

**Twitter:** [www.twitter.com/WellspringCAN](http://www.twitter.com/WellspringCAN)

**Facebook:** [www.facebook.com/WellspringCAN](http://www.facebook.com/WellspringCAN)

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Closed January 1 (reopen January 2)

Closed February 16, 18 (reopen February 19)

Closed March 29, 30 (reopen April 1)



## WHAT'S UP WITH MY WHAT'S ON?

We have a new database and have made every effort to ensure that our mailing lists were transferred correctly. **If we have incorrectly mailed this What's On, we apologize.**

If any corrections to your mailing preferences or contact information are needed, contact us at [publications@wellspring.ca](mailto:publications@wellspring.ca) or 416.961.1928, x227. To assist us with updating your record please:

- Provide the name(s) and address that are on your What's On.
- Include your email address to receive What's On by email.



wellspring

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5 Inspiration Way  
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