

If you or a loved one is experiencing challenges following a diagnosis of cancer, help is now available at White Cedar Wellness Clinic.



White Cedar is partnering with Wellspring Cancer Support Canada to provide supportive care programs at no charge, for anyone living with cancer, and their families.

Join us in the Clinic to participate in the following **online** programs, presented by Wellspring's professional leaders:

THE HEALING JOURNEY

The Healing Journey is a program for people who want to learn how to help themselves when they have cancer. It is a practical course, providing simple but proven psychological and spiritual tools that significantly diminish symptoms of anxiety, depression, fatigue, nausea and pain, thereby promoting inner harmony, peace and healing.

BRAIN FOG

This eight-week educational program will help you overcome some common changes in your ability to think clearly following cancer and its treatments. You will meet other participants who are experiencing similar difficulties and learn proven strategies to help with memory loss, problem-solving, multi-tasking and increasing your attention span.

BE WELL TALKS WEBINARS

BE WELL Talks is a weekly speaker series that features a variety of experts presenting on a wide range of topics related to the experience of cancer. These informational sessions are one-hour in length.



Register as a Wellspring member and sign up for the programs by visiting wellspring.ca/whitecedar and join in a community of cancer support provided at the Centre.