



Program Offerings – Winter & Spring 2024

[Register online](#) or [email us](#).

All programs are available at no cost to individuals affected by cancer.

Program Formats

In-Person: Sessions will be held at our community site, located at 501 Sanatorium Road, Hamilton, ON.

Virtual: Sessions will be held over Zoom.

Hybrid: Sessions will be offered in both virtual and in-person formats.

Peer Support

1 to 1 Peer Mentoring (Phone)

To be matched with a peer mentor who shares similar lived experiences, please email wellwoodzoom@gmail.com. Peer mentoring is conducted over the phone, text, or email.

Curveball/Men's Night (Hybrid)

Two groups for those who self-identify as male – under 40 and over 40.

When: First **Tuesday** of every month from 6:00 to 7:30 p.m.

Program Dates: Jan. 9 (moved to the second Tuesday), Feb. 6, Mar. 5, Apr. 2, May 7

*Food provided for in-person meetings.

Support for Individuals with Gynecological Cancer (Hybrid)

A monthly discussion group for individuals to share resources and support one another in a safe and caring space.

When: First **Thursday** of every month from 10:00 a.m. to 12:00 p.m.

Program Dates: Jan. 11 (moved to the second Thursday), Feb. 1, Mar. 7, Apr. 4, May 2



Support for Individuals with Breast Cancer (Hybrid)

A new pilot program offering a biweekly discussion group for individuals to share resources and support one another in a safe and caring space.

When: Every other Monday from 1:00 - 3:00 p.m., 8 sessions.

Program Dates: Jan. 8, Jan. 22, Feb. 5, Feb. 26 (No session on Feb. 19th because of Family Day), Mar. 11, Mar. 25, Apr. 8, Apr. 22

Kids' Program & Youth Program (Hybrid)

Our child and youth programs are designed to support those living around a serious illness within the family. If you are interested in these programs, please email Kaitlin at wellwoodzoom@gmail.com.

Kids' Program (ages 6 - 12): Every other Wednesday from 5:30 - 7:30 p.m., 5 sessions.

Program Dates: Mar. 20, Apr. 3, Apr. 17, May 1, May 15

Youth Program (ages 13 - 17): Every other Wednesday from 5:30 - 7:30 p.m., 4 sessions.

Program Dates: Mar. 27, Apr. 10, Apr. 24, May 8

We will likely have other fun opportunities for kids, youth, and families that aren't listed here! If you would like to receive updates on upcoming Kids' & Youth Activity Retreat Days, please email wellwoodzoom@gmail.com.

Exercise & Movement

Yoga (Hybrid)

Our 6-week yoga series rotates between three different styles of yoga: Chair, Gentle Hatha, and Stretch & Restore. Each style focuses on breathing, poses, relaxation, increased awareness, and centering calmness.

When: **Mondays** 7 to 8 p.m. and **Tuesdays** 1:30 to 2:30 p.m., 6-week series.

Program Dates: Jan. 15, Jan. 16, Jan. 22, Jan. 23, Jan. 29, Jan. 30, Feb. 5, Feb. 6, Feb. 12, Feb. 13, Feb. 20 (No session on Feb. 19th because of Family Day), Feb. 26 (Monday make-up)

Note: Registration allows access to both Mon. & Tues. classes. ***12 spots available in-person for each day. Please let us know if you plan on attending Monday, Tuesday, or both days when registering.** Online spots are unlimited.

We will likely set more dates later on in Spring as well! Stay tuned!



Creative Expression

Expressing Your Journey through Art – Drawing for Beginners (Virtual)

This program involves drawing exercises with pencil to develop visual awareness, and to promote personal expression and reflection.

When: Wednesdays from 10 to 11 a.m., 4-week series

Program dates: Jan. 24, Jan. 31, Feb. 7, Feb. 14

Note: Supplies will be provided. Given the pace of the program, if you miss the first session, you will not be able to join the second session. Space is *limited*, and spots will be given to new clients first. Registration will be confirmed closer to the start date.

Expressing Your Journey through Art – Watercolour for Beginners (Hybrid)

This program involves instruction and practice using watercolour. It is intended to provide space for participants to be creative while connecting and sharing with others.

When: Wednesdays from 10 to 11:30 a.m., 6-week series

Program Dates: Mar. 6, Mar. 13, Mar. 20, Mar. 27, Apr. 3, Apr. 10

Prerequisite: Drawing experience or attendance at Wellwood's drawing class.

Note: Supplies will be provided. Space is limited, and spots will be given to new clients first. Registration will be confirmed closer to the start date.

Zentangle for Beginners (Virtual)

Zentangling is the art of doodling that uses hand-drawn, small detailed shapes to add whimsical additions to your own art, cards, or journals. No previous drawing experience necessary.

When: Fridays from 1 to 2:30 p.m., 4-week series

Program Dates: Mar. 1, Mar. 8, Mar. 15, Mar. 22

Note: Supplies will be provided. Given the pace of the program, if you miss the first session, you will not be able to join the second session. Space is limited, and spots will be given to new clients first. Registration will be confirmed closer to the start date.



Creative Expression Practice Group *(Hybrid)*

A creative space for painters, drawers, zentanglers, cardmakers, and other art enthusiasts to socialize, share, and learn together, while working on their own projects. This space is open to any participants from Wellwood's **previous** Watercolour, Drawing, Zentangle, classes, or anyone who has experience with creative expression and wishes to create with others.

When: Wednesdays from 1:00 to 2:30 p.m., 5-week series

Program Dates: Feb. 28, Mar. 6, Mar. 13, Mar. 20, Mar. 27

Note: This session is **not** instructional. Participants will bring their own supplies and projects to work on.

RELAXATION

Guided Visualization *(Virtual)*

Guided visualization and relaxation sessions can help cope with anxiety and manage side effects and symptoms. This program is suitable for anyone experiencing stress and tension, anxiety, pain, or recovering from illness. Pre-recorded sessions are emailed weekly and can be accessed at any time.

Mindfulness Meditation Course *(Virtual)*

Participants will be introduced to mindfulness meditation practice for mental calming, and physical relaxation. This will be developed through body awareness, and breath-focused awareness as well as other experiential exercises involving gentle movement, breathing, and guided imagery.

When: Tuesdays from 9:30 to 11:00 a.m., 6-week series

Program Dates: Feb. 27, Mar. 5, Mar. 12, Mar. 19, Mar. 26, Apr. 2

Please note: Given the pace of the program, if you miss the first two sessions, you will not be able to join the remaining sessions. Space is limited, and spots will be given to new clients first.



EDUCATION

Living Well with Cancer: Navigating Your Cancer Journey Series

We've chosen to focus on the theme of "Navigation" this year, as many patients and family members find themselves navigating the often unanticipated twists and turns of diagnosis and treatment. We hope you find this series informative and helpful for anyone living with or caring for someone with a cancer diagnosis.

Coming Up In Winter 2024:

Managing your Health in the Cancer System

In this fireside chat, Dr. Peter Ellis will discuss how to communicate and collaborate with your healthcare team so that you can make the best informed decisions that work for you.

Speaker: Dr. Peter Ellis | Medical Oncologist, Juravinski Cancer Centre

When: Tuesday, February 13th from 7:00 - 8:00 p.m. EST

Navigating Life after Cancer

In this conversation with Dr. Karen Zhang, we will discuss common thoughts, feelings, and experiences in your life following cancer diagnosis and treatment and positive coping strategies to help you navigate this transition.

Speaker: Dr. Karen Zhang | Psychologist, Supportive Care Department, Juravinski Cancer Centre

When: Wednesday, March 6th from 7:00 - 8:00 p.m. EST

Navigating Cancer as an Adolescent / Young Adult

This discussion will touch on the common experiences of young adults and adolescents with cancer. The speakers will share tips on navigating this experience and provide information about valuable resources and organisations dedicated to young adults navigating a cancer diagnosis.

Speakers: Vinesha Ramasamy | Patient Advocate, AYA CAN & Kaitlin Salim | Program Manager & Specialist in Child and Youth Services, Wellwood

When: Tuesday, April 9th from 7:00 - 8:00 p.m. EST



Past Lectures:

You can also access our past recordings on the following topics by emailing us at wellwoodzoom@gmail.com:

- Cancer & Nutrition
- Cancer & Exercise
- Cancer & Sleep
- Cancer & Sexuality
- Saying Yes to Clinical Trials: a Patient's Role
- Chemo-fog
- Fear of Recurrence
- Treatment Decision Making
- Lymphedema Education
- Taking Care of our Mental Health during COVID
- Parenting School-Age Children when you have Cancer
- Navigating the Transition to Caregiver/Decision Maker
- Spirituality and Cancer: Making Peace
- Embracing the End of Life Experience
- A Conversation about Palliative Care
- Using Mindfulness to Cope with an Advanced Diagnosis
- Navigating Finances During Cancer
- Navigating a Return to Work During/After Cancer Treatment