



WELLWOOD SPRING & SUMMER 2026 PROGRAMS

Program Formats

In Person: Sessions are held at the community site at 501 Sanatorium Road, Hamilton, ON, L9C 0C3.

Virtual: Sessions will be held over Zoom.

Hybrid: Sessions are offered in both virtual and in person formats.

If you are interested in receiving updates about these programs, or would like to learn more, please email info@wellwood.ca

For additional information about Wellwood, or to see our current program offerings, visit us on our website: www.wellwood.ca.

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



WELLWOOD SPRING & SUMMER 2026 PROGRAMS

Information and Navigation

It's Cancer...Now What?

If you don't know where to start, **START AT WELLWOOD!** We are here to help you identify your needs, navigate the system, and access services, programs and resources – not only those provided by us, but also by other organizations.

Online Links

There is not only a mountain of information on-line, there is also a lot of dangerous misinformation. Visit wellwood.ca/links/ for a comprehensive list of “**Tools and Resources.**” Can't find what you are looking for? Contact us! We are more than happy to share or locate additional options that are not listed here.

Lending Library

Tired of screens and just want to curl up with a book? Stop by our community site to visit our library for a wide range of supportive materials that can guide, inform or empower you on your journey – or fight – or battle – or adventure. (The metaphor each of us chooses is as unique as we are – and is an important part of your self-determination!)



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Peer Support

One-to-One Peer Mentoring

Participants are matched with a mentor who shares similar lived experiences with cancer. Peer mentoring is conducted by **phone, text or email**.

Curveball-Men's Night

Hybrid

A discussion group for those who self-identify as male – sometimes participants decide to divide into two smaller groups, under 40 and over 40. Food is provided.

When: First **Tuesday** of every month from 6 p.m. to 8 p.m.

Program Dates: Apr. 7, May. 5, Jun. 2., Jul. 7.

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 a.m. to 12 p.m.

Program Dates: Apr. 2, May. 7, Jun. 4., Jul. 2.



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Breast Cancer Support

Hybrid

An 8-week series meeting bi-weekly for 2-hour sessions. This discussion group is for individuals with breast cancer, from diagnosis up to 3 years post-diagnosis, to share resources and support one another in a safe and caring space.

When: Every other **Monday**, from 1 p.m. to 3 p.m.

Remaining program dates: Mar. 23, **Apr. 13***, Apr. 27, May. 11.

***Moved to following Monday due to holiday.**

RETREAT DAYS for KIDS & their ADULTS

In-Person

(Chosen) families with kids, ages 4 and up, are invited for these fun-filled days for households living with serious illness. Program details are being finalized and will be shared once confirmed.



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Exercise & Movement

Energy, Boost & Balance

In-Person

By combining western techniques with eastern wisdom, this program offers a gentle and unique path to wellness self-care. These safe, simple, easy-to-do exercises are based on the same principles used in qigong and will connect you to the energy within your own body.

Note: In order to participate we ask that you are able to stand (supported or unsupported) for several minutes at a time.

When: Saturday, April 25 from 10:00 a.m. to 12:00 p.m.

Yoga

Hybrid

Our 6-week yoga series featuring a rotation of Chair, Gentle Hatha, Stretch & Meditate, and Restorative styles. Each style focuses on breathing, poses, relaxations, increased awareness, and centering calmness.

Note: In-person space is limited, with priority given to new clients. Online participation is unlimited. Restorative sessions require extra supplies. The following are alternatives; two firm pillows/cushions or tightly rolled blanket can be used as an alternative to bolsters, two books of the same size tied together can be used as a block alternative.

When: Mondays 7 p.m. to 8 p.m. and Tuesdays 1:30 p.m. to 2:30 p.m.

Mondays: May 25, Jun. 1, Jun. 8, Jun. 15, Jun. 22, Jun. 29.

Tuesdays: May 26, Jun. 2, Jun. 9, Jun. 16, Jun. 23, Jun. 30.



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Relaxation

Mindful Meditation

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: Wednesdays from 9:30 a.m. to 11:00 a.m., 6 week series

Program dates: Mar. 25, Apr. 1, Apr. 8, Apr. 15, Apr. 22, Apr. 29.

Guided Visualization

Virtual

These audio recordings can help you cope with anxiety and manage side effects and symptoms. They are suitable for anyone experiencing stress and tension, anxiety or pain. A wide range is available (just click and listen) at wellwood.ca, click "[Participate](#)" then click "[Programs](#)" from drop down bar and scroll down and click "[Meditation & Relaxation.](#)" You may also register to receive new recordings weekly.

The Wellwood Labyrinth

In-Person

The labyrinth is often viewed as a metaphor for life's journey. It represents the path inward to our own true selves, followed by the return to the outside world. Travelling the labyrinth offers us lessons and can assist us as we address challenges, meditate, pray, reflect, seek serenity, and find peace of mind. Wellwood's labyrinth is located at our community site and is accessible in Spring, Summer and Fall.

Facilitated program dates:

- Wednesday, May 20 – 6 p.m. -7 p.m.
- Saturday, June 13 – 10 a.m. - 11 a.m.



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Educational Lecture Series

Virtual

Cancer care is evolving—offering more options, more hope, and more ways to feel supported. This year’s “**New Frontiers**” education series is here to help you learn what’s new, whether you’re going through treatment, supporting someone or in remission. From the latest medical advancement to community based support, each session offers helpful information and real life stories. You’ll hear from experts and people’s lived experience so you can feel informed, encouraged and connected—no matter where you are at.

The Patient’s Role in Advocating for Themselves

Date: Tuesday, Apr. 14 | **Time:** 7:00 p.m. to 8:00 p.m.

Guest Speaker: Dr. Sammy Winemaker | [Register Here](#)

You can access our previously recorded lectures on our website [here](#)



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Self-Care

A wide range of self-care resources can be found at wellwood.ca/self-care/.

Post Surgical Pillows

Designed to aid in breast cancer surgery recovery, these pillows are super soft, provide underarm comfort, support and protect the chest (whether you are lying down or sitting), keep weight off incisions during the healing process, and prevent anything from bumping incisions. Single or double mastectomy breast pillows are available for pick up from our community or hospital site.

Afghan Blankets

A comforting blanket crafted by dedicated volunteers. These afghans are not only bright and colourful, they're often a warm hug on a difficult day. Visit us at our community site or hospital site to find yours - or let it find you? We have given away over 30,000 to date!



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External Groups, Organizations & Programs

As committed community partners, we are pleased to provide use of our space at no cost for the programming offered by the following organizations and groups. Connect directly with organizers to confirm meeting dates and times.

MPN (Myeloproliferative Neoplasms)
mpnontario@canadianmpnnetwork.ca

Bladder Cancer Canada
alexh@bladdercancercanada.org

Hamilton District Multiple Myeloma Network
hamiltonnetwork@myeloma.ca

Amyloidosis Support Group
olenickmartyn@gmail.com

Look Good Feel Better
Register at www.lgfb.ca or 1-800-914-5665

VON Hamilton/ Niagara Haldimand Brant
ashley.zimmerman@von.ca

Disclaimer: Please note, these are not Wellwood programs.

All information, services and programming are their own. While we wish to provide you with the opportunity to access their offerings, this does not mean that Wellwood necessarily endorses the content, nor does it mean that their vision, values and commitment fully reflect our own.

You can see our values statement by visiting our website at wellwood.ca. It is the policy of Wellwood's Board of Directors that NO group or organization may ask you for donations while you are visiting either of our locations. This type of solicitation is prohibited.