

Support Programs

Women, Men, Youth & Caregivers

- Art & Music Therapy
- Women, Men & Caregivers Support Group
- Ovarian Cancer Support Group
- Peer Support
- Zentangle

Family Programs

- Puddle Jumpers



CELEBRATING 25 YEARS
HopeSpring
CANCER SUPPORT CENTRE

Wigs & Camisoles

Available to anyone at no cost at any stage of the journey

Hair affected due to cancer treatment?
Request a head scarf or wig.
Camisoles for post-operative mastectomy
hopespring.ca/boutique

Relaxation

- Reiki
- Reflexology
- Therapeutic Touch

Gentle Exercise

- Gentle Flow & Let Go
- Gentle Movement & Community Conversations
- Gentle Yoga for Symptom Management
- Meditation
- Qi Gong
- Tai Chi
- Yoga for Cancer Recovery

All programs available via Zoom

Contact Us

HopeSpring Cancer Support Centre
519-742-HOPE (4673)
conceirge@hopespring.ca



**HOPE SPRING CANCER
SUPPORT CENTRE**

*No charge for our services
Everyone welcome*



Cancer Care Counselling

Available to anyone at no cost
at any stage of the journey



VIRTUALLY VIA ZOOM

Mondays &
Thursdays

www.hopespring.ca/programs



Amy Krug,
Cancer Care Counsellor

**Empowering with knowledge,
support and healing tools to
assist you on your cancer
journey.**

Our History

Founded in 1995 by a group of dedicated individuals, HopeSpring was created to provide vital information and life-affirming programs, services and support to the residents of Waterloo, Wellington Regions and beyond affected by cancer.



Available to anyone at no cost at any stage of their cancer journey



Learn More

Our Programs

Our programs have transitioned to be delivered using Zoom during the pandemic. You can register by going online or by calling 519-742-4673 and leave a message.

Our Services

Wigs, post-mastectomy camisoles and fabric caps are available. These items will be delivered to your home through no-contact delivery. Requests can be made online or calling 519-742-4673.

Our Donors

We have a dedicated group of volunteers and supporters from the Waterloo-Wellington Regions and beyond; made up of small, medium and large corporations, both teams, groups and individuals. We are so grateful for the generous support that we continually receive. Please see our website to get involved or donate.