

Media Kit.



wellspring.

An abundant source of community cancer support.

Wellspring Calgary is a community support centre offering emotional, social, and informational support, free of charge, to individuals, families and caregivers living with cancer.

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Background.

A cancer diagnosis can be devastating.

It brings countless life-altering moments and events for the people who receive the diagnosis and for those who love them. People with cancer are compelled to find a new 'normal' as priorities shift and relationships change. Life becomes ... just different.

Wellspring Calgary exists to inform, support and empower cancer patients, families and caregivers by helping them to address the fear, isolation, disruption and practical problems which cancer brings to their lives.

Wellspring Calgary is one of eight community-based centres, mostly located in eastern Canada, that provide a wide range of supportive care to individuals and families living with cancer. The Calgary centre was established in March of 2007, and a second provincial location in the city of Edmonton is projected to open in 2011.

We are pleased to share with you all that Wellspring Calgary has to offer. All of our programs and resources are intended to support healing of the body, mind, and spirit and complement traditional medical treatment. In addition to our many programs ranging from exercise and movement based courses such as yoga and tai chi, to expressive programs such as art and drumming, to instructional or information-based courses, Wellspring Calgary also provides a speaker series, peer support, a resource library, regular access to current information through our newsletter and web-site, access to information about other community resources, support with childcare, and so much more. All of this is available to members free of charge and no referral is required.

Wellspring welcomes men, women, families and caregivers who have been affected by cancer. We are honored to give help for as long as it is needed.

For more information please visit www.wellspringcalgary.ca or contact:

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The Wellspring Calgary Experience.

Staff and volunteers are proud to help others in a place they refer to as 'home'. In fact, it is a home called Carma House - a warm, welcoming environment that is comfortable and safe. A trained volunteer is on staff at all times to offer tours either by appointment or, to walk-in visitors and are able to offer a compassionate response as a peer supporter (having lived with cancer themselves) - with conversations and confidentiality assured. Visitors who choose to return and participate as a Wellspring member, can select from any of the available program offerings and get started right away! They can do so, knowing that the design, delivery and evaluation of all programs is done through the collaborative efforts of professional health care providers and facilitators, as well as leading oncology experts and advisors. With the endorsement of our partners, the assistance of approximately 120 volunteers, and the dedication of Wellspring staff and facilitators, Wellspring Calgary offers a unique, individualized journey in support of healing tailored to meet the needs of each and every person who contacts the centre.

All of you offer more than support. You offer friendship. For this I am forever thankful. Everyone made me feel welcome and important. I looked up 'wellspring' in Webster's dictionary and it states a 'fountain'. That is truly what you do. You renew the spirit. *R.J.F., Wellspring Member*



Urban Hiking Program

Our member-centred philosophy recognizes that everyone is different and that each member has individual social, physical, emotional, spiritual and psychological needs. Above, members hike to Chester Lake, Spray Lake Valley, near Kananaskis Park 2008. © G Mitteregger



What we offer.

Wellspring staff are available to comment on a broad range of topics related to programs; drop in sessions, support groups and a speaker series. Below is a sampling of more than 40 programs that are offered during a typical 3 month period at Wellspring. Our program manager, Anna Carnell, would be most pleased to give you up-to-date information on current program offerings and any topic of interest to you.

Expressive Support Programs

Expressive Art Workshops
Writing programs
Horticulture
Chinese Tea Ceremony
Laughter Yoga
Chinese Calligraphy
Painting
Drumming

Cognitive Support Programs

The Healing Journey Program
Brain Fog
Return to Work
A Gathering Time for Mortals
Re-Claim your Vitality

Individual Support Groups

Relaxation and Visualization
Re-Claim Your Sexuality and Sensuality
Individual Energy Sessions:
 Reiki
 Healing Touch
 Therapeutic Touch

Speaker Series

Some of our many speakers include:

Cancer and Physical Activity: The research benefits of yoga;

Nicole Culos-Reed, PHD, Faculty of Kinesiology, University of Calgary

Foods that Fight Cancer: Anti-cancer food and nutrition; Dr. Matt Pyatt, naturopathic doctor

Picking up the Pieces: A discussion of survivorship and strategies for adapting to the new normal of living with a cancer diagnosis; author, Sherri Magee, PhD

A Chemical Free Home and Garden: How to eliminate harmful toxins from your home and yard; Barbara Cunnings-Versaevel and MaryAnne Robson

Relaxation and Movement

Yoga
Tai Chi - Introduction & Regular
Qi Gong
Hiking - Urban and Mountain
Focus on Healing - LeBed Method
Meditation
Visualization
Exercise your Way to health

Week-end Workshops

Energetic Self Care
Rejuvenation - The Chinese Way
Horticulture Workshops
Sleep Well Tonight
Drumming Retreats

Group Support Meeting Space

Colorectal Peer Support
Hereditary Breast & Ovarian Cancer
Leukemia Support Group
Multiple Myeloma Advocacy/Support
Lymphoma Support
Brain Tumor
Ostomy Support

Support

Wellspring Calgary is grateful to individuals, corporations, foundations and 3rd party fundraisers whose aggregate contributions have helped to sustain operations to date.

We rely on cash and in-kind donations in order to provide our services for free.

Of particular note, is the organization called Cancervive, a local not-for-profit whose founder, Brian McGregor, is himself a cancer survivor. Cancervive shares Wellspring's mission to raise awareness and support of cancer survivorship. Wellspring Calgary is the main benefactor of Cancervive's fundraising efforts and have received more than \$1,500,000 from them in just five years.

Cancervive's flagship fundraising event includes the yearly formation of a 30-person peloton cycling team who cycle to a U.S. Lance Armstrong Livestrong™ survivorship week-end. This event includes the Warrior program in which 30 Warriors (someone who is undergoing a cancer journey and many of whom have been or are Wellspring members themselves) fly to the LiveStrong Destination and join their rider representative for a week-end of respite. The break away from cancer is a dose of hope and inspiration that is discovered through the new relationships formed at the week-end event.

Thank you to all Wellspring Supporters!



2008 Calgary to Philadelphia Peloton team



Wellspring Calgary has been delivering supportive care to those living with cancer and their families since March 2007

Modelled after a successful network of eight centres and seven satellite sites located in eastern Canada. The Calgary centre was founded by John Stephure, Rita Egizii and Barbara Cunnings-Versaevel and is the first in western Canada.

Wellspring offers members education and expressive programs, movement, exercise and relaxation therapies, a speaker series, peer support, and community resources from an on-site lending library.

Programs and services are complimentary to those available through local cancer care community and are facilitated by professional leaders in their respective fields.

The work of Wellspring is funded through the generosity of donors and supporters; donations are graciously accepted and are CRA tax receiptable.

More than 10,000 hours of free programming is delivered each year to members. Approximately 120 volunteers share their time and talent to ensure Wellspring's smooth operation.

Wellspring collaborates with and is endorsed by healthcare professionals in the supportive cancer care community.

Wellspring participates in research to measure and validate the benefits and value of the programs it provides.

Wellspring is grateful for the support of third party fundraisers and hosts an annual golf tournament in support of our work.

an abundant source of community cancer support



The gift of community.

Wellspring Calgary
Carma House



On June 11, 2009, Wellspring Calgary became custodians of **Carma House** a permanent home built by and gifted to them by Carma Developers LP.



David Harvie, SR. VP Marketing, Carma Developers, Barbara Cunnings-Versaevel & Rita Egizii, co-founder Wellspring Calgary Dave Bronconnier, Mayor, city of Calgary



Photos

The Warmth and Comfort of Carma House





Photos.



Relaxation, Movement and Expressive Therapies.





Contact.

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