

WELLSPRING CALGARY ~ Winter 2012

Drop-In Schedule

January to April No Registration Required.

Visualization and Relaxation

Thursday Afternoons, 1:00 - 2:30

Jan 5 - Apr 5

Learn powerful techniques to assist with physical and emotional healing. *Facilitator: Marilyn Day*

Exercise and Educate Yourself

Monday Evenings, 6:45 - 7:45

Jan 9 - Apr 23 (No class Feb. 20 and Apr 9)

Wednesday Evenings, 6:00 - 7:00 Jan 4 - Apr 4

Friday Afternoons, 1:00 - 2:00 Feb 3 - Mar 23

(No class Feb 17, family day weekend)

Walk the talk, a fun, supportive exercise regime with information sessions to motivate and help you modify your exercise habits. *Facilitator: Lauren Capozzi, University of Calgary, Kinesiology * Please deliver PAR Q / PAR MEDEX forms directly to facilitator.*

Restorative Yoga

Monday Mornings, 11:15 - 12:30 Jan 9 - Apr 23

(No class Feb. 20 and April 9)

Move into the body with effortless, supported poses, which encourage deep relaxation and rest. *Facilitator: Trish Robbins.*



Gentle Yoga

Tuesdays, 3:30 - 5:00 and 5:30 - 7:00

Jan 10 - Apr 10

Learn body awareness through gentle stretching and movement for physical strengthening and flexibility. *Facilitator: Jane Poole*

Tea Gathering at Wellspring

Tuesday Afternoons, 1:30 - 3:00 Jan 10 - Apr 24

Come to Wellspring anytime but if you enjoy tea and conversation, Tuesday afternoon is perfect for a friendly, easy-going tea gathering. We'll have tea, share a treat, and meet kindred spirits. Please come join wonderful people for a weekly tea gathering as we bask in the warmth of Wellspring. *Facilitators: Wellspring Volunteers (Marilyn N. Becky T. Dorothy M.)*

Art Bee: a place to meet, gather and create!

Friday Mornings, 9:30 - 12:30

Jan 27, Feb 24, Mar 30, Apr 27

Monthly Art Bees offer you opportunities to gather in making creative projects of your own choosing, or projects to support Wellspring fund-raising and special events. Meet and gather and create!

One on One Support

Patient / Caregiver Peer Support

A peer support volunteer is a trained support person who has also experienced cancer. Drop-In peer support is available at Wellspring. Because the schedule is subject to change, please call before you come in to confirm that a peer support volunteer will be on site. Peer support is also available by appointment, either in person or by telephone. This service is also excellent for newly diagnosed patients and their caregivers to learn about the services of Wellspring and practical strategies for navigating the cancer journey. All sessions are confidential. *Facilitators: Peer to Peer Support Volunteers*

Wellspring Calgary would like to thank all the amazing volunteers who make these programs available to you.

Individual Energy Sessions

Monday through Friday - Please call 403.521.5292 to book individual appointments.

Wellspring is pleased to offer members a sampling of four of our holistic energy sessions. Reiki, Therapeutic Touch™, Reflexology, and Healing Touch – gentle, soothing approaches that promote well-being and relaxation by working with body energy. These programs are administered by certified professionals who volunteer their services.

Note: Par Q/ Par MEDEX forms are a short physical activity readiness questionnaire that participants are required to fill out for programs of a more intense activity level. They are available to download on line or from the Wellspring website.

No registration required for Drop-In. Visit us at 1404 Home Rd. NW, Calgary

Wellspring Calgary provides a wide range of cancer support programs and services to meet the emotional, social, psychological, educational and informational needs of anyone affected by cancer, including caregivers.

Our programs are free of charge.

We offer individual and group support, expressive therapies, energy work, educational workshops and presentations. Our programs are offered in a warm, hospitable and non-institutional setting. To access our services please fill out a free membership form.

You can do so at Wellspring or print one from our website and drop it off. For those who provide an email we can keep you up to date on our new offerings.

Wellspring receives no core government funding. We are able to support patients and their families, through the cancer journey, free of charge because of the generosity of donations received from individuals, grassroots fundraisers, corporations and foundations.

We gratefully appreciate donations of any amount.

WELLSPRING CALGARY

1404 Home Road NW

Calgary, Alberta T3B 1G7

403.521.5292



www.wellspringcalgary.ca

A Lifeline to Cancer Support



Winter Programs

JANUARY TO APRIL 2012

Wellspring Calgary is a nonprofit organization dedicated to providing a comprehensive range of cancer supports, resources and programs for individuals and families living with cancer so they can develop skills and strategies to improve their quality of life during and beyond cancer.

www.wellspringcalgary.ca

Speaker Series

For members, friends and families...membership not necessary for the Speaker Series.

Dr. Linda Carlson:

Mindfulness-Based Cancer Recovery

Wednesday Evening, 7:00 - 8:45 Jan 18

Author of "Mindfulness Based Cancer Recovery", Dr. Carlson will speak about using this program to reduce stress and side effects of cancer, and improve overall quality of life.

Darrell Lang and Frank Molnar:

Legal and Employment Matters: Back to Work

Tuesday Evening, 7:00 - 8:45 Jan 24

Legal and HR specialists clarify the employee's legal rights and the employer's perspective in practical items; 'modified work' if needed, employee advocates, employee requests and information.

Dr. Ardythe Taylor: Focus on Breast Cancer

Thursday Evening, 7:00 - 8:45 Feb 2

Dr. Ardythe Taylor is co-founder of the well respected Breast Cancer Supportive Services. Dr. Taylor will among other issues, address staging of various types of breast cancer and how it impacts differences among treatments.

Sheila Garland: I Can Sleep

Sunday Afternoon, 1:00 - 3:00 Feb 26

Learn about normal sleep vs. disrupted sleep. What can you do to sleep well? What treatments are available and where can you seek help? This presentation will help you decide if you have a sleeping problem and offer solutions.

Jeff Stockton: Celtic Harp

House Music: Dreaming of Spring

Friday Evening, 7:00 - 8:30 Mar 2 concert

Saturday Afternoon, 1:00 - 3:00 Mar 10 workshop

On Friday night, Celtic melodies will make your heart sing and your toes tap with remembered sweetness of spring; robin-song and warm sun on skin. On the **Saturday Workshop** sing the joys of the day with simple, playful explorations in voice and rhythm. The Celts, with their rich legacy of music, knew that we are meant to sing.

Trish Picherack (RN, MN): Online Research

Wednesday Evening, 7:00 - 8:45 Apr 11

Online information sources need to be reliable, relevant and easy to use. Learn how to access and evaluate information about cancer, its treatment, and practical resources to assist you and your family. Trish Picherack worked in cancer nursing, information services and research for over 20 years.

AN EVENT TO SUPPORT
EVERYONE TOUCHED BY CANCER

MARCH 7TH 2012

Putting it on for the ones we love.



Wellspring Calgary exists to inform, support and empower those diagnosed as well as their families and caregivers by helping them to address the fear, isolation, disruption and practical problems which cancer can bring to their lives. All of our programs, services and resources are offered free of charge and without referral.

Register at www.toupeeforaday.com



Registration Required. Please call Wellspring at 403.521.5292

External Group Meetings at Wellspring

Wellspring is pleased to host the following programs offered by our community partners. **These are not Wellspring programs but we provide space for them.**

For information, call the contact person listed below.

University of Calgary, Yoga Thrive: Therapeutic Yoga for Cancer Survivors

Beauty: Exercise Program (three times per week)

Registration required through the U of C (no drop-in).

Yoga Thrive is a research-based, therapeutic yoga program for cancer survivors and their support persons, on or off treatment. This gentle 7-week hatha yoga program is especially suited for those experiencing stiffness, pain, stress or fatigue. Because exercise works best with frequent and regular session, this involves three 75 minute sessions per week; one at Wellspring Calgary, one at the U. Of C. Thrive centre, and one at home. No previous yoga experience is necessary.

Each class is led by a certified YogaThrive instructor.

The BEAUTY Program is an opportunity for Breast cancer survivors to learn how exercise can enhance quality of life during treatment. BEAUTY will empower women to help regain control of their life through physical fitness and healthy lifestyle habits.

Register by calling University of Calgary (not Wellspring) at 403.210.8482 or 403.210.6983.

Visit www.kin.ucalgary.ca/healthandwellnesslab to learn more.

Look Good Feel Better

Tuesday Afternoons, 1:00 - 3:00 Jan 3, Feb 14, Mar 6, Apr 10

This national non-profit organization is dedicated to helping women manage the appearance-related effects of cancer. Enjoy a two-hour workshop to learn about wigs and make-up tips and leave with a complementary kit of cosmetics.

Facilitators: Look Good Feel Better Volunteers

Blood Cancer Support Groups

2nd Tuesday of the month, 7:00 - 8:30 pm

Contact Chelsea Buczkowski 403.263.5300

Brain Tumor

3rd Wednesday of the month, 6:30 - 8:30 pm

Contact Crystal 403.944.3439

Cancer Club

2nd Sunday of the month, 2:00 - 4:00 pm

Age range 18-40

Child care provided. <http://cancerclub.ca>

Contact Lindsay Lenny 403.542.5101

Colorectal Peer Support

2nd Wednesday of the month, 10:00 - 11:30 am

Contact Lou Richards 403.686.1894

Head and Neck Cancer

2nd Monday of the month, 5:30 - 6:30 pm

Contact Lisa Shirt 403-521-3587

Hereditary Breast and Ovarian Cancer

3rd Tuesday of the month, 7:00 - 8:30 pm

Contact Jackie Price 403.241.7914

Multiple Myeloma

2nd Thursday of the month, 7:00 - 8:45 pm

Contact Carol Westberg 403.287.7829

Ostomy

Feb 7, Apr 10, May 8, 7:00 - 8:45 pm

Contact Patricia Cimneck 403.273.8946

Prostate Cancer Canada Network Calgary

4th Tuesday of the month, 7:30 - 8:30 pm

Two peer support groups in separate rooms

Women and Prostate Cancer/Peer support for men.

Contact Jason Bedard 403.455.1916 info@pccncalgary.org

YACC

For information about Young Adult Cancer Canada

contact stacey@youngadultcancer.ca

Registration Required. Please call Wellspring at 403.521.5292

Registered Movement and Meditation

* Please deliver PAR Q / PAR MEDEX forms directly to facilitator.

Healthy-Steps™ * PAR Q / PAR MEDEX forms needed

Tuesday Mornings, 9:30 - 10:30 Jan 10 - Apr 10

Move and thrive to better health with the Lebed Method, therapeutic research-based exercise and movement! Healthy Steps is excellent for lymphedema and every health, age or ability level. Improve wellness, range-of-motion, balance, strength and endurance, as well as emotional well being and self-image. Go to <http://lebedmethod.com/> for more info. *Facilitator: Barbara Cummings-Versaevel, CLM*

Moves in Rhythm * PAR Q / PAR MEDEX forms needed

Thursday Evenings, 6:30 - 7:30 Jan 19 - Apr 19

Moves in Rhythm, designed by Barb Cummings-Versaevel, former professional dancer, facilitates natural movement, energy and flow in the body. Principles of ballet, jazz and modern blend with the flow of tai chi. Have fun moving your body. Explore energy in motion. *Facilitator: Barbara Cummings-Versaevel*

Oi Gong: Dr. Steven KH Aung Medical Oi Gong

Thursday Afternoons, 12:00 - 1:00 Jan 12 - Mar 1

With breathing, concentration, posture and movement, the fundamental building blocks of Dr. Aung Medical Qi Gong, circulate Qi (vital energy) throughout the body, mind and spirit to become your own source of wellness. *Facilitator: Kathy Fedori*

Oi Gong: Spring Forest Oi Gong

Thursday Afternoons, 12:00 - 1:00 Mar 8 - Apr 19

Balance physical, emotional and spiritual energy. Learn techniques for breathing, visualization and sound to relieve pain, stress, depression and more. Developed by Master Chunyi Lin, consider this as one tree in a forest of healing modalities. *Facilitator: Munira Jiwa*

Tai Chi Tuesdays

11:00 - 12:00 (more experienced) Jan 17 - Apr 17

12:15 - 1:15 (less experienced: two 7-week sessions) Jan 10 - Feb 21 /

Mar 6 - Apr 17

Tai Chi is a form of movement meditation that improves balance and coordination. *Facilitator: Jane Sponia*

Tango for the Soul

Monday Evenings, 5:30 - 6:30 Apr 16 - May 28

Tango continues. Experienced dancers will build steps and finesse. Beginners still welcome. Exercise, cognitive function and fun combine in a workout for the body and the soul. *Facilitator: Maria Soledad di Bilbao*

I-Rest Yoga Nidra

Thursday Afternoons, 3:30 - 5:00 Jan 5 - Feb 23

Relax into a meditative practice of self-inquiry blended with deep relaxation and awareness through body sensation, breath, emotions, thoughts and images. Connect with deeper layers of your being, inviting clarity and healing. *Facilitator: Claudia Istvanffy*

For The Energetic

Cancervive-a-Tri

* PAR Q / PAR MEDEX forms needed

Thursday Evening, 7:00 - 8:00

Feb 16 (Orientation night)

Tuesday Afternoons / Swim Class:

3:00-4:00 Mar 6 - May 22, Foothills Pool

Friday Afternoons / Spin Studio:

3-4 / 4-5 Mar 9 - May 25 TCR Sport Lab

Year 4! Learn! Train! Laugh! Participation

in this amazing 'learn to' triathlon program,

will earn you a swim and a spin session

each week. In addition, your entry is FREE

into the 'Try this Triathlon' on May 27 at

the University/Foothills Pool. The training

and coaching is provided by TCR Sport

Lab. It will also give you a great way to train

with friends for summer cycling. For fun,

fellowship and fitness, just 'tri' it. *Facilitator:*

Cory Fagan TCR Sport Lab.

X-Country Skiing

* PAR Q / PAR MEDEX forms needed

Jan 9, 10 -12 Orientation at Wellspring

Monday Mornings, 10:00 - 12:00

Jan 16 - Mar 26 (Every 2 weeks)

Ski at Canada Olympic Park. Any ability

welcome. Rental equipment provided if

needed. *Facilitator: John Reeves*

Wellspring Photo Walks

Tuesday Mornings, 10:00 - 12:00

Jan 17, Feb 21, Mar 20, Apr 17, May

15, Jun 19

Take your camera for a walk and soak up

vitamin D in your search for the photo, the

story, the light and the moment. Meet the

third Tuesday of each month. *Facilitator:*

Barry Allen

Meditation Sampler

Thursday Afternoons, 3:30 - 5:00

Mar 1 - Apr 5

Explore a variety of meditation modalities

led by Claudia Istvanffy and guests.

Expressive Arts

----- Kathie MacDuff Workshops -----

Basic Kit

A pencil, eraser, ruler with inches, scissors or an exacto knife and cutting mat, and UHU glue stick. Please do not buy any of these things as there are extras at the studio but if you have them already, please bring them!

Creative Journaling: The Blank Page and Beyond!

Saturday Mornings, 10:00 - 12:00 Jan 7, 21, 28, Feb 4 (no class Jan 14)

Thursday Mornings, 10:00 - 12:00 Feb 2, 9, 16, 23

Saturday Mornings, 10:00 - 12:00 Mar 17, 24, 31

Thursday Mornings, 10:00 - 12:00 Apr 5, 12, 19, 26

Explore a variety of art media and powerful writers' exercises that take us below the surface of day to day life. Journey first to the blank page which will soon fill with personal words and imagery. Share in the laughter and discovery in this guided, no pressure, no experience necessary class. Bring your favourite art "stuff" if you like, but do not over-burden yourself. Supplies are included.

Watercolour: A Beginner's Brush

Thursday Mornings, 10:00 - 12:00 Mar 1, 15, 22, 29 (no class Mar 8)

Have you always wanted to try watercolour? Join Kathie and explore new creative possibilities. You'll work 'small' and will cover the basics, materials, techniques and colour theory. You may end up with Artist Trading cards, postcards, greeting cards and a new appreciation of a delightful medium. Supplies will be provided but feel free to bring your own supplies as well.

Watercolour: Just for Fun

Saturday Mornings, 10:00 - 12:00 Feb 11, 18, 25 (includes family day weekend)

Creative techniques and strokes for students with experience

Watercolour: The Next Step

Thursday Mornings, 10:00 - 12:00 Jan 5, 12, 19, 26

Saturday Mornings, 10:00 - 12:00 Apr 14, 21, 28

For those with some experience, "the next step" will show you how to paint your own design, from photographs or from a figment of your imagination! Supplies will be provided for those who do not have any but feel free to bring your own as well.

----- Try Something New! Discover Another Medium! -----

Ceramics: Basics and Beyond

Friday Afternoons, 1:00 - 3:00 Mar 2, 16, 23

Butter-up! Make your own covered butter dish. Explore slab construction techniques on day one, followed by glazing after a two week drying period and finally, a celebration on the third day. *Facilitator: Darlene Swan*

Drumming

Monday Afternoons, 1:00 - 3:00 Feb 27 - Apr 2

Join in group drumming to promote personal and creative expression, while enjoying exercise and fun. Drums are provided. No experience necessary. *Facilitator: Judy Atkinson*

Registration Required. Please call Wellspring at 403.521.5292

Visit us at 1404 Home Road, NW, Calgary

Core/Educational Programs

The Healing Journey: Levels 1-5

Developed by Dr. Alastair Cunningham, director, scientist, psychologist, professor at the University of Toronto, and a cancer survivor. The Healing Journey provides practical, simple, psychological and spiritual tools which promote inner harmony, peace and healing. Tested at a cancer treatment and research centre over 25 years, The Healing Journey is for people who want to help themselves through cancer. Five successive levels in the The Healing Journey program are enhanced by practice at home between group meetings. www.healingjourney.ca

The Healing Journey: Levels 1-5 Offering guided ways to calm the mind and manage your thoughts, Healing Journey is not only for people with cancer, but for families and friends and caregivers as well. Facilitators have training and experience in caregiving and cancer issues. *Facilitators: Barb Cunnings-Versaavel, Don Watt, Monique DeNault, Cindi Reopell*

HJ Level 1: Wed Mornings, 10:00 -11:30 Jan 11 - Feb 1
Deep relaxation, through management, healing imagery and emotional expression included. *Facilitator: Monique Denault*

**HJ Level 2: Wed Mornings, 10:00 - 12:00
Feb 8 - Mar 28**

Includes self-help methods such as meditation, consulting an inner healer, spiritual aspects of healing, journal writing and group discussion. *Facilitator: Barb Cunnings-Versaavel*

HJ Level 3: Dates and times TBA

Healing Journey 3 will be offered as follow-up to level 2, as numbers and schedules allow. *Facilitator: Don Watt / Barb Cunnings-Versaavel*

Brain Fog

Wednesday Afternoons, 1:00 - 2:30 Jan 18 - Mar 7

With cognitive improvement after chemotherapy our main goal, this program is recommended for people who have finished treatment and can commit to the full 8-week program. Get help with memory loss, difficulty in finding words, decreased attention and concentration, multi-tasking and changes in motor function and coordination, issues that can occur after chemo. Developed by neuropsychologist, Dr. Heather Palmer, the 'Brain Fog' program is an educational and experiential program led by health care professionals experienced in the application of cognitive enhancement strategies. Strategies can be adapted to individual style and integrated into daily life. Caregivers may accompany members if necessary. *Facilitators: Dr. Greg Lucier and/or Laurelle Larson, Registered Psychologist*

Return To Work

**Thursday Afternoons, 1:15 - 3:15 Feb 9 - Mar 29
Resumes and Interviews, April 5 - 12**

This education and support program makes no assumptions about whether it is right for you to return to work. For some people, it is a necessary next step, for some it is a welcome choice along the road to healing and some may not wish to return to work at all. Discussion topics include: managing the thoughts and feelings about returning to work, developing ideas and plans of how and when to return to work, meeting with a panel who have already returned to work and developing a self-care plan to support one's health after returning to work. *Facilitators: Dr. Maureen Angen, Dr. Lori Buchart and/or John Bargman.* **Resumes and Interviews** (2 weeks) will follow the Return to Work program for interested members. Learn to craft a functional resume for today's workplace and practice your interview skills with HR professional, Lori Buchart..

Garden Happy Space: Baskets and Containers: Saturday Afternoon, 1:00 - 2:30 Feb 25

Beat the mid-winter blues with a 'Basket Stuffing' presentation by Katrina Diebel, owner of Vales' Greenhouse. Create and design the perfect container for your outdoor patio space, deck or veranda for 12 months of happiness. Thanks to the Calgary Kinettes for their continued support.



Caregiving and Bereavement Programs

Supported by



People with cancer, their families and friends are in a state of giving AND receiving care. Skillful stress management, dealing with self-care, as well as caring for others requires balance, skill and a team approach. Programs at Wellspring are available to anyone living with cancer as patient or caregiver.

Grief and Bereavement Reflection

Thursday Afternoon, 3:00 - 4:30 Feb 2

Each session, Rev. Bob Glasgow offers this opportunity to help people develop ways of thinking and strategies to deal with the many issues arising out of bereavement. *Facilitator: Rev. Bob Glasgow*

Food for Care and Comfort

Monday Morning, 10:00 - 12:00 Mar 19

In the Cookbook Cos. coziest kitchen, work hands on, from kitchen to table, through best practices in food and health. Nourish your body and your family. *Facilitator: Kristin Wiens RD (registered dietician)*

Practical Tools for Caregivers: a team approach

Wednesday Evenings, 7:00 - 8:30 Feb 22 - Apr 4

You don't have to do it all alone! We'll start and finish this discussion series with a book discussion on 'Share the Care', a brilliant caregiver model developed by Cappy Capossela and Sheila Warnock. Shelley Asserson, Wellspring volunteer and parent, and Carla Hamarsness, U. of C. Community Rehabilitation instructor, live this model, and lead the discussion on the book and model of care. In between, local leaders offer presentations for caregivers on issues common to many families living with cancer, including Maureen Angen: Fear and Anxiety, Jean Morris: Spirituality, Charlene Retzlaff from the Family Caregiver Centre, Dr. Elu Thomson: Q & A on sexuality, as well as Cindi Reopell and Don Watt on 'Healing Touch'.

SATURDAY SELF CARE

Whether you have cancer, or are a caregiver or family member, self-care is about finding ways to relax and nourish yourself. These one day Saturday workshops will show you ways to restore and re-energize your self.

Healing Touch for Health : Relax Yourself

Saturday Afternoon: 1:00 - 4:30 Mar 17

Participants will learn and practice techniques from the Healing Touch Program that have been shown to decrease pain, support relaxation, increase vitality and enhance health and well-being. Come alone, or bring a partner. *Facilitators: Cindi Reopell and Don Watt (Certified Healing Touch Practitioner)*

Reiki and Beiki: Energize Yourself

Saturday Afternoon, 1:00 - 4:30 Mar 31

Eat, love and then eat some more. An opportunity to learn about lovely, complementary practices for self care and health care. *Facilitator: Nicky Martin RN and Reiki practitioner*

Chinese Tea Appreciation: Inspire Yourself

Saturday Afternoon: 1:00 - 4:30 Mar 24

Cheryl Harmsworth studied the tea ceremony, Gong Fu Cha, in Shanghai, China. Tea is served in the traditional Chinese way with full appreciation of the leaf, the aroma, and the taste of tea. The ceremony begins in silence, to quiet the mind. After several tastings, there is opportunity for discussion. Registration limited to 10. *Facilitator: Cheryl Harmsworth*

Call Wellspring at 403.521.5292 - Please PRE-REGISTER for all courses and workshops - except Drop-In.