



Speaker Series – Core and Educational Programs

Intended Audience

For all Wellspring Calgary members, family members, caregivers, friends and the broader Calgary community. Open to the public.

Program Description

The Wellspring Calgary Speaker Series presents a balanced roster of leaders in the cancer community who speak on a multitude of integrative health topics, including: medical research, lifestyle choices, work issues, and complementary approaches to cancer care that nurture the mind, body and spirit. Open to the public and free of charge, these sessions are an excellent opportunity for Wellspring Calgary members to introduce family, friends and colleagues to this welcoming community.

A three tiered approach offers something for everyone:

Speakers: Leading cancer specialists share evidence-informed content on a variety of topics, such as current cancer research, caregiving, spiritual issues, expressive arts, meditation and more.

Film: Current films and informal discussions focus on living well in spite of cancer.

Music: House music concerts offer a relaxing night out, featuring talented local musicians.

Benefits and Impact

The Wellspring Calgary's Speaker Series impacts the 'whole' person with an integrative approach designed to empower members to engage in their health and wellness. Research indicates that evidence-supported information, education, camaraderie and community support are all vital aspects of risk reduction and health recovery. Music and expressive arts offer proven therapeutic benefits, including joy, relaxation and diminished physical symptoms. Overall, the Wellspring Calgary Speaker Series expands the potential for wellness by creating opportunities for community participation and inviting experts in the health community to share insights and valuable information.

What to Expect at a Session

Members and non-members are invited to register for any or all of the events in the Wellspring Calgary Speaker Series, free of charge. These open sessions present an excellent opportunity for members to invite family and friends to tour Carma House and experience the breadth of community and resources. Participants can expect to feel inspired, enlightened and empowered.

Participant Comments

"Tonight reminded me of my purpose."

"Fascinating and empowering."

"Fascinated by the information and would like to learn more."

What the Research Says:

In a systematic review, Jacobsen and Jim (2008) analyzed the scientific evidence regarding the effectiveness of psychosocial programs commonly offered to adults with cancer. They examined psycho-education (education provided by a counselor), problem-solving skills, stress management training, and cognitive therapy. They found that these programs decreased anxiety and depression levels and concluded that patient access to these interventions should be made more readily available. In a separate study, researchers reported that group education sessions for women with breast cancer had a positive impact on their wellbeing. Benefits included enhanced coping skills, education for family members and friends who attended sessions, and being able to practice communication skills. (Jacobsen PB., Jim HS. 2008. Psychosocial Interventions for Anxiety and Depression in Adult Cancer Patients: Achievements and Challenges. CA: A Cancer Journal for Clinicians. 58(4): 214-230.) (Schub T., DeVesty G., Pravikoff D. 2015. Breast Cancer: Psychosocial Support. CINAHL Nursing Guide, Evidence-Based Care Sheet.)

Program Frequency:

2 hours per event
7-10 events per session
Winter, spring/summer, fall

Optimum Class Size: 50

Related Programs:

House Music Concerts

