

A Lifeline to Cancer Support

Fall 2016



wellspring Calgary

 **EXCITING NEWS!** 

**Wellspring South Location Now Open
Look inside!**

Wellspring Calgary is a warm and welcoming community that provides a comprehensive range of support, resources and programs so anyone living with cancer, and the people who care about them, can improve the quality of their lives.

www.wellspringcalgary.ca

Welcome to Wellspring Calgary

Cancer brings life-altering moments for the people who receive the diagnosis and those who love them. Priorities shift, relationships change, life is... different. Members tell us that what helps them most is information, support, community, and/or help with fear, isolation, disruption and practical challenges.

We offer membership, programs, services and resources free of charge and without referral. Register in person at Carma House (1404 Home Rd NW), and/or Fountain Court (#120, 703-64 Ave SE), phone 403-521-5292, or www.wellspringcalgary.ca.

BECOME A MEMBER

Wellspring Membership is free of charge and no referral is necessary. Forms are available at Wellspring Calgary or online at www.wellspringcalgary.ca/forms.asp. As a member you can participate in evidence-informed programs. Speakers are open to the public and are also free of charge.

REGISTER for PROGRAMS or SPEAKERS

Wellspring MEMBERS and NON-Members register:

1. **ONLINE** at www.wellspringcalgary.ca
2. **BY PHONE** at 403-521-5292
3. **IN PERSON** at Carma House (1404 Home Rd NW) or Fountain Court (#120, 703 - 64 Ave SE)

NON-WELLSPRING MEMBERS can register for:

1. **Speaker Series**
2. **House Music**
3. **Thursdays with Bob**
4. **Campfire Classics** (by member invitation)


Go to www.wellspringcalgary.ca/register.asp then click the Speaker Registration button



Join the Volunteer Team.

Wellspring is looking for volunteers for our north and south centres. Positions vary and training is provided. Members who are no longer actively taking programs are welcome to apply.

DROP IN for a TOUR

A trained volunteer can meet with you weekdays during office hours at Carma House (1404 Home Rd NW) or Fountain Court (#120, 703-64 Ave SE). 

DROP IN for PEER SUPPORT

Drop in for a one-on-one confidential session on weekdays, and gain practical strategies for navigating cancer at Wellspring Calgary with a peer support volunteer who has experienced cancer or been in a caregiving role. For more information call 403-521-5292.

MEET for MONEY MATTERS

Get help managing financial changes, drug coverage, cancer expenditures, insurance and workplace issues with one-on-one consultations along with free clinics. *See page 8.*

FIND SUPPORT for YOUNG ADULTS

Wellspring Calgary's Young Adult programs (YA: ages 18 to 39-ish) focus on issues facing young people living with cancer, such as relationships, isolation and financial changes. *See page 9.*

SAMPLE ENERGY SESSIONS

One-on-one energy sessions promote well-being and relaxation. Certified practitioners volunteer their time to provide Healing Touch, Reiki and Therapeutic Touch sessions. Sample each of the three modalities once. Call 403-521-5292 to register.

RECEIVE CAREGIVER SUPPORT

Individuals in a significant caregiving role, actively supporting a friend or family member diagnosed with cancer, are invited to become Wellspring Calgary members and take programs free of charge.

ACCESS BEREAVEMENT SUPPORT

Newly bereaved visitors and current Wellspring members are welcome to access specialized programs for grief and loss such as Thursdays with Bob and Chaplain in Residence. Connect with our Centre Manager for details.

Speakers and House Music Events
are open to the public

Wellspring Carma House
(1404 Home Rd NW)

**Estate Planning - Wills, Power of Attorney
and Personal Directives: Patrick Rea, JD LLB**
Thursday, Sept. 15 from 6:30 - 8:30 pm

**Naturopathy - Cancer Related Research:
Jessa Landmann, ND, BPsych**
Monday, Sept. 19 from 6:00 - 7:30 pm

**Happiness Basics: Candice Menzies
(South Health Wellness Centre coordinator)**
Monday, Sept. 26 from 6:30 - 8:30 pm

**Understanding Genetics and Cancer:
Dr. Renee Perrier**
Monday, Oct. 24 from 6:30 - 8:30 pm

House Music: Nathan M. Godfrey
Old-time music from cowboy songs to vintage tango,
played on resonator guitar, mandolin and banjo.
Friday, Dec. 2 from 7:00 - 9:00 pm

Parkdale United Church
(2919 - 8 Ave NW)

**Mindfulness-Based Cancer Recovery (MBCR):
Dr. Linda Carlson and Dr. Michael Specca**
Wednesday, Sept. 21 from 6:30 - 8:30 pm

**Integrative Health Panel: Side Effects:
Dr. Craighead (Director of Radiation Oncology
at TBCC), MB ChB FFRad(T) FRCPC, Cindy Railton
(nurse practitioner), RN, MN, ACNP, CON(C),
Tracy Smith (physical therapist at Holy Cross)
and Trudy Boyle**
Members and health professionals discuss side-effects
of cancer treatment. Topics include: impact on quality
of life and treatment decisions, timing and duration
of symptoms, long-term and life-long expectations,
choices, change and management strategies.
Saturday, Nov. 5 from 1:00 - 3:30 pm

Generously supported by:

cedarglen

NEW LOCATION!

 **Wellspring Fountain Court** 
(#120, 703-64 Ave SE)

**Reclaim Your Vitality Beyond Cancer:
Rebecca Garland (two week series)**
Oct. 3: Live Beyond Fear: Build skills and personal
power to live with courage and joy.
Oct. 24: A Story of Love: See your body in a new
light, and restore the healing power of love.
Mondays, Oct. 3 & 24 from 1:00 - 3:00 pm

House Music: Magnolia Buckskin
Kathy Cook, Natasha Platt, Emily Triggs and Corry
Ulan, on guitar, mandolin, banjo, bass and accordion.
Friday, Oct. 14 from 7:00 - 9:00 pm

Living Well with Cancer: Trudy Boyle
'Ikigai', relates to a sense of purpose and joy of living,
the essence of this slideshow and discussion.
Friday, Nov. 11 from 7:00 - 9:00 pm
Also see Living Well with Cancer (page 23)

**Legal and Employment Matters:
Christin Elawny and Silvia Henning**
Legal and HR specialists outline the impact an absence
from work can have on employment relationships and
clarify your legal rights.
Wednesday, Nov. 16 from 6:30 - 8:30 pm
*Also see Returning to Work, Resumes and Interviews
and Money Matters (pages 7-8)*

South Health Campus Wellness Centre
(4448 Front St SE)

**Depression as a Human Condition:
Dr. John Toews MD, FRCPC**
Interactive discussion welcome from professional,
personal and spiritual perspectives.
Thursday, Sept. 29 from 6:30 - 8:00 pm

**Conflict and Resolution Lessons from Goldilocks
and the Three Bears: Deborah Sword, PhD**
Thursday, Oct. 6 from 6:30 - 8:30 pm

**Food & Nutrition: For Cancer Treatment
Recovery & People with Eating Challenges
Jennifer Black, RD and Vincci Tsui, RD**
Please attend both sessions. *See details page 20.*
Lecture: Saturday, Nov. 19 from 2:00 - 4:00 pm
Cooking: Saturday, Nov. 26 from 2:00 - 4:00 pm

Brain Fog

With cancer, people commonly experience memory loss and difficulties with multi-tasking, word recall, motor function and concentration. Brain Fog, a cognitive improvement course developed by Heather Palmer, PhD offers strategies easily integrated into daily life.

Facilitator: Dr. Greg Lucier

Wednesdays, Sept. 14, 21, 28, Oct. 5, 12, 19, 26, Nov. 2
from 1:30 – 3:00 pm
at Wellspring Carma House (1404 Home Rd NW)

Take Charge:

Build Your Personal Action Plan

Building your personal healing plan requires leadership, communication, decision-making and teamwork. Celebrate your strengths and discover how to maximize these skills.

Facilitator: Cathy McCloskey

Mondays, Oct. 24, 31, Nov. 7, 14
from 10:00 - 11:30 am
at Wellspring Carma House (1404 Home Rd NW)

Healing Journey

The Healing Journey program is for people who have cancer and their caregivers, who want to learn how to help themselves. Developed by Alastair Cunningham, scientist, psychologist, professor and cancer survivor, this practical program offers tools to calm the mind and promote health. Visit www.healingjourney.ca

Healing Journey 1:

Coping with Cancer Stress

Facilitator: Barbara Eastham

Wednesdays, Sept. 14, 21, 28, Oct. 5 from 1:00 - 2:30 pm
at Wellspring Carma House (1404 Home Rd NW)

Healing Journey 2:

Skills for Healing

Facilitator: Barbara Eastham

Wednesdays, Oct. 19, 26, Nov. 2, 9, 16, 23, 30, Dec. 7
from 1:00 - 3:00 pm
at Wellspring Carma House (1404 Home Rd NW)

Returning to Work

For some people, returning to work may be a necessary next step, for others, a welcome choice along the road to healing. Some may not wish to return to work at this time. Discussion topics include: managing thoughts and feelings about returning to work, determining and negotiating terms of your return and developing a self-care plan. One session includes a panel of members who have returned to work.

Facilitators: Cathy McCloskey and Chris Hylton
Wednesdays, Oct. 5, 12, 19, 26, Nov. 2, 9, 16, 23
from 12:45 - 2:45 pm

at Wellspring Fountain Court (#120, 703-64 Ave SE) 

** Also see Legal and Employment Matters - Wellspring Calgary Speaker Series, page 5; Resumes and Interviews, below or Money Matters, page 8.*

Resumes and Interviews

Update your resume and hone your interview skills. Reflective exercises and discussion will help you identify your key strengths and create a current and compelling resume. Review interview formats, build strategies for answering difficult questions and match your unique abilities with just the right job.

Facilitator: Cathy McCloskey

Thursdays, Nov. 17, 24, Dec. 1, 8
from 10:00 am - 12:00 pm

at Wellspring Fountain Court (#120, 703-64 Ave SE) 

** Also see Legal and Employment Matters - Wellspring Calgary Speaker Series, page 5; Returning to Work, this page or Money Matters, page 8.*

Supported in part by:



Money Matters

This solution-based program helps members living with cancer and their loved ones manage financial changes and cancer expenditures. Members meet individually with a program coordinator or case worker who understands the costs associated with cancer. Comprehensive knowledge is provided on government income replacement programs, drug coverage options, insurance issues, returning to work, emergency assistance and many other areas of support. At the initial appointment members review their situation and assess eligibility for assistance. Appointments available Monday to Friday at Wellspring Carma House (1404 Home Rd NW) and Fridays at **Wellspring Fountain Court** (#120, 703-64 Ave SE). To arrange an appointment call **Meghan Holub, MSW, RSW, Money Matters Program Coordinator**, at 403.521.5292, ext. 312.

Ongoing clinics offered by experts free of charge at Wellspring Carma House (1404 Home Rd NW)

Financial Advice Clinic

Meet with a Certified Financial Planner to discuss your financial situation. Clinics run monthly.

Wills Clinic

Meet with a lawyer to have a Wills package completed. One referral per month.

LTD and Employment Law Clinic

Meet with a lawyer to discuss employment and disability issues. (Free 30 minute consultation.)

Speaker: Estate Planning Wills, Power of Attorney and Personal Directives: Patrick Rea, Jd LLB

Thursday, Sept. 15 from 6:30 - 8:30 pm at Wellspring Carma House (1404 Home Rd NW)
See page 4 for more details.

Generously supported by:



RBC Foundation



...and anonymous donors.

Young Adult Programs

Young Adult programs (18 years to 39-ish) focus on relevant issues such as financial challenges, relationships, returning to work and isolation.

For young adult connections contact Bonnie: Wellspring Calgary Young Adult Team Lead: youngadult@wellspringcalgary.ca

OR Jenna or Matt: YACC / Young Adult Cancer Canada: localifecalgary@youngadultcancer.ca or www.youngadultcancer.ca

YA: Alberta Theatre Projects: Pizza & Play

Enjoy Papa John's Pizza and conversation with the creators of "Slipper: A Distinctly Calgarian Cinderella Story".

Thursday, Nov. 24 from 6:30 - 7:30 pm (pizza) and 7:30 - 9:30 pm (play) at Martha Cohen Theatre, 220-9th Ave SE

Young Adult Bootcamp

Build strength/fitness; safe, personalized, challenging, fun.

Facilitator: Bonnie Lang, certified personal trainer
Tuesdays, Sept. 20 - Nov. 8 from 7:15 - 8:00 pm at Wellspring Carma House (1404 Home Rd NW)

Young Adult Yoga

This gentle class for all levels aims to enhance flexibility, strength, mobility, balance and tranquility, encouraging meditation, breathing and relaxation.

Facilitator: Nicole St. Michel
Thursdays, Oct. 13 - Nov. 24 from 5:30 - 6:45 pm at **Wellspring Fountain Court** (#120, 703-64 Ave SE) 🏠

Young Adult Creative Journaling

Art, media and powerful writing exercises take you below the surface of day-to-day life. Share laughter and discovery in this guided, no-pressure class. No experience needed.

Facilitator: Kathie MacDuff
Wednesdays, Sept. 7, 21, Oct. 5, 19 from 6:30 - 8:30 pm at Wellspring Carma House (1404 Home Rd NW)

Young Adult Food and Nutrition:

Hands-on Cooking

Healthy Eating after Treatment

Facilitator: Vincci Tsui, RD

Lecture: Wednesday, Sept. 21 from 5:30 - 7:30 pm at Wellspring Carma House (1404 Home Rd NW)

Hands-on Cooking: Cookbook Co. (722-11 Ave SW)
Wednesday, Sept. 28 from 5:30 - 8:30 pm

Creative Journaling: Cultivating Wonder

Art media and powerful writing exercises take you below the surface of day-to-day life. Fill blank pages with personal words and imagery. Share laughter and discovery in this guided no pressure class.

Facilitator: Kathie MacDuff

Sat., Sept. 10, 17, 24, Oct. 1 from 10:00 am – 12:00 pm at Wellspring Carma House (1404 Home Rd NW)

OR Thurs., Nov. 3, 10, 17, 24 from 10:00 am – 12:00 pm at Wellspring Carma House (1404 Home Rd NW)

OR Mon., Oct. 17, 24, 31, Nov. 7 from 10:00 – 12:00 pm at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Creative Journaling: Intro (members new to CJ only)

Facilitator: Kathie MacDuff

Thurs., Oct. 6, 13, 20, 27 from 10:00 am - 12:00 pm at Wellspring Carma House (1404 Home Rd NW)

OR Mon., Nov. 14, 21, 28, Dec. 5 from 10:00 – 12:00 pm at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Watercolour: Beginner's Brush

Just for beginners - no experience necessary.

Supplies provided or bring your own.

Facilitator: Kathie MacDuff

Thurs., Sept. 8, 15, 22, 29 from 10:00 am - 12:00 pm at Wellspring Carma House (1404 Home Rd NW)

Recipes for Inspiration

Design a series of art recipe cards and the box to store them.

Facilitator: Kristy LaCourt

Fridays, Sept. 9, 16, 23, 30 from 10:00 am - 12:00 pm at Wellspring Carma House (1404 Home Rd NW)

Calligraphy: Italic Hand (semi-cursive, sloped)

Facilitator: Barb Fuller

Wed., Nov. 2, 16, 30, Dec. 7 (No class Nov. 9 or Nov. 23) from 6:30 – 8:30 pm

at Wellspring Carma House (1404 Home Rd NW)

A Little Watercolour

Fun, easy and inspiring for all levels.

Facilitator: Karin Huehold

Fridays, Nov. 4, 18, 25, Dec. 2 (No class on Nov. 11) from 10:00 am - 12:00 pm

at Wellspring Carma House (1404 Home Rd NW)

You may attend a
MAXIMUM OF FOUR
Expressive Arts Programs.

Not including these two drop ins:

Open Art Studio (see page 27)

Artist Trading Card Drop In (below).

Writer's Studio

Explore your own unique creative voice through writing, collaboration and reflection.

Facilitator: Ethan Cole

Every second Wed., Sept. 14, Oct. 12, Nov. 9, Dec. 14 from 6:30 - 8:30 pm

at Wellspring Carma House (1404 Home Rd NW)

OR Thursdays, Oct. 13, 20, 27, Nov. 3, 10, 17

from 6:30 – 8:30 pm at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Drumming

With these ancient tools, nurture mental, spiritual and emotional health. Leave the circle feeling supported and relaxed. Drums supplied.

Facilitators: Peter Oxland and Jamie Gore

Sat., Sept. 17, 24, Oct. 1, 15, 22, Nov. 5

(No classes Oct. 8, 29) from 1:00 - 3:00 pm

at Wellspring Carma House (1404 Home Rd NW)

OR Sat., Nov. 12, 19, 26, Dec. 3 from 1:00 – 3:00 pm at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Art Assortment

Experience art through touch, sound and sight with a different medium each week.

Facilitator: Moy Mah

Fridays, Oct. 7, 14, 21, 28 from 10:00 am - 12:00 pm at Wellspring Carma House (1404 Home Rd NW)

Artist Trading Card (Drop In: Trade & Share)

Facilitator: Kathie Macduff

Wednesdays, Sept. 28, Oct. 26, Nov. 23

from 6:30 – 8:30 pm

at Wellspring Carma House (1404 Home Rd. NW)

Artist Trading Card (Workshop)

Mini-works of art in a variety of techniques.

Facilitator: Kathie Macduff

Saturdays, Oct. 22, 29, Nov. 5, 12

from 10:00 am – 12:00 pm

at Wellspring Carma House (1404 Home Rd. NW)

ArtShop: Photograph the Town

In picturesque Inglewood, get tips on what to look for and how to frame it, with a nod to manual exposure on your DSLR.

Facilitator: Mark Skogen

Sunday, Sept. 25 from 2:30 - 5:00 pm

Meet at Starbucks at 11 Street and 9 Ave SE

ArtShop: Origami Adventure

Make simple boxes and a few Christmas ornaments.

Facilitator: Sue Murphy

Saturday, Oct. 15 from 10:00 am – 4:00 pm

at Wellspring Carma House (1404 Home Rd NW)

ArtShop: Digital Storytelling

Create a meaningful story from your life with pictures, videos and music in a digital 3-5 minute movie. No experience required.

Facilitator: Mike Lang and Andrea Halwas

Monday, Oct. 17 from 6:30 - 8:30 pm

AND Saturday & Sunday, Oct. 22, 23 from 10:00 am – 4:00 pm

at Wellspring Carma House (1404 Home Rd NW)

ArtShop: Personal Puppets

Leave perfectionism behind while integrating your unique wishes and intentions.

Facilitator: Dorothy Mackintosh

Saturday, Nov. 19 from 10:00 am – 4:00 pm

at Wellspring Carma House (1404 Home Rd NW)

ArtShop: Silent Retreat for Creatives

Bring your own projects. Spend the day in companionable silence and leave replenished.

Facilitator: Kathie MacDuff

Saturday, Dec. 3 from 10:00 am – 4:00 pm

at Wellspring Carma House (1404 Home Rd NW)

ArtShop: Painting in a Day (acrylic)

Facilitator: Shawn Murray

Friday, Dec. 9 from 10:00 am – 4:00 pm

at Wellspring Carma House (1404 Home Rd NW)

OR Friday, Oct. 28 from 10:00 am – 4:00 pm

Wellspring Fountain Court (#102, 703-64 Ave SE) 🏠

Program & Speaker Guide

Fall 2016

Wellspring Carma House

1404 Home Road NW

Starts	Program	Time	Page
Sept 1	Thursdays with Bob: Beginnings	3:00 pm	21
Sept 6	Healthy Steps	9:30 am	19
Sept 7	Monthly: Laughter Yoga	10:00 am	26
Sept 7	Exercise and Educate Yourself	6:30 pm	27
Sept 7	Young Adult Creative Journaling	6:30 pm	9
Sept 8	Watercolour: Beginner's Brush	10:00 am	10
Sept 8	Community Garden Harvest	10:30 am	22
Sept 8	Drop In: Open Art Studio	12:30 pm	27
Sept 8	Moves in Rhythm	6:45 pm	19
Sept 9	Recipes for Inspiration	10:00 am	10
Sept 9	Drop In: Campfire Classics Music	12:00 pm	26
Sept 9	Gardening: Winter Herb Garden	1:00 pm	22
Sept 10	Journaling: Cultivating Wonder	10:00 am	10
Sept 12	Drop In: Yoga Restorative	11:15 am	18
Sept 12	Exercise and Educate Yourself	6:30 pm	27
Sept 12	Drop In: Healthy Reasons to Knit	7:00 pm	27
Sept 13	Tai Chi: More experienced	11:00 am	17
Sept 13	Tai Chi: Less experienced	12:15 pm	17
Sept 13	Drop In: Tuesday Tea	1:30 pm	27
Sept 13	Drop In: Yoga for Well Being	5:30 pm	18
Sept 14	Qigong: More experienced	10:15 am	17
Sept 14	Qigong: Less experienced	11:30 am	17
Sept 14	Register: Yoga Functional	11:45 am	18
Sept 14	HJ1: Coping with Cancer Stress	1:00 pm	6
Sept 14	Brain Fog	1:30 pm	6
Sept 14	Food & Nutrition: Hands-on	5:30 pm	20
Sept 14	Writer's Studio	6:30 pm	12
Sept 15	iRest Meditation	10:00 am	17
Sept 15	Drop In: Visualization Relaxation	1:15 pm	27
Sept 15	Drop In: Yoga for Well Being	5:00 pm	18
Sept 15	Speaker: Estate Planning	6:30 pm	4,8
Sept 16	Monthly: Ukulele	1:00 pm	26
Sept 16	Drop In: Yoga for Harmony	1:00 pm	18
Sept 17	Exercise and Educate Yourself	9:00 am	27
Sept 17	Drumming	1:00 pm	11
Sept 19	Urban Pole Walking	1:00 pm	22
Sept 19	Advanced Cancer Support	1:30 pm	21

Wellspring Carma House

1404 Home Road NW

Starts	Program	Time	Page
Sept 19	Speaker: Naturopathy	6:00 pm	4
Sept 19	Ultimate Road Trip: Discussion	6:30 pm	23
Sept 20	Young Adult Bootcamp	7:15 pm	9
Sept 21	Young Adult Food Nutrition	5:30 pm	9
Sept 24	Therapeutic Touch: An Intro	9:30 am	23
Sept 26	Speaker: Happiness Basics	6:30 pm	4
Sept 27	Monthly: Men's Group	7:00 pm	26
Sept 28	Drop In: Artist Trading Card	6:30 pm	11
Oct 1	Tai Chi Dive Deeper: All levels	9:30 am	23
Oct 2	For Caregivers Only	10:00 am	21
Oct 5	Monthly: Laughter Yoga	10:00 am	26
Oct 6	Creative Journaling: Intro	10:00 am	10
Oct 6	Thursdays with Bob: Hope	3:00 pm	21
Oct 7	Art Assortment	10:00 am	11
Oct 7	Monthly: Ukulele	1:00 pm	26
Oct 15	ArtShop: Origami Adventure	10:00 am	12
Oct 17	ArtShop: Digital Storytelling	6:30 pm	12
Oct 19	HJ2: Skills for Healing	1:00 pm	6
Oct 22	Artist Trading Card Workshop	10:00 am	11
Oct 22	ArtShop: Digital Storytelling	10:00 am	12
Oct 24	Take Charge: Build Action Plan	10:00 am	6
Oct 24	Speaker: Understanding Genetics	6:30 pm	4
Oct 25	Monthly: Men's Group	7:00 pm	26
Oct 26	Drop In: Artist Trading Card	6:30 pm	11
Nov 2	Monthly: Laughter Yoga	10:00 am	26
Nov 2	Calligraphy: Italic Hand	6:30 pm	10
Nov 3	Journaling: Cultivating Wonder	10:00 am	10
Nov 3	Thursdays with Bob: Beliefs	3:00 pm	21
Nov 3	Moves in Rhythm	6:45 pm	19
Nov 4	A Little Watercolour	10:00 am	10
Nov 4	Monthly: Ukulele	1:00 pm	26
Nov 19	ArtShop: Personal Puppets	10:00 am	12
Nov 22	Monthly: Men's Group	7:00 pm	26
Nov 23	Drop In: Artist Trading Card	6:30 pm	11

Wellspring Carma House

1404 Home Road NW

Starts	Program	Time	Page
Dec 1	Thursdays with Bob: Energy	3:00 pm	21
Dec 2	Monthly: Ukulele	1:00 pm	26
Dec 2	House Music: Nathan M. Godfrey	7:00 pm	4
Dec 3	ArtShop: Silent Retreat	10:00 am	12
Dec 7	Monthly: Laughter Yoga	10:00 am	26
Dec 9	ArtShop: Painting in a Day	10:00 am	12
Dec 27	Take A Break From Holidays	10:00 am	26

Other Locations

See pages listed below for more details

Starts	Program	Time	Page
Sept 8	Healthy Steps	3:00 pm	19
Sept 21	Speaker: Mindfulness (MBCR)	6:30 pm	4
Sept 25	ArtShop: Photograph The Town	2:30 pm	12
Nov 5	Speaker: Integrat. Health Panel	1:00 pm	4
Nov 24	YA: ATP Pizza & Play	6:30 pm	9

Outdoor

See pages listed below for more details

Starts	Program	Time	Page
Sept 10	Mindful Hiking: Boulder Pass	TBD	22
Sept 14	Mindful Hiking: Ptarmigan	TBD	22
Sept 21	Mindful Hiking: Larch Valley	TBD	22

Please read this before attending

To register for a program you first need to become a Wellspring Calgary member. **Membership is free of charge and no referral is necessary.** Membership forms are available at Wellspring Calgary (1404 Home Road NW) or on our website at www.wellspringcalgary.ca/forms.asp. You do not need a membership to attend the Speaker Series, House Music or Thursdays with Bob.

Wellspring Fountain Court

#120, 703-64 Ave SE



Starts	Program	Time	Page
Oct 3	Speaker: Reclaim Your Vitality	1:00 pm	5
Oct 5	Returning to Work	12:45 pm	7
Oct 11	Exercise and Educate Yourself	6:00 pm	27
Oct 12	Qigong Spring Forest: All levels	10:00 am	17
Oct 13	Young Adult Yoga	5:30 pm	9
Oct 13	Writer's Studio	6:30 pm	11
Oct 14	House Music: Magnolia Buckskin	7:00 pm	5
Oct 17	Journaling: Cultivating Wonder	10:00 am	10
Oct 17	Drop In: Open Art Studio	12:30 pm	27
Oct 18	Drop In: Ukulele	1:00 pm	26
Oct 20	Urban Pole Walking	3:00 pm	22
Oct 22	Therapeutic Touch: An Intro	1:00 pm	23
Oct 28	Artshop: Painting in a Day	10:00 am	12
Oct 29	Inner Smile Retreat	1:00 pm	18
Nov 3	iRest Meditation	10:00 am	17
Nov 4	Drop In: Yoga for Harmony	1:00 pm	18
Nov 10	Tai Chi Dive Deeper: All levels	1:00 pm	23
Nov 11	Speaker: Living Well with Cancer	7:00 pm	5
Nov 12	Retreat: Living Well with Cancer	10:00 am	23
Nov 12	Drumming	1:00 pm	11
Nov 14	Creative Journaling: Intro	10:00 am	10
Nov 16	Speaker: Legal & Employment	6:30 pm	5
Nov 17	Resumes and Interviews	10:00 am	7
Nov 25	Gardening: Forcing Winter Bulbs	1:00 pm	22

South Health Campus Wellness

Centre 4448 Front St SE

Starts	Program	Time	Page
Sept 29	Speaker: Depression	6:30 pm	5
Oct 6	Speaker: Conflict & Resolution	6:30 pm	5
Nov 19	Speaker: Food/Cancer Recovery	2:00 pm	5



Qigong: Spring Forest

Balance physical, emotional and spiritual energy. Use breathing, visualization, movement and sound to relieve pain, stress and depression. Developed by Master Chunyi Lin; consider this one tree in a forest of healing modalities.

Facilitators: Munira Jiwa and Yvette Falconer

For more experienced:

Wed., Sept. 14 - Dec. 14 at 10:15 - 11:15 am
at Wellspring Carma House (1404 Home Rd NW)

For less experienced:

Wed., Sept. 14 - Dec. 14 at 11:30 am - 12:30 pm
at Wellspring Carma House (1404 Home Rd NW)

OR for all experience levels:

Wednesdays, Oct. 12, 19, 26, Nov. 2, 9, 16
from 10:00 - 11:00 am
at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Tai Chi

Tai Chi promotes balance, coordination, a healthy immune system and may relieve pain and brain fog. A stress relief tool that brings peace and calmness.

Facilitator: Jane Sponiar

For more experienced:

Tues., Sept. 13 - Dec. 13 from 11:00 am - 12:00 pm
at Wellspring Carma House (1404 Home Rd NW)

For less experienced:

Tues., Sept. 13 - Dec. 13 from 12:15 - 1:15 pm
at Wellspring Carma House (1404 Home Rd NW)

Also see *Tai Chi Workshop: Dive Deeper*, page 23.

iRest® Meditation

Create inner strength and sanctuary with iRest, a deep meditative state of stillness and rest. Bring a journal, a blanket and a yoga mat.

Facilitators: Barbara Eastham & Claudia Istvanffy
Thursdays, Sept. 15, 22, 29, Oct. 6, 13, 20, 27

from 10:00 am - 12:00 pm
at Wellspring Carma House (1404 Home Rd NW)

AND/OR Thursdays, Nov. 3, 10, 17, 24, Dec. 1, 8

from 10:00 am - 12:00 pm
at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

**Yoga: Restorative (Drop In)
Deep rest and meditation**

Move into the body with effortless, supported poses and breathing for deep relaxation and rest.

Facilitator: Trish Robbins

Mon., Sept. 12 - Dec. 19 from 11:15 am - 12:30 pm

(No class Oct. 10)

at Wellspring Carma House (1404 Home Rd NW)

**Yoga: For Well-Being (Drop In)
Meditative pace with some pose changes**

Experience a sense of well-being with gentle yoga movement, breath awareness and iRest Yoga Nidra meditation for deep relaxation and body awareness.

Facilitator: Claudia Istvanffy

Tuesdays, Sept. 13 - Dec. 13 from 5:30 - 7:00 pm

Thursdays, Sept. 15 - Dec. 15 from 5:00 - 6:30 pm

at Wellspring Carma House (1404 Home Rd NW)

**Yoga: Functional (12-week pre-register program)*
More active pace with pose changes**

Functional movement and stamina blended with meditation and relaxation. Class is adaptable to individual physical needs and treatment. Commitment is required as poses progress from week to week. **If class is full, also see Yoga Thrive offered by U of C, page 24.*

Facilitator: Tyla Arnason

Wed., Sept. 14 - Nov. 30 from 11:45 am - 1:00 pm

at Wellspring Carma House (1404 Home Rd NW)

**Yoga: For Harmony (Drop In)
Meditative pace with some pose changes**

This gentle class for all levels aims to enhance flexibility, strength, mobility, balance, and tranquility encouraging meditation, breathing and relaxation.

Facilitator: Nicole St. Michel

Fridays, Sept. 16 - Oct. 28 from 1:00 - 2:15 pm
at Wellspring Carma House (1404 Home Rd NW)

AND/OR Fridays, Nov. 4 - Dec. 16 (no class Nov. 11)

from 1:00 - 2:15 pm
at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Inner Smile Retreat: Loving Energy

Relax the body and mind in self care with gentle finger massage and meditation. Focus on internal energy with this powerful self-healing technique to calm, relax and heal.

Facilitator: Jane Sponiar

Saturday, October 29 from 1:00 - 4:00 pm

at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Healthy Steps™*

Move and thrive to better health, well-being and self-image with Healthy Steps™ therapeutic research-based exercise and movement. Improve range of motion, balance, strength and endurance. Excellent for lymphedema and for every age, health and ability level. Visit www.gohealthysteps.com.

Facilitator: Barbara Cunnings-Versaevel

Tuesdays, Sept. 6 - Dec. 13 from 9:30 - 10:30 am
at Wellspring Carma House (1404 Home Rd NW)

OR Thursdays, Sept. 8 - Dec. 15 from 3:00 - 4:00 pm
at Montgomery Hall (5003 - 16 Ave NW)

Moves in Rhythm

Designed by Barbara Cunnings-Versaevel, Moves in Rhythm facilitates natural movement, energy and flow in the body. Principles of ballet, jazz and modern dance blend with the flow of Tai Chi. Have fun moving and exploring energy in motion.

Facilitator: Barbara Cunnings-Versaevel

Thursdays, Sept. 8 - Oct. 27 from 6:45 - 7:45 pm

AND/OR Thurs., Nov. 3 - Dec. 15 from 6:45 - 7:45 pm
at Wellspring Carma House (1404 Home Rd NW)

**PAR-Q+ / PARmedX Physical
Activity Readiness Process**

The PAR-Q+ form is required for all attendees (diagnosed with cancer and/or caregiver) of these programs: Cancervive, Exercise & Educate, Healthy Steps™, Moves in Rhythm, YA Boot Camp and Outdoor Programs. Complete forms EARLY. You may need to connect with a CEO (Certified Exercise Physiologist) by calling UofC at 403-210-8482 or a physician, if advised by CEP.

HOW TO: Get forms and directions from our website at www.wellspringcalgary.ca/forms.asp or from Wellspring Calgary at 1404 Home Rd NW

- ✓ If you have been diagnosed with cancer you must fill in the entire form.
- ✓ Caregivers who answer NO to the first 7 questions (section 1), are clear to exercise after signing the declaration.
- ✓ If you answer YES to any of the questions in section 1 and/or 2 consult a CEP (Certified Exercise Physiologist) at the Thrive Lab (U of C) or your doctor.
- ✓ The CEP may give clearance over the phone, or in person, **OR** may recommend a physician review a PARmedX form.
- ✓ Deliver forms to our office before class and you will receive a card with the expiry date.

Food & Nutrition: Hands-on Cooking Eating Well During Treatments

Please plan to attend both sessions.

Facilitator: Vincci Tsui, RD.

Lecture: Wednesday, Sept. 14 from 5:30 - 7:30 pm
at Wellspring Carma House (1404 Home Rd NW)

Cooking: Monday, Sept. 19 from 2:00 - 4:30 pm
at Blue Flame Kitchen (909 - 11 Ave SW)

Special Speaker Series: Open to the Public Food & Nutrition: Cancer Treatment Recovery (Lecture and Cooking Demo)

Are you faced with eating challenges due to swallowing difficulty, taste changes, or dry mouth caused by your cancer treatment? Learn and share tips for regaining health through good nutrition with survivors like you, in collaboration with the South Health Campus Wellness Centre and Alberta Health Services.

Please plan to attend both sessions.

Facilitators: Jennifer Black, RD and Vincci Tsui, RD

Lecture: Saturday, Nov. 19 from 2:00 - 4:00 pm

Cooking Demo/Sampling:

Saturday, Nov. 26 from 2:00 - 4:00 pm
at South Health Campus Wellness Centre Kitchen
(4448 Front St SE)

Supported in part by:



Bereavement Support

Should you become bereaved while a Wellspring member, or if you are new to Wellspring and have recently experienced the loss of a loved one due to cancer, we hope to provide support, programs and resources including:

- Thursdays with Bob: reflections on grief and loss
- Chaplain in Residence: one-on-one by appointment
- Money Matters: practical resources
- Speaker Series (including House Music)
- Library Resources
- Bereavement Resource Package

Thursdays with Bob *(Open to the public)*

Rev. Bob Glasgow, founder of the AHS Grief Support Program, hosts group reflections on grief and loss.

Facilitator: Rev. Bob Glasgow

First Thursdays of the month from 3:00 – 4:30 pm

Sept. 1 - New Beginnings

Oct. 6 - Hope Creates Life

Nov. 3 - Core Beliefs about Life

Dec. 1 - What Gives You Energy?

at Wellspring Carma House (1404 Home Rd NW)

Chaplain in Residence

Rev. Bob Glasgow, Resident Chaplain at Wellspring Calgary, is available for personal one-on-one conversations.

Call 403-521-5292 to book an appointment.

Thursdays from 1:30 - 3:30 pm

at Wellspring Carma House (1404 Home Rd NW)

For Caregivers Only

Join Fellow Caregivers for rest and relaxation, conversation and connections, practical information and resources, with good food and music. Please bring with you a small object or talisman that represents your experience as a caregiver in this cancer journey.

Facilitators: Dr. Helen MacRae and Shelley Asserson

Sunday, Oct. 2 from 10:00 am - 3:00 pm

at Wellspring Carma House (1404 Home Rd NW)

Advanced Cancer Support:

Acceptance and Intentional Living

For members whose experience includes advanced cancer, palliative care, and end-of-life, join a weekly facilitated conversation attending to your questions, concerns, reflections and musings on life and death; a safe and supportive space. Your needs and interests will inform the topics, and may include significant relationships, family, acceptance, emotions, grief, intention and more. Based on interest and need the gatherings may also include intimate partners or a family member. Ongoing registration.

Facilitator: Kelly Fredell, M.A.CRE, R. Psych

Mondays, Sept. 19 - Dec. 12 *(no class Oct. 10)*

from 1:30 - 3:00 pm

at Wellspring Carma House (1404 Home Rd NW)

Gardening: Hands On

Create practical and beautiful gardens for your winter indoors.

Facilitator: MaryAnne Robeson

Winter Herb Garden

Friday, Sept. 9 from 1:00 – 3:00 pm

at Wellspring Carma House (1404 Home Rd NW)

OR Forcing Winter Bulbs

Friday, Nov. 25 from 1:00 – 3:00 pm

at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Urban Pole Walking

After a two week active walking orientation, sign out our donated poles for a walk whenever you're at Wellspring.

Walk with a friend, or with a gang of friends.

Facilitators: Trish Robbins and Jane Sponiar

Monday, Sept. 19, 26 from 1:00 – 3:00 pm

at Wellspring Carma House (1404 Home Rd NW)

OR Thursdays, Oct. 20, 27 from 3:00 – 4:00 pm

at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Wellspring Calgary Community Garden Harvest

Harvest our community garden together and enjoy a drum circle and garden produce over a potluck lunch.

Facilitator: Sue Murphy

Thursday, Sept. 8 from 10:30 am – 1:00 pm

at Wellspring Carma House (1404 Home Rd NW)

Mindful Mountain Hiking

Hike in mindful beauty with old and new friends.

Register for 1 hike per month, 4 weeks before the hike.

Go to <http://www.wellspringcalgary.ca/hiking.asp> for times and details. Confirm ParQ/PARmed-X when

registering. If the hike is full, register for the 'Hiking Waitlist'.

Facilitators: Debbie Maclean and Peter Tucker

Saturday, Sept. 10 at Boulder Pass

Wednesday, Sept. 14 at Ptarmigan Cirque

Wednesday, Sept. 21 at Larch Valley

**Living Well with Cancer Retreat:
A Fundamental Change of Heart**

It is possible to live fully and wholeheartedly while living with cancer. This experiential program will focus on ways to co-exist with uncertainty, clarify what's important, and encourage an active, creative and meaningful life in the present. Come with a curious mind, a willingness to stretch yourself, take action and have fun. The weekend workshop will be followed by a four-week online component where work will continue at home. Also see "Living Well with Cancer" Speaker on Nov. 11, page 5.

Facilitator: Trudy Boyle

Saturday, Nov. 12 and Sunday, Nov. 13

from 10:00 am – 3:00 pm

at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Ultimate Road Trip: Are we there yet?**(Book Discussion: Healing Conversations)**

Bring your copy of Nancy Guilmartin's book 'What to Say When You Don't Know What to Say' to participate in healing conversations.

Facilitator: Don Watt

Every other Monday: Sept. 19, Oct. 3, 17, 31,

Nov. 14, 28, Dec. 12 from 6:30 – 8:30 pm

at Wellspring Carma House (1404 Home Rd NW)

Therapeutic Touch™: An Introduction

Learn basic self-care techniques for this non-invasive energy modality that accelerates the body's natural ability to heal, with demonstration, practice and discussion.

Facilitators: Linda Terra and Sheila Camp

Saturday, Sept. 24 from 9:30 am – 12:30 pm

at Wellspring Carma House (1404 Home Rd NW)

OR Saturday, Oct. 22 from 1:00 – 4:00 pm

at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Tai Chi Workshop: Dive Deeper

Learn Tai Chi meanings and applications through movement and contemplation. Bring a journal.

Facilitator: Jane Sponiar

All Tai Chi levels welcome:

Saturday, Oct. 1 from 9:30 am – 12:30 pm

at Wellspring Carma House (1404 Home Rd NW)

OR Thursday, Nov. 10 from 1:00 – 4:00 pm

at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

External Groups are independently managed cancer-related groups that meet at Wellspring Carma House (1404 Home Rd NW) unless otherwise indicated in the description below.

University of Calgary - Yoga Thrive (12-weeks)

Research-based therapeutic yoga for those diagnosed with cancer, on or off treatment, experiencing stiffness, pain, stress, fatigue or other side-effects. Classes designed to meet your (and your support person's) needs. Visit www.ucalgary.ca/healthandwellnesslab, <http://ow.ly/SOLnN>, or call Active Living: 403-220-7749.

Cancer Chic: Karla L, Christine F and Thrive Lab

Hands-on workshops for young women living with cancer. Discuss chemical-free beauty products and tips on hair loss, fitness and survivorship. Free lunch and care package. To register email: karla@cancerchic.ca.

Monday, Oct. 3 from 9:30 am - 12:00 pm
at Wellspring Carma House (1404 Home Rd. NW)

OR Monday, Nov. 28 from 9:30 am - 12:00 pm
at Wellspring Fountain Court (#102, 703-64 Ave SE) 🏠

Look Good Feel Better

Manage appearance-related cancer side-effects in a friendly environment. Tips on skincare, makeup, wigs and hair alternatives. Complimentary cosmetic kit. Caregivers welcome for tea and a tour. To register call Wellspring Calgary at 403-521-5292.

First Tuesday of the month from 1:00 – 3:00 pm

Women's Interest Group (No registration required)

Conversation, camaraderie, connectedness, humour, comfort and support in a welcoming space.

Contact Becky: talkbtgroup@outlook.com

Fridays, Sept. 9 - Dec. 16 (no meetings Oct. 7, Nov. 11)
from 1:00 – 3:00 pm

Bladder Cancer Support Group

Call Susan (403) 730-3448 or Ben (403) 474-9612 or email: bladdercancercalgary@gmail.com

Blood Cancer Support Group

Call Lindsay 403-263-5300 or email lindsay.sales@lls.org
Second Tuesday of the month from 7:00 - 8:30 pm

Brain Tumor Support Group

Info: Crystal 403-944-3439 / lori.w@shaw.ca
3rd Wednesday of the month from 6:30 – 8:30 pm

Cervical Cancer Support Group

Email Becky: talkbtgroup@outlook.com
2nd Thursday of the month from 10:00 – 11:30 am

Colorectal Cancer Support Group

Email: coloncancercalgary@gmail.com
2nd Wednesday of the month from 10:00 – 11:30 am

Head and Neck Cancer Support Group: AHS

Email Dr. Pelletier: guy.pelletier@albertahealthservices.ca
2nd Monday of month from 5:30 – 7:00 pm
Note: October's meeting will be held on Oct. 17

Ostomy Support Group

Info: Patricia Cimmeck 403-273-8946
Tuesday, Oct. 11, Nov. 8 from 7:00 – 9:00 pm

SAMPS: Southern AB Multiple Myeloma Support

Info: Norma 587-998-7267 / sampswarriors@gmail.com
Sept. 8, Nov. 10 from 7:00 - 9:00 pm
(no meetings in October or December)
Confirm dates at: www.southernalbertamyeloma.org

Young Adult Cancer Canada (YACC) / Localife

Localife offers fun, casual, peer-led social events for young adults living with and beyond cancer. Connect with a community of people who get it! To participate you must have received a cancer diagnosis between the ages of 15 and 39 and you must currently be 18 to 39 years old. You may also bring one supporter (aged 18-39).
Info: Kevin at localifecalgary@youngadultcancer.ca or www.youngadultcancer.ca

Men's Group

Touched by cancer, diagnosed with cancer or a caregiver? Drop in and talk about anything and nothing.
Facilitator: Chris Hylton and peer volunteers
Tuesdays, Sept. 27, Oct. 25, Nov. 22 (no class in Dec.)
from 7:00 – 9:00 pm
at Wellspring Carma House (1404 Home Rd NW)

Laughter Yoga

Laugh until it helps! Laughter relaxes and improves mood and ability to cope.
Facilitator: Cheryl Oberg
Wednesdays, Sept. 7, Oct. 5, Nov. 2, Dec. 7
from 10:00 - 11:00 am
at Wellspring Carma House (1404 Home Rd NW)

Thursdays with Bob (open to the public)

Rev. Bob Glasgow founder of the AHS Grief Support Program, hosts group reflections on grief and loss.
Facilitator: Rev. Bob Glasgow
First Thursdays of month from 3:00 - 4:30 pm
Sept. 1 - New Beginnings
Oct. 6 - Hope Creates Life
Nov. 3 - Core Beliefs about Life
Dec. 1 - What Gives You Energy?
at Wellspring Carma House (1404 Home Rd NW)

Ukulele (monthly or weekly)

Build skills and sing along. Drop in with your own ukulele!
Facilitator: Barry Luft and volunteers
Fri., Sept. 16, Oct. 7, Nov. 4, Dec. 2 from 1:00 – 2:15 pm
at Wellspring Carma House (1404 Home Rd NW)

AND/OR Beginners Ukulele:

Tuesdays, Oct. 18 - Nov. 22 from 1:00 - 2:00 pm
at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Campfire Classics Music Jam (weekly)

Informal singalong with any instruments or just your voice. No experience needed. Members welcome to bring a guest (who would register in public registration on the Wellspring website).
Fridays, Sept. 9 - Dec. 16 (no class Nov. 11)
from 12:00 - 1:00 pm
at Wellspring Carma House (1404 Home Rd NW)

Take A Break From Holidays: Program Sampler

Tuesday, Dec. 27 from 10:00 am - 3:00 pm
at Wellspring Carma House (1404 Home Rd NW)

10 Healthy Reasons to Knit

Studies show knitting can help relieve depression, process grief, provide cognitive focus, and it's fun! Drop ins welcome. Commitment requested.
Facilitator: Barbara Cunnings-Versaevell
Mondays, Sept. 12 - Dec. 19 from 7:00 – 8:00 pm
(No class Oct. 10)
at Wellspring Carma House (1404 Home Rd NW)

Exercise and Educate Yourself*

Fun, light to moderate exercise with information to motivate and modify exercise habits. No experience required. Guided by a Certified Exercise Physiologist or Personal Trainer. **Register each day you plan to attend.**
**Note: PARQ+ physical activity forms required*
Facilitators: L. Capozzi, K. Wytsma-Fisher, C. Jackson.
Wednesdays, Sept. 7 - Dec. 7 from 6:30 – 7:30 pm
OR Mondays, Sept. 12 - Dec. 12 from 6:30 – 7:30 pm
(no class Oct. 10)
OR Saturdays, Sept. 17 - Dec. 17 from 9:00 – 10:00 am
(no class Oct. 8)
at Wellspring Carma House (1404 Home Rd NW)
OR Tuesdays, Oct. 11 - Nov. 30 from 6:00 - 7:00 pm
at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠

Tuesday Tea

Drop in for tea and conversation with Wellspring Calgary members. Everyone welcome.
Facilitators: Don Watt and team
Tuesdays, Sept. 13 - Dec. 13 from 1:30 – 3:00 pm
at Wellspring Carma House (1404 Home Rd NW)
**Also see Take a Break on Dec. 27 (page 26)*

Open Art Studio: BYO Art Projects

Reclaim time for ideas and self-expression. Personal instruction available.
Facilitators: Kathie MacDuff and team
Thursdays, Sept. 8 - Dec. 15 from 12:30 – 3:30 pm
at Wellspring Carma House (1404 Home Rd NW)
AND/OR Mondays, Oct. 17 - Dec. 12
from 12:30 - 2:30 pm
at Wellspring Fountain Court (#120, 703-64 Ave SE) 🏠


Visualization and Relaxation

Meditation and discussion in a safe, comfortable group environment. Learn powerful techniques that promote deep relaxation, physical and emotional healing.
Facilitator: Marilyn Day
Thursdays, Sept. 15 - Dec. 8 from 1:15 – 2:45 pm
at Wellspring Carma House (1404 Home Rd NW)

Wellspring Carma House

1404 Home Road NW
Calgary, Alberta T3B 1G7
403-521-5292

Wellspring Fountain Court

Fountain Court #120, 703 - 64th Avenue SE
Calgary, Alberta T2H 2B5
 Opens in Oct 2016 (see website)

We sincerely thank everyone who donates to Wellspring Calgary.

Wellspring Calgary's work is made possible through the generous donations of individuals, corporations, foundations and grassroots fundraisers, with the efforts of committed volunteers, dedicated staff and skilled facilitators. To support this vital work, please visit our website at www.wellspringcalgary.ca or call 403-521-5292.

www.wellspringcalgary.ca
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