



Wellspring Calgary Speaker Series: WINTER 2017 (Please note varying locations)

WELLSPRING CARMA HOUSE: (1404 Home Rd NW)

Threshold Choir

Calgary's Threshold Choir sings for and with those at life's thresholds. Learn about the choir and hear their singing and "song bath" demo.
Friday, Jan. 6 from 7:00 - 8:30 pm

Fatigue and Cancer: Dr. Ardythe Taylor and Steve Simpson PhD

Wednesday, Feb. 1 from 6:30 - 8:30 pm

Legal and Employment Matters: Darrell Lang and Frank Molnar

Legal and HR specialists outline the impact an absence from work can have on employment relationships and clarify your legal rights.
Thursday, Feb. 9 from 6:30 - 8:30 pm

Preparing for Temporarily Reduced Income: Ben Eggen, Financial Consultant

Wednesday, Feb. 22 from 6:30 - 8:30 pm

Reclaim Your Vitality Beyond Cancer: Rebecca Garland (3 week series) Attend individual sessions or all three

Week 1 & 2: Live Beyond Fear: Build skills and personal power to live with courage and joy. Tuesdays, Mar. 7, 14 from 10:30 am - 12:00 pm
Week 3: A Story of Love: See your body in a new light and restore the healing power of love. Tuesday, Mar. 21 from 10:30 am - 12:30 pm

Resilience of the Human Spirit: Wilson Miranda 'When the going gets tough, the tough get going'

Wednesday, Mar. 8 from 6:30 - 8:30 pm

House Music: Robbie Banks / Celtic, folk and pop on guitar, accordion etc.

Friday, Mar. 10 from 7:00 - 9:00 pm

First Nations Stories of the Circle: Guided Introduction with Jessie Fiddler Kiss

Elders Cree/Metis teachings about the medicine wheel for balance & healing, using drum & moss bag tools. 'All we are, or ever will be, are stories.'
Wednesday, Mar. 29 from 6:30 - 8:00 pm

WELLSPRING FOUNTAIN COURT: (#120, 703 - 64 Ave SE)

Sacred Song and the Heart Space: Tracey Gawley, Lisa Manitopyes-Weleschuk, and Fiona McGinn

Sing in community blended with Kundalini yoga practices of listening and breathing.
Friday, Feb. 24 from 7:00 - 9:00 pm

House Music: Tessitura: Doug Baker, Murray Little, Fiona McGinn

Friday, Mar. 31 from 7:00 - 9:00 pm

A Conversation about Depression: Tracy Sutton

Thursday, Apr. 6 from 6:30 - 8:00 pm

SOUTH HEALTH CAMPUS WELLNESS CENTRE: (4448 Front St SE)

First Nations Stories of the Circle: Guided Introduction with Jessie Fiddler Kiss

Elders Cree/Metis teachings about the medicine wheel for balance & healing, using drum & moss bag tools. 'All we are, or ever will be, are stories.'
Tuesday, Jan. 24 from 6:30 - 8:00 pm

Food & Nutrition: Cancer Treatment Recovery for People with Eating Challenges: Jennifer Black, RD

Lecture: Wednesday, Feb. 15 from 5:30 - 7:30 pm

Cooking: Wednesday, Feb. 22 from 5:30 - 7:30 pm

Music and Art: My Therapy: Jennifer Buchanan: Music Therapist and Debbie Baylin: Art à la Carte

Thursday, Mar. 23 from 6:30 - 8:00 pm

OKOTOKS and HIGH RIVER SPEAKER OUTREACH

Has Cancer Caused Conflict in Your Life? Deborah Sword, PhD

Monday, Jan. 16 from 1:30 - 3:00 pm at Okotoks Public Library (7 Riverside Drive)

Conflict Mental Maps: Deborah Sword, PhD

Monday, Jan. 23 from 1:30 - 3:00 pm at High River Cancer Centre (560 - 9th Ave SW)