

Further up the Road...

We are delighted you found Wellspring and we hope your experiences here are enlightening, inspiring and empowering.

While we understand that cancer treatment and recovery takes time, we hope that the day comes when you no longer feel the need to make use of the programs and services Wellspring offers. At that point, Wellspring has recommendations for long-term health and wellness programs available in the community.

Or, when you are ready, you might also consider offering your wisdom and experience through one of Wellspring's many volunteer roles such as Peer Support, Front Desk, Community Outreach, Fundraising and more based on your interests and skills. Each role helps Wellspring help others. We provide extensive volunteer training and orientation.



Contact Wellspring

Carma House

1404 Home Road NW, Calgary

Phone: 403-521-5292

Fax: 403-521-5298

Fountain Court

#120, 703 - 64 Avenue SE, Calgary

Phone: 587-747-0260

www.wellspringcalgary.ca

Charitable Registration # 809013675RR0001

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Wellspring Calgary Welcome Guide



www.wellspringcalgary.ca



Welcome to Wellspring Calgary

Wellspring is here to assist you and your loved ones with the many personal challenges that come with a cancer diagnosis. It is a warm and welcoming community that includes other patients and caregivers, as well as volunteers and professional program facilitators. At Wellspring, you will find compassion and understanding, and a wide range of programs and services that meet the emotional, social, practical and restorative needs of people living with cancer and those who care for them.

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.

Wellspring offers programs, services and resources free of charge and without referral. Members can register online at www.wellspringcalgary.ca, by phone at 403-521-5292, or 587-747-0260, in person at Wellspring Carma House (1404 Home Rd NW) or Wellspring Fountain Court (#120, 703 - 64 Ave SE).

No one has to face cancer alone.

Program Descriptions

Supportive Conversations: Food for Thought: Drop in for facilitated conversation with other members. Everyone welcome.

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

Take Charge: Build your action plan, a decision-making model and celebrate your strengths. Your personal healing plan requires leadership, communication, decision-making and teamwork.

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

Ukulele: Build skills and sing along. Drop in with your own ukulele!

Visualization, Relaxation and Mindfulness: Guided meditation and discussion in a safe, seated, group environment. Learn powerful techniques for deep relaxation, physical and emotional healing.

Walking Programs: Bird Strolls, Urban Pole Walking and seasonal nature walks offer the benefits of nature, fitness and community at a gentle to moderate pace within the city.

Watercolour: Basic skills and techniques provided by watercolour artists. No experience necessary. Supplies provided or bring your own.

Writers' Studio: Explore your creative voice through writing, collaboration and reflection.

Yoga:

A variety of levels and intensity meet different needs and stages of healing.

- Yoga: For Harmony (Drop In)
 - Meditative pace with some pose changes
- Yoga: For Well-Being (Drop In)
 - Meditative pace with some pose changes
- Yoga: Functional (12 weeks, pre-register)
 - More active pace with pose changes
- Yoga: Restorative (Drop In)
 - Deep rest and meditation



Program Descriptions

Mindful Mountain Hiking: Hike in mindful beauty with old and new friends. Register for one hike per month, four weeks before the hike. If hike is full, register for the 'Hiking Waitlist'. Par-Q+ and/or PARmed-X required. <http://www.wellspringcalgary.ca/hiking.asp>

Money Matters: Manage financial changes and cancer expenditures. Ongoing clinics offered by experts free of charge include Financial Advice Clinic, Wills Clinic, Income Tax Clinic, Long Term Disability (LTD) and Employment Law Clinic. For a one-on-one appointment call 403-521-5292 or 587-747-0260.

Moves in Rhythm: Facilitate natural movement, energy and flow in the body, blending ballet, jazz and modern dance with the flow of Tai Chi. Fun and energetic. *Note: PAR-Q+ physical activity forms required.

Music: Programs include hands on workshops (drums, kalimba, ukulele), the use of stories and 'Music as My Therapy' to understand the science of music intervention for health and wellness.

Open Studio: Reclaim time for ideas and self-expression. Instruction available. BYO projects.

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.

Resumes and Interviews: Update your resume and hone your interview skills. Reflective exercises, discussion and key strategies will help you match your unique abilities and strengths with just the right job.

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, 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.

Ski Day: Ski a little or a lot. It's all about having fun outdoors. Volunteer ski buddies will be available for coaching and community. Tickets and transportation provided free of charge because of collaborations with donors and YACC (Young Adult Cancer Canada). *Note: PAR-Q+ physical activity forms required.

Overview

of Wellspring Calgary



Mandate

Wellspring Calgary is a non-profit charitable organization that supports, informs and empowers those diagnosed with cancer by helping them address the fear, isolation, disruption and practical problems cancer can bring to their lives.

In operation since 2007 and an affiliate of the Wellspring Cancer Support Foundation, Wellspring Calgary provides a comprehensive range of programs, support and resources so anyone living with cancer, and the people who care about them can improve the quality of their lives. All programs and services are informed by evidence, and offered free of charge and without referral.

Vision

No one has to face cancer alone.

Mission

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

Charitable Organization

Wellspring Calgary is a charitable organization that receives no core government or United Way funding. Wellspring Calgary costs are offset entirely through the generosity of financial donors.

The Right Program at the Right Time

Wellspring Calgary offers more than 40 different programs and services. Peer Support Volunteers are here to help you access programs that will best meet your specific needs, whether you are newly diagnosed, in treatment, recovering from cancer, coping with metastatic illness, or in an active and significant caregiving role. Some programs are designed to help when you are not feeling well, or when you are dealing with difficult symptoms. Other programs are intended to help with cancer recovery and restoring health and wellness. Still others will help you make the transition back into the community by providing the tools, information and resources to manage your own health on a long-term basis.

Regardless of where you are in your cancer journey, Wellspring will help you select the *right* program at the *right* time, now and for each step ahead.



For more details about our programs, calendar and events visit our website at www.wellspringcalgary.ca

Program Descriptions

Healing Journey:

- Healing Journey 1: Coping with Cancer Stress
- Healing Journey 2: Skills for Healing
- Healing Journey 3: Bringing Spirituality into your Healing Journey
- Healing Journey 4: Becoming Authentic
- Healing Journey 5: Book Study

Healthy Steps™: With therapeutic research-based exercise and movement, improve range of motion, balance, strength, endurance and self image. Excellent for lymphedema. For every age, health and ability level. www.gohealthysteps.com *Note: PAR-Q+ physical activity forms required.

Horticultural Programs: Interacting with nature is vital to human health and well-being. 'Community Garden' and 'Garden Workshops' offer active gardening, information and ideas for home gardens.

House Music: Featuring local professional musicians and bands, these concerts remind members, friends and family of the need for fun, music and community. Open to the public.

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.

Laughter Yoga: Laugh Until it Helps! Relaxes and improves mood and ability to cope.

Legal and Employment Matters: Legal and Employment specialists outline the impact an absence from work can have on employment relationships and clarify your legal rights. Open to the public.

Living Well with Cancer: It is possible to live fully and wholeheartedly with cancer. Focus on ways to co-exist with uncertainty, clarify what's important while living an active, creative and meaningful life. Come with a curious mind, a willingness to stretch yourself, take action and have fun. The weekend workshop is followed up with a four-week online home component. See "Living Well with Cancer"- Speaker Series.

Men's Group: Diagnosed with cancer or a caregiver? Drop in and listen or share.



Program Descriptions

Caregiver Support: Informal discussion for caregivers and care partners offered through a variety of programs such as 'For Caregivers Only'.

Ceramics: Learn basic hand-building techniques of pinch, coil and slab, culminating in pieces reflecting your personal story. Finished with bisque and glaze fired with food-safe glazes.

Campfire Classics: Informal singalong with any instruments or just your voice. No experience needed. Members welcome to bring a guest (who would register in public registration).

Cancervive Challenge: Challenge yourself leading up to a group fitness event. Gain strength through spin training at TCR sport Lab with a Certified Exercise Physiologist. *Note: PAR-Q+ physical activity forms required.

Chaplain in Residence: Book an appointment for a personal one-on-one conversation in times of difficulty.

Creative Journaling: 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.

Cross Country Skiing / Snowshoeing: Have fun with a certified coach. Beginners welcome, with tips for more advanced participants who wish to train for a winter event. *Note: PAR-Q+ physical activity forms required.

Digital Storytelling: Create a meaningful story from your life with pictures, video and music in a three minute movie. No experience required.

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

Exercise and Educate Yourself: Fun, light to moderate exercise with information to motivate and modify exercise habits guided by a Certified Exercise Physiologist or Personal Trainer. No experience required. *Note: PAR-Q+ physical activity forms required.

Food and Nutrition: Hands on cooking with demos and lectures by registered dieticians who offer current information about eating for optimum health. Nourish body, mind and soul.

For Caregivers Only: Join fellow caregivers for rest and relaxation, conversation and connections, practical information and resources, with good food and music.

Needs, Interest, Time and Energy

This Welcome Guide lists over 40 programs. Within each group of programs, you will find more information about who the program is for, such as programs specifically for those diagnosed with cancer, or caregivers, or both. We suggest you think about your Needs, Interest, Time and Energy (NITE) when deciding which programs you want to attend. The following leaf symbols will help you choose a program that meets your individual needs.



Drop-in

No ongoing commitment; especially helpful for those who are not feeling well, in treatment or coping with symptoms that make commitment difficult. Drop in anytime, however, registration is required for program change notices.



Registration or appointment required

Commitment to attend all sessions is optimal.



Registration required

Commitment to attend all sessions and home practice may be required.

All Wellspring Calgary programs are led by professional facilitators and available at no charge to members. A peer support volunteer can assist you with program selection, but you can also access more information through the following Wellspring Calgary resources:

- **This Welcome Guide**
Provides programs grouped by areas of Needs, Interest, Time and Energy. Online at wellspringcalgary.ca or via the front desk.
- **Program Schedule**
Lists dates and times of current speakers, programs and external group meetings. Available online at wellspringcalgary.ca or via the front desk.
- **Program Registration (Online)**
Describes information about all current programs, and allows registration. Available online at www.wellspringcalgary.ca, the front desk or phone.
- **Program Summaries**
Provides descriptions of programs, what to expect and supporting research. Available online at www.wellspringcalgary.ca or via the front desk.

Additional Things to Know

As a Wellspring member, you will be asked to:

- Complete a membership form available from the Peer Support Volunteer, the Front Desk Volunteer, or online.
- Read and abide by Wellspring's Confidentiality Policy and sign a Code of Conduct form.
- Respect our scent-free environment (no perfume, cologne or scented skin products) while visiting a Wellspring centre.
- Refrain from visiting a Wellspring centre if you have a cold or other contagious illness. Allergy symptoms can mimic cold/flu symptoms. Out of respect and courtesy we ask that if you come to Wellspring sneezing or coughing due to seasonal allergies, please let the group know that your symptoms are not due to an illness. This will reduce fear and concern in fellow members.
- Cancel online or inform Wellspring if your commitment or availability to attend a registered program has changed.



Wellspring Calgary membership is available to adults 18 years and older.

For children/youth under 18: To minimize duplication of existing children's programs and services offered by other organizations, most Wellspring Calgary programs are designed for adults. A limited number of child/youth friendly programs will be identified in our program schedule, or via member emails. In this situation, a parent or guardian would need to accompany the child/youth, and fill in a Child/Youth Participation form.

Program Descriptions

Wellspring Calgary offers more than 40 programs between our two locations (Carma House NW and Fountain Court SE). Our schedule is divided in three seasons (fall, winter, spring/summer). Some programs are offered seasonally and others are available year round. Below is a short description of most of the programs offered. For a more detailed list including: seasonal programs, schedules, speakers and external groups, pick up a current copy of our Program Schedule or visit our website and online registration system at www.wellspringcalgary.ca. For more in depth program information ask our Front Desk Volunteers for program summaries, or search online.

Advanced Cancer Support: Living with Uncertainty and Intention

How do I live well knowing that I have an illness that at some point will likely end my life? How do I talk about this reality with people in my life? How do I make the most out of every day? What really matters to me? Have my priorities changed? What needs to happen now... next? What resources are available to assist me and my loved ones? This program nurtures a sense of belonging with others facing these difficult realities, sharing stories, tears and laughter, and gaining courage and wisdom.

Artist Trading Cards: Create mini-works of art in a variety of techniques intended to be freely traded as parts of a world-wide art community. Drop in on monthly trading sessions.

Art Mix (multi-week workshops): Featuring programs such as ceramics, calligraphy, journals, textiles and more, creative and technical support builds confidence and creative expression. No experience needed.

Artshops (single day workshops): Facilitated by artists, creativity and hands on expression are well-known healing tools in supportive communities. No experience or skill needed.

Book Discussion Ultimate Road Trip: "Are we there yet?" may be the key road trip question. The writings of thoughtful authors with facilitated discussion stimulate frank, challenging and compassionate conversations.

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









BEREAVEMENT

Should you become bereaved during your time as a Wellspring Calgary member, or if you are new to Wellspring Calgary and have recently experienced the loss of a loved one due to cancer, we hope to provide support, programs and resources. Please contact the Wellspring Calgary Centre Manager to discuss the options available to you.

We are fortunate to have a non-denominational Chaplain in Residence who is available by appointment for individual or family conversations. Our Chaplain also offers group opportunities for reflection on grief and loss on a monthly bases and provides information on community-based programs and resources. Please keep in mind our Speaker Series is open to the public and you are welcome to attend with your family and friends.

Helpful bereavement support programs available to you at Wellspring include:

-  Bereavement Resources: List of internal/community resources
-  Chaplain in Residence: One-on-one by appointment
-  Library Resources: Books, pamphlets, CDs, DVDs, computer access
-  Money Matters: Practical resources
-  Speaker Series: Leaders in the cancer community
-  Thursdays with Bob: Reflections on grief and loss

Confidentiality



Wellspring takes the matter of members' confidentiality very seriously. Confidentiality creates a safe environment where members feel free to participate in programs and share personal information without concern about unwanted disclosure by others.

All information shared by members at Wellspring is kept strictly confidential, and this policy applies to program facilitators, volunteers and staff, and members with respect to confidential information of other members. It includes:

- refraining from mentioning another member by name to anyone outside of the program session
- not disclosing at any time personal information about another member
- being sensitive to another member's right to privacy if you encounter them outside of the Wellspring community

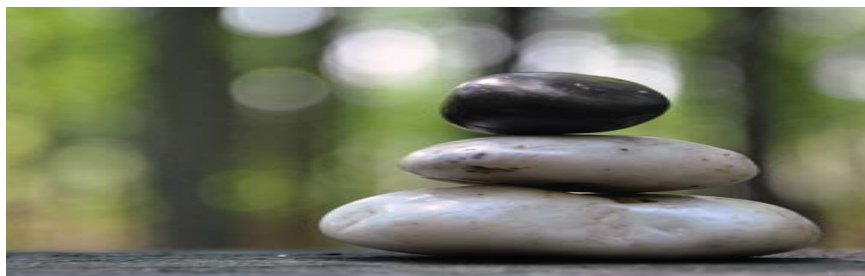
Protection of personal information includes verbal as well as written forms of communication (including all electronic means of community such as emails, texts or blogs).

To respect your confidentiality outside of the Wellspring community our volunteers, facilitators and staff will not approach you unless you approach them first.



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For more details about our programs, calendar and events visit our website at www.wellspringcalgary.ca.

ONE-ON-ONE



Facilitated by Professional Facilitators

- 📌 Chaplain in Residence: Call to arrange an appointment
- 📌 Money Matters: Call to arrange an appointment

Facilitated by Volunteers or Certified Facilitators

- 📌 Peer Support:
 - One-on-one support for people diagnosed with cancer and their caregivers. Learn about Wellspring services and practical strategies.
 - A trained peer support volunteer who has experienced cancer or has been a caregiver, is available weekdays to meet with you.
 - Call during office hours to ensure a peer support volunteer is onsite.
- 📌 Energy Sessions: See below for more information.

ENERGY SESSIONS



Wellspring Calgary offers three holistic energy sessions (Healing Touch, Reiki and Therapeutic Touch) to promote wellness and reduce anxiety, tension and stress. Sometimes just one hour of relaxation, restoration and renewal in a calm, private space is the key to re-balancing personal energy. Participants are fully clothed in these 45 - 60 minute sessions. Each session is non-touch, or with light touch (applied with permission), and accompanied by soft lighting and soothing music. Wellspring energy sessions are complementary to other healthcare and treatment options.

- Three modality choices (Healing Touch, Reiki or Therapeutic Touch)
- One on one sessions provided by certified volunteer practitioners
- Feel free to sample one of each modality type



SPEAKER SERIES

The Wellspring Speaker Series provides comprehensive information from respected leaders in the cancer community, and opportunities to ask questions directly. Membership is not required, however we ask that you register in advance (when possible). Events are free of charge and provide an excellent opportunity to meet others. A variety of topics are offered:

- **Speakers:** Cancer specialists share evidence informed content about cancer practice and research on a variety of issues such as current cancer research, caregiving, meditation and movement, lifestyle and spiritual issues, expressive arts and more.
- **Music:** House music offers a relaxing night out, with talented local musicians.



RESOURCES, LIBRARY & MEETING SPACE

The Wellspring Calgary Library includes books, brochures, and a list of trusted websites. Members are welcome to access the computers in our libraries and sign out or use resources onsite.

External Groups that meet at Wellspring: (check website for full list)

- Bladder Cancer Support
- Brain Tumor Support
- Cervical Cancer Support
- Head and Neck Cancer Support
- Hereditary Breast and Ovarian Support
- University of Calgary - Yoga Thrive
- Southern AB Multiple Myeloma Support (SAMPS)
- Young Adult Cancer Canada (YACC) / Localife
- Blood Cancer Support
- Cancer Chic
- Colorectal Cancer Support
- Look Good Feel Better
- Ostomy Support
- Women's Interest Group

Getting Started

Getting started is easy. In fact, you have already taken the first step by coming to Wellspring, meeting with a Peer Support Volunteer, and using this guide.



Becoming a Member:

As a next step you will be asked to complete a membership form before participating in any program or service. This gives you access to programs, services and resources free of charge. You will also be asked to give permission for Wellspring to follow up with you by email or by phone. With your permission, a Peer Support Volunteer will contact you on occasion to discuss any new needs you might have and to provide you with new program suggestions.

Non-Members:

Some programs are open to the public as well as members. These include programs such as Speaker Series, House Music and Thursdays with Bob.








EDUCATIONAL

Educational programs address specific issues individuals living with cancer may experience, such as: financial challenges; work and career decisions; healing plans, and ways to manage thoughts, feelings and choices.

The Healing Journey is a comprehensive, five-level program for people who want to learn how to help themselves. It was developed by Dr. Alastair Cunningham, scientist, psychology professor and cancer survivor. The Healing Journey explores many different supportive care and coping skills/techniques. Level 1 is four weeks in length and provides a broad introduction to ways of coping with cancer and the benefits that can be realized. For more information visit www.healingjourney.ca.

Programs may include:

-  Money Matters: One-on-one meeting with a caseworker
-  Brain Fog: Practical strategies to deal with cognitive challenges
-  Healing Journey: Tools to calm the mind and promote health
-  Returning to Work: Discussion and practical planning
- Legal and Employment Matters: Discussions, clinics, speakers
- Resumes and Interview: Practical tools and preparation
-  Take Charge: Build your own action plan














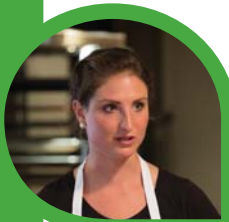
CAREGIVING & SELF CARE

Self care is important for those diagnosed with cancer, and their caregivers. Opportunities for members to share experiences, explore thoughts and emotions, and gain tools and techniques will help manage anxiety, stress, and practical issues such as nutrition and sleep.

Caregivers who are in a significant caregiving role are welcome to join as members and take these and other programs offered at Wellspring.

Programs may include:

-  Caregiver's Support: Discussion and support for care partners
-  Laughter Yoga: Focus on laughter as a healing tool
-  Men's Group: Discussion and support
-  Supportive Conversations: Drop in, group discussion
-  Thursdays with Bob: Reflections on grief and loss (Open to public)
-  Visualization, Relaxation and Mindfulness
-  Advanced Cancer Support:
Living with Uncertainty and Intention
-  Chaplain in Residence: Call to arrange an appointment
-  Food and Nutrition: Lecture and hands on sessions
-  For Caregivers Only: Discussion, support and resources
-  Living Well with Cancer: Weekend retreat with speaker night







YOUNG ADULT

Wellspring Calgary offers Young Adult programs for individuals (18-39ish) that focus on relevant young adult issues such as: financial challenges; concerns about returning to work; relationships; feelings of fear and isolation; and perhaps the most helpful, opportunities to meet and socialize. For current information and questions, contact youngadult@wellspringcalgary.ca

Please note, YACC (Young Adult Cancer Canada) is a national organization (external to Wellspring Calgary) that also supports young adults living with cancer. For additional information contact YACC at localifecalgary@youngadultcancer.ca or visit www.youngadultcancer.ca

Programs may include: (Programs vary seasonally)

-  Young Adult Bootcamp: Build strength and fitness
-  Young Adult Expressive Arts: Multimedia
-  Young Adult Food and Nutrition: Lectures and hands on
-  Young Adult Social Connections: Events and gatherings

Research indicates that a primary need of young adults facing cancer is to meet with other young adults sharing similar experiences.







MONEY MATTERS




Money Matters is a solution-based program to help people manage financial changes and cancer expenditures. Members meet individually with a caseworker who offers cancer-related knowledge on government income replacement programs, drug coverage options, insurance issues, returning to work, emergency assistance and other areas of support. At the initial appointment members review their situation and assess eligibility for assistance. Call to arrange an appointment.

Money Matters is available by appointment. Caregivers are welcome to attend with the patient. Phone meetings are also an option.

Clinics may include:

-  Financial Advice Clinic: Meet with a Certified Financial Planner
-  Income Tax Clinic: Annual event
-  LTD & Employment Law Clinic: Meet a lawyer
-  Wills Clinic: Meet with a lawyer

Related programs include:

-  Legal and Employment Matters: Discussions, clinics, speakers
-  Resumes and Interviews: Practical tools and preparation
-  Returning to Work: Discussion and practical planning



MOVEMENT, MEDITATION, OUTDOOR & FITNESS

Wellspring offers a variety of fitness, movement, yoga and meditation programs designed to improve physical function, address fatigue and enhance overall quality of life. Techniques help members reduce feelings of stress and feel more in control of their cancer experience.

Though most exercise programs are consistently offered year-round the outdoor programs are seasonal.

Programs may include:

- ✔ Exercise and Educate: Light to moderate
- ✔ Visualization, Relaxation and Mindfulness
- ✔ Healthy Steps™/ Moves in Rhythm: Light to moderate
- ✔ iRest®: Meditative states of stillness and rest
- ✔ Outdoor: Seasonal
 - Bird Strolls, Mindful Mountain Hiking, Urban Pole Walking
 - Cross-Country Skiing, Ski Day and Snowshoeing
- ✔ Qigong (Spring Forest): Beginner and experienced
- ✔ Tai Chi: Beginner and experienced
- ✔ Yoga: Various levels of movement and meditation



EXPRESSIVE ARTS

Wellspring provides various expressive arts programs including: visual arts, music, writing, drama and more. Members are offered opportunities for creative, personal expression and time with peers for mutual support and conversation. No experience or artistic ability is needed.

While basic programs such as Creative Journaling, Watercolour, Drumming and Open Studio happen year round, a rotating selection of art samplers in a variety of media are offered on a seasonal basis (e.g., Ceramics, Digital Storytelling, Photography and more).

Programs may include:

- ✔ Drumming: Mental, spiritual and emotional health
- ✔ Open Studio: Drop in art space
- ✔ Art Mix: Multi-week art programs (e.g., ceramics, digital story telling, photography, textiles, etc.)
- ✔ Artist Trading Cards: Workshop, monthly trading sessions
- ✔ ArtShops: One-day workshops in visual arts, music and drama
- ✔ Creative Journaling: Art and writing
- ✔ Horticulture: Workshops and hands on gardening
- ✔ Music: Concerts and hands on programs
- ✔ Watercolour: All levels
- ✔ Writing / Storytelling: Traditional, personal and narrative formats