

MEDIA ADVISORY

Free Ski day for Cancer Survivors and Caregivers at Mt. Norquay

Wellspring Calgary teams up with Young Adult Cancer Canada (YACC), Mt. Norquay and Southland Transportation to offer people living with cancer a free day on the slopes.

Mar. 21, 2017

On March 26, 2017, some 30 Wellspring Calgary and YACC members will gather at Mt. Norquay in Banff for a free day of skiing compliments of Mt. Norquay and Southland Transportation.

“At Wellspring Calgary, our vision is that no one has to face cancer alone,” says Anna Carnell, in charge of Wellspring Calgary’s programs. “This day exemplifies that vision as our members enjoy a healthy activity and beautiful scenery in the company of others who have walked a similar path.”

The annual program, initiated by Peter Anderson of Canmore, and continued in his memory by Chris, Holly and Tim Anderson, includes transportation from Wellspring Calgary, ski tickets, rentals and the opportunity to ski with volunteer ‘ski buddies’. All that’s required from Wellspring members is to sign up and show up.

“All our programs and services are offered free of charge for members at Wellspring Calgary,” says Carnell, “but we couldn’t think of offering such a great getaway to the mountains if it weren’t for our partner YACC, and generous sponsors Mt. Norquay and Southland Transportation.”

Wellspring Calgary members say that what they find most helpful about Wellspring Calgary is the information, free programs, support, and sense of community. When it comes to programs such as this ski day, there is great vibe of optimism and joy – a welcome break from a disease that takes a toll.

For more information contact:

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About Wellspring Calgary

Wellspring Calgary is a warm welcoming community with two Calgary centres that provide a comprehensive range of support, resources and programs so anyone living with cancer and the people who care for them can improve the quality of their lives. All Wellspring programs are evidence-informed and offered free of charge and without referral. For more information visit: www.wellspringcalgary.ca.

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MEDIA BACKGROUNDER – Wellspring Calgary

Vision

No one has to face cancer alone.

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 which 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, resources and programs 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 at one of two centres in Calgary.

QUICK FACTS

- **History:** Wellspring Calgary was co-founded by John Stephure, Rita Egizii, and Barbara Cunnings-Versaavel and began offering programs in 2007.
- **Our centres:** Carma House, the original centre for Wellspring Calgary, June 2009. The house was built and donated by local business Carma Developers (now Brookfield Residential) which continues to be a major sponsor and donor. Our second centre, opened in Oct. 2016 at Fountain Court SE. This is our interim second home until we rally community support to build the Wellspring Calgary Randy O'Dell House in Seton.
- **Network:** Wellspring Calgary is modelled after and is a member of the greater Wellspring Cancer Support Foundation 'Wellspring network'. Based out of Toronto, this Canada-wide network of community-based centres provide emotional, social, spiritual and informational support to individuals and families living with cancer. The first Wellspring opened in Toronto in 1992.
- **Members:** Any adult who has had a cancer diagnosis of any type, and those who love them, are welcome to become Wellspring Calgary members free of charge, without referral and at any point on their journey. Wellspring Calgary currently welcomes over 4,000 members each year.
- **Programs:** Wellspring Calgary freely offers social, emotional, restorative and practical support through a variety of programs, resources and speakers. Currently Wellspring Calgary offers more than 40 evidence-informed programs.
- **Quality Assurance:** Programs are of high quality and led by trained professionals who are leaders in their respective fields. In addition to consistent program evaluation, centres are subject to a comprehensive and rigorous external quality review process.
- **Research:** Wellspring Calgary is committed to contributing to the body of knowledge supporting cancer survivorship. With this in mind, Wellspring participates in research to measure and validate the benefits and value of programs provided and to advance the field of supportive care.
- **Funding:** Wellspring Calgary receives no government or agency core funding but relies solely on the generosity of individuals, corporations, foundations and grassroots fundraisers.

CONTACT

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