



## Supportive Conversations: Food for Thought - Caregiving and Self Care Programs

### Intended Audience

All members including people living with cancer, family members and significant caregivers.

### Program Description

Supportive Conversations is an informal gathering over tea and snacks open to any participants who wish to learn about Wellspring Calgary and connect with other individuals on a healing journey. The casual sessions are facilitated by an accomplished instructor and provide ease and opportunity for meaningful discussion and inspiration.

### Benefits and Impact

Supportive Conversations allows new and existing Wellspring Calgary members to connect and feel united in their quest for wellness. Research indicates there are innumerable benefits when people come together to listen and share life-changing experiences. Participants of Tea Group enjoy the genuine acceptance that develops in a setting where healing is the goal and everyone's journeys have familiar scenes.

### What to Expect at a Session

Supportive Conversations is unique in that there is no agenda for these sessions, but rather it is a safe space for casual exchange and meaningful interaction. The facilitator is knowledgeable in many aspects of health and healing and can provide advice and support as requested. Participants are invited to partake in any way they feel comfortable; presence is all that's required.

### Participant Comments

*"Tea group saved my life."*

*"I am very thankful to the facilitators and Wellspring Calgary as a community for providing Tea Group and all of the other services so appropriate to my/our needs."*

*"Growth comes when we share."*

*"The comparative experience and shared situations helps you to feel that you are not alone."*

### Related Programs:

Caregiving Support: Finding Sanctuary For Caregivers Only  
Men's Group  
Thursdays with Bob  
Support Groups (*External, cancer-specific group meetings*)

### What the Research Says:

Numerous research studies that have been appraised for their evidence report that having psychosocial support during and after one's cancer diagnosis and treatment leads to improved mental, emotional, and physical health outcomes. Psychosocial support can be provided by family, friends, and healthcare workers. Examples include listening, expressing empathy, and helping with chores and appointments. In a study conducted by Liao et al. 2010, researchers examined the effects of a supportive care program on women undergoing treatment for breast cancer. The supportive care program consisted of 3 meetings. Researchers also provided the women with information pamphlets on breast cancer, different treatment options, and emotional coping skills. The women who received education experienced a lowered amount of anxiety that was statistically significant compared to women who did not participate in the care program. (Schub T., DeVesty G., Pravikoff D. 2015. Breast Cancer: Psychosocial Support. CINAHL Nursing Guide, Evidence-Based Care Sheet.)

### FOR FURTHER RESEARCH LINK, CLICK HERE:

<http://www.ncbi.nlm.nih.gov/pubmed/1608841>  
<http://www.ncbi.nlm.nih.gov/pubmed/19043142>

### Program Frequency:

**2 hours** per week  
**16 weeks** per program  
**1 program** per session  
Winter, spring/summer, fall  
Optimum Class Size: 10