



wellspring

Calgary

A Lifeline to Cancer Support

Media Kit

2018

A cancer diagnosis can be devastating. It brings countless life-altering moments and events for the people who receive the diagnosis and for those who love them. People with cancer are compelled to find a 'new normal' as priorities shift and relationships change. Life is ... different. Wellspring Calgary exists to inform, support and empower cancer patients, families and primary caregivers by helping them to address the fear, isolation, disruption and practical problems which cancer brings to their lives.

Wellspring Calgary is a community support centre offering emotional, social and informational support, free of charge to individuals, families and caregivers living with cancer.



“Wellspring is a hard place to walk into, but it’s easy to stay.”

– Wellspring Calgary Member



## ABOUT WELLSPRING

### Mission

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.

### Vision

No one has to face cancer alone.

### Mandate

Wellspring Calgary is a 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.

Wellspring Calgary provides a comprehensive range of programs, resources and supports for people living with cancer, their families and primary caregivers.



## QUICK FACTS

Wellspring Calgary was co-founded by John Stephure, Rita Egizii, and Barbara Cunnings-Versaevel and began operation in 2007 in leased space in NW Calgary.

- **Our Centres:** Carma House, the original centre for Wellspring opened in 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 (temporary) centre opened in October 2016 at Fountain Court SE. This is our interim second home until our Randy O'Dell House is built – set to open in summer 2019.
- **Network:** Wellspring Calgary is modelled after and is a member of the greater Wellspring Cancer Support Foundation 'Wellspring Network'. Based in 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. Currently there are nine centres across the country, and in Alberta there is one in Edmonton and two in Calgary.
- **Members:** Any adult who has had a cancer diagnosis of any type, and their loved ones are welcome to become a Wellspring Calgary member free of charge, without referral and at any point on their journey. Wellspring Calgary currently has over 5,000 members.
- **Programs:** Wellspring Calgary freely offers social, emotional, spiritual, psychological and practical support through a variety of programs, resources and speakers. Currently Wellspring Calgary offers approximately 45 evidence-informed programs.
- **Funding:** Wellspring Calgary receives no government or agency core funding but relies on events and the generosity of individuals, corporations and foundations.
- **Our Team:** Wellspring Calgary staff is supported in daily operations by more than 180 volunteers. Annually volunteers donate more than 12,000 hours of service to help Wellspring run smoothly.



Wellspring Calgary Randy O'Dell House coming to SE Calgary (Seton), Summer 2019



## WHAT WELLSPRING CALGARY OFFERS

Wellspring offers evidence informed programs that meet the emotional, social, practical and restorative needs of people living with cancer. Our programs are complementary to medical streams of treatment.

### Examples of Wellspring programs:

**Education** – Brain Fog, Money Matters, Healing Journey, Returning to Work, food and nutrition, speakers (credible experts who address pertinent issues related to cancer)

**Expressive Arts** – Creative Journaling, watercolour, digital storytelling, drumming, ukulele

**Fitness** – Hiking, skiing, urban walking, various exercise classes

**Movement and meditation** – Yoga, Tai Chi, Qigong, relaxation and visualization

**Caregiving and Self Care** – Men’s group, Advanced Cancer Support, Caregiver classes, energy sessions, house music events

### How do programs help people living with cancer and caregivers?

Programs inform and empower people to play a role in their wellness and they help people to feel connected to others so they don’t feel isolated and alone in their cancer experience.





“Wellspring Calgary enabled me to move on from being a cancer patient to someone experiencing great joy and appreciation for my current well-being.”

- Wellspring Calgary Member

“Through Wellspring friendships I am reminded every day that I am truly not alone on this journey.”

- Wellspring Calgary Member



“At Wellspring I saw people my age with cancer and I was able to fit, able to feel, able to tell my story... I was not alone.”

- Wellspring Calgary Young Adult Member

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## KEY CONTACTS

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## ADDRESSES

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**Fountain Court SE (Temporary until Randy O'Dell House is built)**

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Download our 2017 Gratitude Report: [Wellspring Calgary 2017 Gratitude Report](#)

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