

Spring/Summer Program Schedule

May - August 2019



wellspring

Calgary

A Lifeline to Cancer Support



Wellspring 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.

Wellspring Calgary

Welcome to Wellspring

No one has to face cancer alone. Come be a part of this supportive community, where we offer more than 45 evidence-informed programs facilitated by experienced leaders and professionals in the cancer community. Programs/Membership are offered free of charge and without referral at two locations (Carma House and Fountain Court).

Registration is Easy

1. Become a Wellspring Member

Membership forms are available at both locations and on our website: www.wellspringcalgary.ca. Once complete, you can scan, email, fax or deliver in person. Members are adults diagnosed with cancer, and also friends and family in significant caregiver roles.

2. Choose the Right Program(s) for You

Wellspring has so many options for you to choose from. We offer a variety of programs including:

- ✓ Educational Programs
- ✓ Expressive Arts
- ✓ Movement and Meditation
- ✓ Caregiving and Self Care
- ✓ Money Matters
- ✓ Speaker Series
- ✓ Young Adult Connection
- ✓ Energy Sessions
- ✓ Peer Support
- ✓ External Cancer Support Groups

3. Spring/Summer Program Registration Opens Tuesday, April 2 at 9:30 am

You are welcome to register for programs on our website: wel.gametime.net, by phone or in person at the Wellspring location nearest to you. Ask about how to register your kids.

4. Need to Cancel?

Please contact us so we can offer your spot to another member.

We offer a Child Minding Service

Wellspring provides 2 hours of child minding for members attending programs. Our child minding volunteers are trained, safety checked, and have first aid. Please make all child minding requests to the Centre Manager for approval at least 1 week prior to the start of your program.

One-On-One

Provided by Professional Facilitators

Money Matters

A solution-based program to help people manage financial challenges and cancer expenditures. 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. *Also see pg. 13.*

Transitions Support Coach

Processing suffering is hard, especially for those experiencing physical and/or emotional pain daily. In a one-on-one setting, participants are encouraged to reflect on suffering and express the difficult emotions it often brings. Release of these emotions can bring clarity, insight and meaning, hence suffering becomes a passageway to hope. Book an appointment for a personal conversation with Cindy, who can also provide a grief assessment and referral services. *Also see Tuesdays and Thursdays with Cindy pg. 7 & 8.*

Provided by Trained Volunteers

Energy Sessions

Sample each of our three energy sessions once (Healing Touch, Reiki and Therapeutic Touch). Sessions provided by certified practitioners. We have a variety of appointments available. Energy sessions are non-touch, or with light touch (applied with permission). *To register see pg. 2.*

These energy sessions promote wellness and reduce anxiety, tension and stress.

Peer Support/Wellspring Navigation

Trained peer support volunteers who have experienced cancer or have been caregivers, are available weekdays to meet with you one-on-one or talk with you on the phone. They can also help you navigate Wellspring services, offer additional community resources and practical strategies. Call during office hours for more information, or to ensure a peer support volunteer is onsite.

Speakers (Open to the public - no charge)

Carma House (1404 Home Rd NW)

Question of Work: Panel Discussion

John F. Bargman and Judy Walton
Tuesday, May 7 from 7:00 - 9:00 pm

Indigenous Paths in Healing: Stories, Opportunities and Beliefs

Jessie Fiddler-Kiss and Barb Horsefall
Wednesday, May 15 from 1:00 - 3:00 pm

Legal & Employment Matters

Kathleen Doyle and Karen Tereposkey
Wednesday, May 15 from 7:00 - 9:00 pm

Medical Marijuana: Is There Evidence That it Works, and for What Symptoms?

Dr. Alison Murray
Thursday, May 16 from 7:00 - 8:30 pm

Hopes, Dreams and Expectations

Cindy J. Lang, RSW
Tuesday, May 21 from 7:00 - 9:00 pm

Transitioning Through Different Phases of the Cancer Journey: Q&A Group Discussion

Dr. Jackson Wu
Wednesday, May 29 from 7:00 - 9:00 pm

Transforming Stress with Qigong

Munira Jiwa, BScPT (Physical Therapy),
Qigong Master, Certified Qigong Instructor
Thursday, May 30 from 7:00 - 8:30 pm

Health Promotion and the Importance of Hope for People Living with Chronic Illness

Dr. Martin LaBrie, MD, CCFP(PC), FCFP
Thursday, June 6 from 7:00 - 9:00 pm

House Music:

Jeremy Gignoux Acoustic Ensemble

Jeremy Gignoux, W.P. Garrett and N.M. Godfrey
Saturday, June 8 from 7:00 - 9:00 pm
Kid Friendly. Also see pg. 10.

Highwood Memorial Centre (128 - 5 Ave W, High River)

Medical Marijuana: Is There Evidence That it Works, and for What Symptoms?

Dr. Alison Murray. Dinner, then speaker to follow.
Wednesday, May 15 from 5:30 - 8:00 pm

Speakers (Open to the public - no charge)

Fountain Court (#120, 703 - 64 Ave SE)

House Music: The Project

Blues and Roots with George Campbell,
Daniel Bourassa and Wayne Corner
Friday, May 3 from 7:00 - 9:00 pm
Kid Friendly. Also see pg. 10.

Medicine Wheel Teaching:

Traditional Indigenous Cultural Knowledge

Chantal Chagnon, Cree Elder
Monday, June 3 from 6:30 - 8:30 pm

Burnout, Compassion Fatigue and Secondary Traumatic Stress in Caregivers

Dr. Cathy Carter-Snell, PhD RN SANE-A
Monday, June 10 from 7:00 - 9:00 pm

Transforming Stress with Qigong

Munira Jiwa, BScPT (Physical Therapy),
Qigong Master, Certified Qigong Instructor
Monday, June 17 from 7:00 - 8:30 pm

Radical Self Love

Cindy J. Lang, RSW
Monday, June 24 from 7:00 - 9:00 pm

Creating a Peaceful Space with Feng Shui

Iris Trigg, Certified Feng Shui Practitioner
Tuesday, July 16 from 7:00 - 9:00 pm

South Health Campus Wellness Centre (4448 Front St SE)

Talking With Your Family About Cancer

Rebca Zawde, MSW, RSW
Wednesday, May 29 from 6:00 - 7:30 pm

What Happens if You Die Without a Will? Planning for an Uncertain Future

Danica Doucette-Preville, Gowling WLG
Wednesday, June 26 from 6:00 - 7:30 pm

Food and Nutrition: For Cancer Treatment Recovery and People with Eating Challenges

Jennifer Black, RD and Kristyn Hall, RD
Info Session:
Friday, Aug. 16 from 11:00 am - 1:00 pm
Cooking Demo:
Friday, Aug. 23 from 11:00 am - 1:00 pm

*"The day I walked through your
doors was a turning point in my life."*

Wellspring Member

Drop Ins (Register, then attend anytime)

For drop in programs please register in advance, then join us when it is best for you.

- ✓ Registration ensures we hold a space for you.
- ✓ It allows us to get in touch if there is a need to cancel the class.

Carma House (1404 Home Rd NW)

Campfire Classics Music: Noon Hour Jam
(Open to the public, bring a guest and any instrument)
Fridays, May 3 - Aug. 23 from 12:00 - 1:00 pm
Volunteers will help beginners get started.

Caregiving Support: Finding Sanctuary
Monday, June 10 from 7:00 - 9:00 pm

Chi Journey: Qigong/Tai Chi Blend
Mondays, May 6 - June 24 *(No class May 20)*
2:00 - 3:00 pm

Drumming
Saturdays, May 4 - June 15 *(No class May 18)*
3:00 - 5:00 pm
Kid Friendly. Also see pg. 10.

Exercise and Educate *(PAR-Q+ required)*
Mondays, May 6 - Aug. 19
(No classes May 20, July 1, Aug. 5)
6:30 - 7:30 pm
AND/OR Wednesdays, May 8 - Aug. 21
6:30 - 7:30 pm
AND/OR Saturdays, May 11 - Aug. 24
(No classes May 18, June 29, Aug. 3)
9:00 - 10:00 am

Exercise and Educate: SIRvivor - Men Only
(PAR-Q+ required)
Tuesdays, May 7 - Aug. 20 from 7:30 - 8:30 pm

Knitting: The Afghan Project
Knit at Wellspring or at home.
Mondays, May 6 - Aug. 19
(No classes May 20, July 1, Aug. 5)
3:00 - 4:30 pm

Kalimba: Meditative Thumb Piano
Saturday, June 22 from 3:00 - 5:00 pm
Kid Friendly. Also see pg. 10.

Laugh Until it Helps
Saturday, Aug. 24 from 10:00 am - 12:00 pm
Kid Friendly. Also see pg. 10.

Drop Ins (Register, then attend anytime)

Carma House (1404 Home Rd NW)

Men's Group
Wednesdays, May 22, June 26, July 24, Aug. 21
7:00 - 9:00 pm

Open Art Studio: Bring Your Own Art Projects
Thursdays, May 2 - Aug. 22 from 12:30 - 3:30 pm

Pole Walking
Mondays, June 3 - July 15 from 1:00 - 2:30 pm
(No class July 1)

Supportive Conversations: Food for Thought
Tuesdays, May 7 - Aug. 20 from 1:30 - 3:00 pm

Thursdays with Cindy: *(Open to the public)*
Reflections on Suffering and Spirituality
Thurs., May 2 - Hopes, Dreams & Expectations
Thurs., June 6 - Growing Emotional Intelligence
Thurs., July 4 - Radical Self Love
all 11:00 am - 12:30 pm

Visualization, Relaxation and Mindfulness
Thursday, May 2 - Aug. 15 from 1:15 - 2:45 pm

Wellspring Community Garden
Tuesday, June 11 - Sep. 3 *(No class Aug. 6)*
10:00 am - 12:00 pm

YA Bootcamp *(PAR-Q+ required)*
Wednesdays, May 1 - July 31 from 7:45 - 8:30 pm

YA Yoga
Thursdays, May 9 - Aug. 22 from 7:15 - 8:15 pm
Also see pg. 11.

Yoga: For Families *(For school-age kids)*
Saturday, May 25 from 1:00 - 2:30 pm
AND/OR Saturday, July 27 from 1:00 - 2:30 pm
Kid Friendly. Also see pg. 10.

Yoga: For Harmony (Meditative Pace)
Fridays, May 3 - Aug. 16 from 1:15 - 2:30 pm

Yoga: For Well-Being (Meditative Pace)
Tuesdays, May 7 - Aug. 20 from 5:30 - 7:00 pm

Yoga: Restorative (Deep Rest and Meditation)
Mondays, May 6 - Aug. 19
(No classes May 20, July 1, Aug. 5)
11:15 am - 12:30 pm

Drop Ins (Register, then attend anytime)

Fountain Court (#120, 703 - 64 Ave SE)

Campfire Classics Music: Noon Hour Jam

(Open to the public, bring a guest and any instrument)
Thursdays, May 2 - Aug. 1 from 12:00 - 1:00 pm
Volunteers will help beginners get started.

Caregiving Support: Finding Sanctuary

Monday, May 13 from 7:00 - 9:00 pm

Chi Journey: Qigong/Tai Chi Blend

Thursdays, May 9 - June 13 from 6:00 - 7:00 pm

Drumming

Saturdays, July 6 - 27 from 3:00 - 5:00 pm
Kid Friendly. Also see pg. 10.

Exercise and Educate (PAR-Q+ required)

Tuesdays, May 7 - July 23 from 6:00 - 7:00 pm
AND/OR Thursdays, May 9 - July 25
12:30 - 1:30 pm

iRest® Meditation

Thursdays, June 27 - July 25 from 9:30 - 11:30 am

Laugh Until it Helps

Saturday, June 22 from 10:00 am - 12:00 pm
Kid Friendly. Also see pg. 10.

Men's Group

Thursdays, May 16, June 20, July 18
7:00 - 9:00 pm

Open Art Studio: Bring Your Own Art Projects

Mondays, May 6 - July 29 *(No classes May 20, July 1)*
12:30 - 2:30 pm

Qigong: Spring Forest

All Levels: Thursdays, June 20 - July 25
2:00 - 3:00 pm

Tuesdays with Cindy: *(Open to the public)* Reflections on Suffering and Spirituality

Tuesday, May 21 - Grief in the Background
Tuesday, June 18 - The Art of Self Care
Tuesday, July 16 - The Grief of Loneliness
all 12:30 - 2:00 pm

Time to Talk: TED Talks, Speakers and More...

Fridays, May 17, June 21, July 19
12:00 - 1:30 pm

*"Wellspring completely and wonderfully
enhances my wellness journey."*

Wellspring Member

Drop Ins (Register, then attend anytime)

Fountain Court (#120, 703 - 64 Ave SE)

Visualization, Relaxation & Mindfulness

Tuesdays, May 7 - July 30 from 2:30 - 4:00 pm

YA Bootcamp (PAR-Q+ required)

Thursdays, May 2 - June 27 from 7:15 - 8:00 pm
Also see pg. 11.

Yoga: For Families

Saturday, May 11 from 11:00 am - 12:30 pm
AND/OR Saturday, July 20
11:00 am - 12:30 pm
Kid Friendly. Also see pg. 10.

Yoga: For Harmony (Meditative Pace)

Tuesdays, May 7 - July 30 from 7:15 - 8:30 pm
AND/OR Fridays, May 3 - July 26
10:30 - 11:45 am

Yoga: For Well-Being (Meditative Pace)

Mondays, May 6 - July 29 *(No classes May 20, July 1)*
2:00 - 3:30 pm

Yoga: Restorative (Deep Rest and Meditation)

Wednesdays, May 1 - July 31 from 1:30 - 2:45 pm

Other Locations

Pole Walking (Drop In)

Fridays, June 7 - June 28
10:30 am - 12:00 pm at Fish Creek Park

Randy O'Dell (3910 Seton Drive SE)

Pole Walking (Drop In)

Tuesday, Aug. 27 AND/OR Thursday, Aug. 29
10:30 am - 12:00 pm

South Health Campus Wellness Centre (4448 Front St SE)

Campfire Classics Music: Noon Hour Jam

(Open to the public, bring a guest and any instrument)
Thursdays, Aug. 8, 15, 22, 29
12:00 - 1:00 pm

Kensington Art Supply (#120, 6999 - 11 St. SE)

Open Art Studio: Bring Your Own Art Projects

Mondays, Aug. 12, 19, 26 from 12:30 - 2:30 pm

Kid Friendly

Family time is precious. Kids under the age of 18 are welcome to join you in the programs below. Ask us how to register your kids. For kids under 5, child minding is available. See pg. 2.

Carma House (1404 Home Rd NW)

Adventures in Art *(For school-age kids)*

Saturday, May 25 - Moveable Characters

Saturday, June 22 - Fun with Paint #2

Saturday, July 6 - Mask-Making

Saturday, Aug. 24 - Printing from Nature

all 1:00 - 3:00 pm

Children's and Parent's (or Grandparents, Aunts, Uncles) Program *(For school-age kids)*

Connection, information and support (plus FUN).

Fridays, May 10 - June 28 from 5:30 - 7:30 pm

Dreamcatchers: Indigenous Traditions

(For school-age kids)

Saturday, July 27 from 10:00 am - 5:00 pm

Drumming *(Drop In)*

Saturdays, May 4 - June 15 *(No class May 18)*

3:00 - 5:00 pm

Laugh Until it Helps *(Drop In)*

Saturday, Aug. 24 from 10:00 am - 12:00 pm

Kalimba Meditative Thumb Piano *(Drop In)*

Saturday, June 22 from 3:00 - 5:00 pm

Yoga: For Families *(Drop In) (For school-age kids)*

Saturday, May 25 from 1:00 - 2:30 pm

AND/OR Saturday, July 27 from 1:00 - 2:30 pm

Fountain Court (#120, 703 - 64 Ave SE)

Adventures in Art *(For school-age kids)*

Saturday, June 22 - Printing from Nature

Saturday, July 13 - Moveable Characters

all 1:00 - 3:00 pm

Drumming *(Drop In)*

Saturdays, July 6, 13, 20, 27 from 3:00 - 5:00 pm

Dreamcatchers: Indigenous Traditions

(For school-age kids)

Sunday, July 28 from 10:00 am - 5:00 pm

Laugh Until it Helps *(Drop In)*

Saturday, June 22 from 10:00 am - 12:00 pm

Yoga: For Families *(Drop In) (For school-age kids)*

Saturday, May 11 from 11:00 am - 12:30 pm

AND/OR Sat., July 20 from 11:00 am - 12:30 pm

Young Adult (YA)

For Young Adults 18-39ish.

Email: youngadult@wellspringcalgary.ca

Facebook: [YA Wellspring Calgary](#)

Also check out Young Adult Cancer Canada

Email: localifecalgary@youngadultcancer.ca
and Survive & Thrive

Email: danielle@surviveandthrive.org

Carma House (1404 Home Rd NW)

YA Bootcamp *(Drop In) (PAR-Q+ required)*

Wednesdays, May 1 - July 31 from 7:45 - 8:30 pm

YA Game Night

Saturdays, May 4, June 1, July 6, Aug. 10

6:00 - 10:00 pm

YA Mask Making

Tuesdays, June 4, 11, 18 from 6:30 - 8:30 pm

YA Patio Party

Friday, Aug. 9 from 6:00 - 10:00 pm

YA Yoga *(Drop In)*

Thursdays, May 9 - Aug. 22 from 7:15 - 8:15 pm

Fountain Court (#120, 703 - 64 Ave SE)

YA Bootcamp *(Drop In) (PAR-Q+ required)*

Thursdays, May 2 - June 27 from 7:15 - 8:00 pm

Other Locations

YA Berry Picking

Sunday, Aug. 11 from 1:00 - 5:00 pm

The Saskatoon Farm

(80181 338 Ave E., DeWinton)

YA Fireworks

Saturday, Aug. 17 from 6:00 - 11:00 pm

GlobalFest fireworks at Elliston Park. Meet at 6:00 pm sharp outside City Centre Parkade (on 10th Ave. SW between 4th and 2nd Street)

YA Kitchen Social: 20 Minute Meals

Friday, May 10 from 6:15 - 9:00 pm

Cookbook Co. (722 - 11 Ave SW)

"Being able to come together and socialize with other young adults is amazing!"

Wellspring Member

Educational

Carma House (1404 Home Rd NW)

Healing Journey 1: Coping with Cancer Stress

Mondays and Wednesdays, May 13 - 27

(No class May 20)

2:00 - 3:30 pm

Healing Journey 2: Skills for Healing

Mondays and Wednesdays, June 3 - 26

2:00 - 4:00 pm

Note: On June 24 time is 3:00 - 5:00 pm

Returning to Work

Tuesdays and Thursdays, June 4 - 27

9:30 - 11:30 am

Programs about the question of work:

Also see *Legal and Employment Matters* (speaker) pg. 4, *Money Matters* pg. 13, *Question of Work: Panel Discussion* (speaker) pg. 4, *Returning to Work* pg. 12.

Fountain Court (#120, 703 - 64 Ave SE)

Brain Fog

Wednesdays, May 1 - June 26 (No class June 12)

1:00 - 2:30 pm

Healing Journey 1: Coping with Cancer Stress

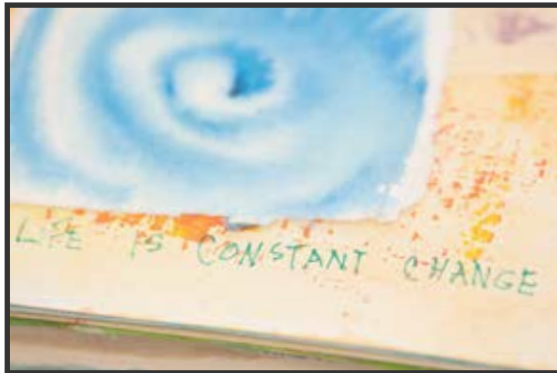
Tuesdays and Thursdays, May 14 - 23

7:00 - 8:30 pm

Healing Journey 2: Skills for Healing

Tuesdays and Thursdays, June 4 - 27

6:30 - 8:30 pm



"I have been so grateful for Wellspring - the classes are amazing and I feel so safe and supported."

Wellspring Member

Money Matters

Money Matters: One-on-one appointments in person or by phone.

To book an appointment please call:

403.521.5292 ext. 312 at Carma House

OR 587.747.0260 ext. 1006 at Fountain Court.

Members can access expert advice through our clinics. All clinics have eligibility criteria and are composed of individual appointments.

- Financial Advice Clinics (North and South)
- Long Term Disability (LTD) & Employment Law
- Yearly Income Tax Clinic
- Wills Clinic

Money Matters Program Remote Access

If you live in an Alberta location other than Calgary, you can access the Money Matters Program over the phone.

Carma House (1404 Home Rd NW)

Question of Work: Panel Discussion

(Open to the public)

John F. Bargman and Judy Walton

Tuesday, May 7 from 7:00 - 9:00 pm

Legal & Employment Matters (Open to the public)

Kathleen Doyle and Karen Tereposkey

Legal and HR specialists outline the impact an absence from work can have on employment relationships. Clarify your legal rights.

Wednesday, May 15 from 7:00 - 9:00 pm

South Health Campus Wellness Centre (4448 Front St SE)

What Happens if You Die Without a Will? Planning for an Uncertain Future

(Open to the public)

Danica Doucette-Preville, Gowling WLG

Wednesday, June 26 from 6:00 - 7:30 pm

"I feel less afraid that I would lose my job, given strategies for acceptance, self care in work and life, and tools to use in my return to work... leaving me much healthier emotionally."

Wellspring Member

Movement, Meditation, Outdoor & Fitness

Carma House (1404 Home Rd NW)

Bird Strolls: Enjoy Nature

Tuesdays, May 21 - June 18 from 6:30 - 8:30 pm
First class at Carma House, others at Calgary parks

Chi Journey: Qigong/Tai Chi Blend (Drop In)

Mondays, May 6 - June 24 (No class May 20)
2:00 - 3:00 pm

Drumming (Drop In)

Saturdays, May 4 - June 15 (No class May 18)
3:00 - 5:00 pm Kid Friendly. Also see pg. 10.

Exercise and Educate (Drop In) (PAR-Q+ required)

Mondays, May 6 - Aug. 19
(No classes May 20, July 1, Aug. 5) 6:30 - 7:30 pm
AND/OR Wednesdays, May 8 - Aug. 21
6:30 - 7:30 pm
AND/OR Saturdays, May 11 - Aug. 24
(No classes May 18, June 29, Aug. 3)
9:00 - 10:00 am

Exercise and Educate: SIRvivor - Men Only

(Drop In) (PAR-Q+ required)
Tuesdays, May 7 - Aug. 20 from 7:30 - 8:30 pm

Healthy Steps™ (PAR-Q+ required)

Mondays, May 6 - Aug. 19 from 5:15 - 6:15 pm
(No classes May 20, July 1, Aug. 5)
OR Tues., May 7 - Aug. 20 from 9:30 - 10:30 am

iRest® Meditation

Thurs., May 2 - June 20 from 10:00 am - 12:00 pm

Kalimba: Meditative Thumb Piano (Drop In)

Saturday, June 22 from 3:00 - 5:00 pm
Kid Friendly. Also see pg. 10.

Moves in Rhythm (PAR-Q+ required)

Thursdays, May 9 - Aug. 22 from 6:00 - 7:00 pm

Pole Walking (Drop In)

Mondays, June 3 - July 15 from 1:00 - 2:30 pm
(No class July 1)

Qigong: Spring Forest

Deepen Practice: Wednesdays, May 8 - June 26
10:00 - 11:00 am
OR Fundamentals: Wednesdays, May 8 - June 26
11:15 am - 12:15 pm
OR Deepen Practice: Wednesdays, July 3 - Aug. 21
10:00 - 11:00 am
OR Fundamentals: Wednesdays, July 3 - Aug. 21
11:15 am - 12:15 pm

Movement, Meditation, Outdoor & Fitness

Carma House (1404 Home Rd NW)

Tai Chi

Deepen Practice: Tuesdays, May 7 - July 23
11:00 am - 12:00 pm
OR Fundamentals: Tuesdays, May 7 - July 23
12:15 - 1:15 pm

Visualization, Relaxation & Mindfulness (Drop In)

Thursdays, May 2 - Aug. 15 from 1:15 - 2:45 pm

Wellspring Community Garden (Drop In)

Tuesdays, June 11 - Sep. 3 (No class Aug. 6)
10:00 am - 12:00 pm

Yoga: For Families (Drop In) (For school-age kids)

Saturday, May 25 from 1:00 - 2:30 pm
AND/OR Saturday, July 27 from 1:00 - 2:30 pm
Kid Friendly. Also see pg. 10.

Yoga: For Harmony (Meditative Pace) (Drop In)

Fridays, May 3 - Aug. 16 from 1:15 - 2:30 pm

Yoga: For Well-Being (Meditative Pace) (Drop In)

Tuesdays, May 7 - Aug. 20 from 5:30 - 7:00 pm

Yoga: Functional (Active Pace)

Wednesdays, May 1 - June 26
11:30 am - 12:45 pm
OR Fridays, May 3 - June 28
9:30 - 10:45 am

Yoga: Restorative (Deep Rest/Meditation) (Drop In)

Mondays, May 6 - Aug. 19
(No classes May 20, July 1, Aug. 5)
11:15 am - 12:30 pm

PAR-Q+ / PARmedX

PAR-Q+, PARmedX Physical Activity Readiness

Forms are required for: Cross Country Skiing, Exercise and Educate, Healthy Steps™, Hiking, Moves in Rhythm, Skating, Ski Day, Snowshoeing, Spin Training and YA Boot Camp. Pick up forms and instructions at Wellspring or download from our website: www.wellspringcalgary.ca/forms.asp

"I'm very happy and grateful not just for the help for me but also for my loved one and to see others who are being helped."

Wellspring Member

Movement, Meditation, Outdoor & Fitness

Fountain Court (#120, 703 - 64 Ave SE)

Chi Journey: Qigong/Tai Chi Blend *(Drop In)*
Thursdays, May 9 - June 13 from 6:00 - 7:00 pm

Drumming *(Drop In)*
Saturdays, July 6 - 27 from 3:00 - 5:00 pm
Kid Friendly. Also see pg. 10.

Exercise and Educate *(Drop In)* *(PAR-Q+ required)*
Tuesdays, May 7 - July 23 from 6:00 - 7:00 pm
AND/OR Thursdays, May 9 - July 25
12:30 - 1:30 pm

Fly Fishing: Beneath the Surface
Saturdays, May 4 - June 22 *(No class May 18)*
10:00 - 11:30 am at Fountain Court SE
Field Trip: Saturday, July 20
10:00 am - 2:00 pm
Three Point Creek near Millarville

Healthy Steps™ *(PAR-Q+ required)*
Wednesdays, May 8 - July 31
11:30 am - 12:30 pm

iRest® Meditation *(Drop In)*
Thursday, June 27 - July 25 from 9:30 - 11:30 am

**Mindfulness Based Stress Reduction
and Cancer Recovery (MBCR)**
Based on the MBCR program and research
developed and offered at TBCC, we are grateful
to Dr. Linda Carlson and Dr. Michael Speca, part
of the TBCC / AHS Psychosocial Oncology team,
for training Wellspring Calgary facilitators, to
offer MBCR at Wellspring Calgary.
Tuesdays, May 7 - July 9 *(No class June 25)*
10:00 am - 12:00 pm
Includes a retreat July 6 from 9:00 am - 3:00 pm.

Qigong: Spring Forest *(Drop In)*
All Levels: Thursdays, June 20 - July 25
2:00 - 3:00 pm

Tai Chi
Deepen Practice:
Mondays, May 6 - July 22 *(No classes May 20, July 1)*
11:15 am - 12:15 pm
OR Fundamentals:
Wednesdays, May 8 - July 24
10:00 - 11:00 am

Visualization, Relaxation & Mindfulness *(Drop In)*
Tuesdays, May 7 - July 30 from 2:30 - 4:00 pm

Movement, Meditation, Outdoor & Fitness

Fountain Court (#120, 703 - 64 Ave SE)

Yoga: For Families *(Drop In)* *(For school-age kids)*
Saturday, May 11 from 11:00 am - 12:30 pm
AND/OR Sat., July 20 from 11:00 am - 12:30 pm
Kid Friendly. Also see pg. 10.

Yoga: For Harmony (Meditative Pace) *(Drop In)*
Tuesdays, May 7 - July 30 from 7:15 - 8:30 pm
AND/OR Fridays, May 3 - July 26
10:30 - 11:45 am

Yoga: For Well-Being (Meditative Pace) *(Drop In)*
Mondays, May 6 - July 29 *(No classes May 20, July 1)*
2:00 - 3:30 pm

Yoga: Functional (Active Pace)
Tues., May 7 - June 25 from 11:00 am - 12:15 pm

Yoga: Restorative (Deep Rest/Meditation) *(Drop In)*
Wednesdays, May 1 - July 31 from 1:30 - 2:45 pm

Randy O'Dell (3910 Seton Drive SE)

Pole Walking *(Drop In)*
Tuesday, Aug. 27 **AND/OR** Thursday, Aug. 29
10:30 am - 12:00 pm

Other Locations

Golf Short Game
Wednesdays, July 10, 17, 24, 31
1:00 - 2:30 pm
OR Fridays, Aug. 9, 16, 23, 30
11:00 am - 12:30 pm
at Golf Canada Calgary Centre (7100 - 15 St. SE)

Mindful Mountain Hiking *(PAR-Q+ required)*
Register for 1 hike only, then add your name to
the waitlist for other hikes. Full day. See website.
Orientation: Wednesday, May 29
4:00 - 6:00 pm at Carma House NW
Hikes: Meet at 7:30 am (Transportation provided)
Wednesday, July 3
at Fullerton/Bobcat/Sugar Momma Traverse
Wednesday, July 10 at Powderface Ridge
Wednesday, July 24 at Chester Lake
Wednesday, July 31 at Sunshine Meadows

Pole Walking *(Drop In)*
Fridays, June 7 - June 28
10:30 am - 12:00 pm at Fish Creek Park

Expressive Arts

Carma House (1404 Home Rd NW)

Adventures in Art

Adventures in Art *(For school-age kids)*

Saturday, May 25 - Moveable Characters

Saturday, June 22 - Fun with Paint #2

Saturday, July 6 - Mask-Making

Saturday, Aug. 24 - Printing from Natures
all 1:00 - 3:00 pm

Kid Friendly. Also see pg. 10.

Art Mix: (multi-week programs)

Art Assortment

Fridays, May 3, 10, 24, 31 *(No class May 17)*

10:00 am - 12:00 pm

Artist Trading Cards

Thursdays, May 2 - June 6 *(No class May 23)*

10:00 am - 12:00 pm

OR Saturdays, June 15, 22

10:00 am - 12:00 pm

Needle Felting

Wednesdays, May 8, 15, 22, 29

10:00 am - 12:00 pm

Open Art Studio:

Bring Your Own Art Projects *(Drop In)*

Thursdays, May 2 - Aug. 22

12:30 - 3:30 pm

Paper Arts

Wednesdays, Aug. 7, 14, 21

10:00 am - 12:00 pm

Portraits and More

Fridays, May 3, 10, 24, 31 *(No class May 17)*

2:00 - 4:00 pm

Artshops: (single day workshops)

Dreamcatchers: Indigenous Traditions

(For school-age kids)

Saturday, July 27 from 10:00 am - 5:00 pm

Kid Friendly. Also see pg. 10.

Still Life Sketching

Saturday, July 13 from 10:00 am - 4:00 pm

Vision Board

Saturday, July 20 from 10:00 am - 4:00 pm

Expressive Arts

Carma House (1404 Home Rd NW)

Creative Journaling: (visuals and writing)

Creative Journaling: Getting to Know You

Saturdays, May 4, 11, 25, June 1 *(No class May 18)*

10:00 am - 12:00 pm

OR Thursdays, June 13, 20, 27, July 4

10:00 am - 12:00 pm

Creative Journaling: Intro for 'Newbies'

Saturdays, Aug. 10, 17, 24

10:00 am - 12:00 pm

Gardening Hands On

All Season Houseplants:

From Outdoors to Indoors

Wednesday, July 10 from 1:00 - 3:00 pm

Summer Bulb Containers:

Survival Strategies and Low Effort Beauty

Wednesday, May 22 from 1:00 - 3:00 pm

Whimsical Garden Sun Catchers

Tuesday, May 14 from 1:00 - 4:00 pm

Music

Guitar Basics

Fridays, May 3 - June 7 from 2:45 - 3:45 pm

Ukulele: Beginner

Thursdays, July 4, 11, 18, 25 from 9:30 - 10:30 am

Ukulele: Play 'n Sing

Fridays, May 3 - 31 from 9:45 - 10:45 am

Also see House Music pg. 4 & 5 and Campfire Classics pg. 6 & 8. Volunteers will help beginners.

Watercolour

Watercolour: Beginner's Brush

Thursdays, Aug. 1, 8, 15, 22

10:00 am - 12:00 pm

Watercolour: With a Splash of Ink

Fridays, June 14, 21, 28, July 5

10:00 am - 12:00 pm

*"Thank you for being here - Wellspring
has been a sanctuary."*

Wellspring Member

Expressive Arts

Fountain Court (#120, 703 - 64 Ave SE)

Adventures in Art

Adventures in Art *(For school-age kids)*

Saturday, June 22 - Printing from Nature

Saturday, July 13 - Moveable Characters

all 1:00 - 3:00 pm

Kid Friendly. Also see pg. 10.

Art Mix: (multi-week programs)

Art Assortment

Fridays, June 14, 21, 28, July 5

10:00 am - 12:00 pm

Artist Trading Cards

Mondays, June 10, 17, 24

10:00 am - 12:00 pm

Needle Felting

Wednesdays, June 5, 12, 19, 26

10:00 am - 12:00 pm

Open Art Studio:

Bring Your Own Art Projects

Mondays, May 6 - July 29 from 12:30 - 2:30 pm

(No classes May 20, July 1)

Paper Arts

Wednesdays, July 3, 17, 24, 31 *(No class July 10)*

10:00 am - 12:00 pm

Portraits and More

Thursdays, June 6, 13, 20, 27 from 2:00 - 4:00 pm

Artshops: (single day workshops)

Dreamcatchers: Indigenous Traditions

(For school-age kids)

Sunday, July 28 from 10:00 am - 5:00 pm

Kid Friendly. Also see pg. 10.

Music is My Therapy

Wednesday, June 5 from 10:00 am - 4:00 pm

Painting in a Day

Saturday, June 15 from 10:00 am - 4:00 pm

Still Life Sketching

Saturday, May 25 from 10:00 am - 4:00 pm

Vision Board

Saturday, June 8 from 10:00 am - 4:00 pm

Expressive Arts

Fountain Court (#120, 703 - 64 Ave SE)

Creative Journaling: (visuals and writing)

Creative Journaling: for Newbies

Wednesdays, June 5, 12, 19, 26

6:30 - 8:30 pm

Creative Journaling: Getting to Know You

Mondays, May 6, 13, 27, June 3 *(No class May 20)*

10:00 am - 12:00 pm

Gardening Hands On

All Season Houseplants:

From Outdoors to Indoors

Wednesday, July 3 from 1:00 - 3:00 pm

Summer Bulb Containers:

Survival Strategies and Low Effort Beauty

Wednesday, June 19 from 1:00 - 3:00 pm

Whimsical Garden Sun Catchers

Friday, May 17 from 1:00 - 4:00 pm

Music

Songwriting Made Easy

Saturdays, June 8, 15 from 12:00 - 3:00 pm

Ukulele: Beginner

Thurs., July 4, 11, 18, 25 from 11:00 am - 12:00 pm

Ukulele: Play 'n Sing

Wednesdays, May 1, 8, 15, 22 from 1:30 - 2:30 pm

See House Music pg. 4 & 5 and Campfire Classics pg. 6 & 8. Volunteers will help beginners get started.

Watercolour

Watercolour: With a Splash of Ink

Fridays, May 10, 24, 31, June 7 *(No class May 17)*

10:00 am - 12:00 pm

Kensington Art Supply

(#120, 6999 - 11 St. SE)

Open Art Studio:

Bring Your Own Art Projects *(Drop In)*

Mondays, Aug. 12, 19, 26 from 12:30 - 2:30 pm

Watercolour: For Fun

Mond., Aug. 12, 19, 26 from 10:00 am - 12:00 pm

Caregiving & Self Care

Carma House (1404 Home Rd NW)

Transitions Support Coach *(One-on-One)*

Thursdays, 12:30 or 1:30 pm

Call 403.521.5292 or 587.747.0260 for an appointment.

Food & Nutrition: Plant Based Eating

Info Session and Demo:

Monday, June 3 from 10:00 am - 12:00 pm

at Carma House NW

Hands-on Cooking:

Monday, June 10 from 11:00 am - 2:00 pm

at Cookbook Co. (722-11 Ave SW)

Laugh Until it Helps *(Drop In)*

Saturday, Aug. 24 from 10:00 am - 12:00 pm

Kid friendly. Also see pg. 10.

What's Love Got to do With It?

Interactive Reiki/Energy Workshop

Saturday, June 8 from 9:30 am - 12:00 pm

Summer Solstice BBQ *(Open to the public)*

Saturday, June 22 from 3:00 - 6:00 pm

Thursdays with Cindy: *(Open to the public)*

Reflections on Suffering and Spirituality

Thurs., May 2 - Hopes, Dreams & Expectations

Thurs., June 6 - Growing Emotional Intelligence

Thurs., July 4 - Radical Self Love

all 11:00 am - 12:30 pm

For Caregivers Only (1404 Home Rd NW)

Caregiving Support:

Finding Sanctuary *(Drop In)*

Monday, June 10 from 7:00 - 9:00 pm

For Caregivers Only

Saturday, May 25 from 10:00 am - 2:00 pm

South Health Campus Wellness Centre (4448 Front St SE)

Food & Nutrition: For Cancer Treatment Recovery and People with Eating Challenges

Info Session:

Friday, Aug. 16 from 11:00 am - 1:00 pm

Cooking Demo:

Friday, Aug. 23 from 11:00 am - 1:00 pm

"Caregiver Support program is an excellent program for caregivers."

Wellspring Member

Caregiving & Self Care

Fountain Court (#120, 703 - 64 Ave SE)

Laugh Until it Helps *(Drop In)*

Saturday, June 22 from 10:00 am - 12:00 pm

Kid Friendly. Also see pg. 10.

What's Love Got to do With It?

Interactive Reiki/Energy Workshop

Saturday, May 4 from 12:30 - 3:00 pm

Transitions Support Coach *(One-on-One)*

Tuesdays, 10:00 or 11:15 am

Call 403.521.5292 or 587.747.0260 for an appointment.

Tuesdays with Cindy: *(Open to the public)*

Reflections on Suffering and Spirituality

Tuesday, May 21 - Grief in the Background

Tuesday, June 18 - The Art of Self Care

Tuesday, July 16 - The Grief of Loneliness

all 12:30 - 2:00 pm

For Caregivers Only (#120, 703 - 64 Ave SE)

Caregiving Support: Finding Sanctuary *(Drop In)*

Monday, May 13 from 7:00 - 9:00 pm

For Caregivers Only

Friday, May 17 from 10:00 am - 2:00 pm

Living with a cancer that may never go away?

Wellspring has been taking a closer look at the experience of member's with an incurable, metastatic, chronic, advanced or Stage IV diagnosis. As a result, we would like to welcome you and the people closest to you to meet and mingle in a safe and comfortable space. If you like, you can also offer your expertise to help Wellspring develop future programs. Our hope is to create an environment where you can get to know your peers and help build this unique Wellspring community. After all, you're the experts. Nobody knows as well as you what it's like to live with this kind of diagnosis. **Hang out, have fun, make a difference. Please join us at one or more meetups.**

2nd Tuesday of the month from 6:30 - 8:30 pm

May 14 at Carma House NW

June 11 at Fountain Court SE

July 9 at Carma House NW

Aug. 13 at South Health Campus Wellness Centre SE

Program Schedule

Wellspring North

Carma House NW - 1404 Home Rd NW

Starts	Program	Time
May 1	Yoga: Functional	11:30 am
May 1	YA Bootcamp (Drop In)	7:45 pm
May 2	iRest® Meditation	10:00 am
May 2	Artist Trading Cards	10:00 am
May 2	Thursdays with Cindy (Drop In)	11:00 am
May 2	Open Art Studio (Drop In)	12:30 pm
May 2	Visualization, Relaxation (Drop In)	1:15 pm
May 3	Yoga: Functional	9:30 am
May 3	Ukulele: Play 'n Sing	9:45 am
May 3	Art Assortment	10:00 am
May 3	Campfire Classics Music (Drop In)	12:00 pm
May 3	Yoga: For Harmony (Drop In)	1:15 pm
May 3	Portraits and More	2:00 pm
May 3	Guitar Basics	2:45 pm
May 4	Creative Journaling: Know You	10:00 am
May 4	Drumming (Kid Friendly/Drop In)	3:00 pm
May 4	YA Game Night	6:00 pm
May 6	Yoga: Restorative (Drop In)	11:15 am
May 6	Chi Journey (Drop In)	2:00 pm
May 6	Knitting: Afghan Project (Drop In)	3:00 pm
May 6	Healthy Steps™	5:15 pm
May 6	Exercise and Educate (Drop In)	6:30 pm
May 7	Healthy Steps™	9:30 am
May 7	Tai Chi: Deepen Practice	11:00 am
May 7	Tai Chi: Fundamentals	12:15 pm
May 7	Supportive Conversations (Drop In)	1:30 pm
May 7	Yoga: For Well-Being (Drop In)	5:30 pm
May 7	Question of Work: Panel (Speaker)	7:00 pm
May 7	Exercise Educate: SIRvivor (Drop In)	7:30 pm
May 8	Qigong: Deepen Practice	10:00 am
May 8	Needle Felting	10:00 am
May 8	Qigong: Fundamentals	11:15 am
May 8	Exercise and Educate (Drop In)	6:30 pm
May 9	Moves in Rhythm	6:00 pm
May 9	YA Yoga (Drop In)	7:15 pm
May 10	Children's & Parent's (Kid Friendly)	5:30 pm
May 11	Exercise and Educate (Drop In)	9:00 am
May 13	Healing Journey 1	2:00 pm
May 14	Whimsical Garden Sun Catchers	1:00 pm
May 14	Living with Cancer (Meetup)	6:30 pm
May 15	Indigenous Paths (Speaker)	1:00 pm
May 15	Legal & Employment (Speaker)	7:00 pm
May 16	Medical Marijuana (Speaker)	7:00 pm
May 21	Bird Strolls: Enjoy Nature	6:30 pm

Starts	Program	Time
May 21	Hopes, Dreams (Speaker)	7:00 pm
May 22	Summer Bulb Containers	1:00 pm
May 22	Men's Group (Drop In)	7:00 pm
May 25	For Caregivers Only	10:00 am
May 25	Adventures in Art (Kid Friendly)	1:00 pm
May 25	Yoga: Families (Drop In/Kid Friendly)	1:00 pm
May 29	Mountain Hiking Orientation	4:00 pm
May 29	Transitioning Cancer (Speaker)	7:00 pm
May 30	Transforming Stress (Speaker)	7:00 pm
June 1	YA Game Night	6:00 pm
June 3	Food and Nutrition: Plant Based	10:00 am
June 3	Pole Walking (Drop In)	1:00 pm
June 3	Healing Journey 2	2:00 pm
June 4	Returning to Work	9:30 am
June 4	YA Mask Making	6:30 pm
June 6	Thursdays with Cindy (Drop In)	11:00 am
June 6	Health Promotion...Hope (Speaker)	7:00 pm
June 8	Reiki Workshop	9:30 am
June 8	House Music: Gignoux (Speaker)	7:00 pm
June 10	Caregiving Support (Drop In)	7:00 pm
June 11	Community Garden (Drop In)	10:00 am
June 13	Creative Journaling: Know You	10:00 am
June 14	Watercolour: With a Splash of Ink	10:00 am
June 15	Artist Trading Cards	10:00 am
June 22	Adventures in Art (Kid Friendly)	1:00 pm
June 22	Kalimba (Drop In/Kid Friendly)	3:00 pm
June 22	Summer Solstice BBQ	3:00 pm
June 26	Men's Group (Drop In)	7:00 pm
July 3	Qigong: Deepen Practice	10:00 am
July 3	Qigong: Fundamentals	11:15 am
July 4	Ukulele: Beginner	9:30 am
July 4	Thursdays with Cindy (Drop In)	11:00 am
July 6	Adventures in Art (Kid Friendly)	1:00 pm
July 6	YA Game Night	6:00 pm
July 9	Living with Cancer (Meetup)	6:30 pm
July 10	All Season Houseplants	1:00 pm
July 13	Still Life Sketching	10:00 am
July 20	Vision Board	10:00 am
July 24	Men's Group (Drop In)	7:00 pm
July 27	Dreamcatchers (Kid Friendly)	10:00 am
July 27	Yoga: Families (Drop In/Kid Friendly)	1:00 pm
Aug 1	Watercolour: Beginner's Brush	10:00 am
Aug 7	Paper Arts	10:00 am
Aug 9	YA Patio Party	6:00 pm
Aug 10	Creative Journaling: Intro Newbies	10:00 am
Aug 10	YA Game Night	6:00 pm
Aug 21	Men's Group (Drop In)	7:00 pm
Aug 24	Laugh Until (Drop In/Kid Friendly)	10:00 am
Aug 24	Adventures in Art (Kid Friendly)	1:00 pm

Program Schedule Wellspring South

Fountain Court SE - #120, 703 - 64 Ave SE

Starts	Program	Time
May 1	Brain Fog	1:00 pm
May 1	Ukulele: Play 'n Sing	1:30 pm
May 1	Yoga: Restorative (Drop In)	1:30 pm
May 2	Campfire Classics Music (Drop In)	12:00 pm
May 2	YA Bootcamp (Drop In)	7:15 pm
May 3	Yoga: For Harmony (Drop In)	10:30 am
May 3	House Music: The Project (Speaker)	7:00 pm
May 4	Fly Fishing: Beneath the Surface	10:00 am
May 4	Reiki Workshop	12:30 pm
May 6	Creative Journaling: Know You	10:00 am
May 6	Tai Chi: Deepen Practice	11:15 am
May 6	Open Art Studio (Drop In)	12:30 pm
May 6	Yoga: For Well-Being (Drop In)	2:00 pm
May 7	Mindfulness Based Stress Reduction	10:00 am
May 7	Yoga: Functional	11:00 am
May 7	Visualization, Relaxation (Drop In)	2:30 pm
May 7	Exercise and Educate (Drop In)	6:00 pm
May 7	Yoga: For Harmony (Drop In)	7:15 pm
May 8	Tai Chi: Fundamentals	10:00 am
May 8	Healthy Steps™	11:30 am
May 9	Exercise and Educate (Drop In)	12:30 pm
May 9	Chi Journey (Drop In)	6:00 pm
May 10	Watercolour: With a Splash of Ink	10:00 am
May 11	Yoga: Families (Drop In/Kid Friendly)	11:00 am
May 13	Caregiving Support (Drop In)	7:00 pm
May 14	Healing Journey 1	7:00 pm
May 16	Men's Group (Drop In)	7:00 pm
May 17	For Caregivers Only	10:00 am
May 17	Time to Talk: Ted Talks (Drop In)	12:00 pm
May 17	Whimsical Garden Sun Catchers	1:00 pm
May 21	Tuesdays with Cindy (Drop In)	12:30 pm
May 25	Still Life Sketching	10:00 am
June 3	Medicine Wheel (Speaker)	6:30 pm
June 4	Healing Journey 2	6:30 pm
June 5	Music is My Therapy	10:00 am
June 5	Needle Felting	10:00 am
June 5	Creative Journaling: For Newbies	6:30 pm
June 6	Portraits and More	2:00 pm
June 8	Vision Board	10:00 am
June 8	Songwriting Made Easy	12:00 pm
June 10	Artist Trading Cards	10:00 am
June 10	Burnout, Compassion (Speaker)	7:00 pm
June 11	Living with Cancer (Meetup)	6:30 pm

Starts	Program	Time
June 14	Art Assortment	10:00 am
June 15	Painting in a Day	10:00 am
June 17	Transforming Stress (Speaker)	7:00 pm
June 18	Tuesdays with Cindy (Drop In)	12:30 pm
June 19	Summer Bulb Containers	1:00 pm
June 20	Qigong: All Levels (Drop In)	2:00 pm
June 20	Men's Group (Drop In)	7:00 pm
June 21	Time to Talk: Ted Talks (Drop In)	12:00 pm
June 22	Laugh Until (Drop In/Kid Friendly)	10:00 am
June 22	Adventures in Art (Kid Friendly)	1:00 pm
June 24	Radical Self Love (Speaker)	7:00 pm
June 27	iRest® Meditation (Drop In)	9:30 am

July 3	Paper Arts	10:00 am
July 3	All Season Houseplants	1:00 pm
July 4	Ukulele: Beginner	11:00 am
July 6	Drumming (Drop In/Kid Friendly)	3:00 pm
July 13	Adventures in Art (Kid Friendly)	1:00 pm
July 16	Tuesdays with Cindy (Drop In)	12:30 pm
July 16	Creating Peaceful Space (Speaker)	7:00 pm
July 18	Men's Group (Drop In)	7:00 pm
July 19	Time to Talk: Ted Talks (Drop In)	12:00 pm
July 20	Yoga: Families (Drop In/Kid Friendly)	11:00 am
July 28	Dreamcatchers (Kid Friendly)	10:00 am

Program Schedule Wellspring South

Randy O'Dell (3910 Seton Drive SE)

Starts	Program	Time
Aug 27	Pole Walking (Drop In)	10:30 am
Aug 29	Pole Walking (Drop In)	10:30 am

Three ways to register:

Online: www.wellspringcalgary.ca

By Phone: 403.521.5292 (NW) or 587.747.0260 (SE)

In Person: at either Wellspring location

Wellspring Holiday Dates:

Closed May 20, July 1 and August 5, 2019.

"Wellspring is a great place to "belong" to. It was recommended to me and I have recommended it to others."

Wellspring Member

South Health Campus

Wellness Centre - 4448 Front St SE

Starts	Program	Time
May 29	Talking with Your Family (Speaker)	6:00 pm
June 26	If You Die Without A Will (Speaker)	6:00 pm
Aug 8	Campfire Classics Music (Drop In)	12:00 pm
Aug 13	Living with Cancer (Meetup)	6:30 pm
Aug 16	Food and Nutrition (Speaker)	11:00 am

Highwood Memorial Ctr.

128 - 5 Ave W., High River

Starts	Program	Time
May 15	Medical Marijuana (Speaker)	5:30 pm

Other Locations

See descriptions for actual location details

Starts	Program	Time
May 10	YA Kitchen Social at Cookbook Co.	6:15 pm
June 7	Pole Walking at Fish Creek Park	10:30 am
June 20	Fly Fishing Field Trip at Millarville	10:00 am
July 3	Hiking at Fullerton/Bobcat etc.	7:30 am
July 10	Hiking at Powderface Ridge	7:30 am
July 10	Golf Short Game at Golf Canada	1:00 pm
July 24	Hiking at Chester Lake	7:30 am
July 31	Hiking at Sunshine Meadows	7:30 am
Aug 9	Golf Short Game at Golf Canada	11:00 am
Aug 11	YA Berry Picking at Saskatoon Farm	1:00 pm
Aug 12	Watercolour Fun at Kensington Art	10:00 am
Aug 12	Open Art Studio at Kensington Art	12:30 pm
Aug 17	YA Fireworks at Elliston Park	6:00 pm

Wellspring's New House

Wellspring Calgary is building a new house!

We will permanently close our Fountain Court SE location on August 3, as we prepare to move to our new Randy O'Dell House at 3910 Seton Drive SE on September 3, 2019. Carma House will remain open during this time.

For information about the programs still running in the south for the month of August, call 403.521.5292 or 587.747.0260.

Campfire Classics. See pg. 8

Food & Nutrition. See pg. 5

Golf Short Game. See pg. 17

Open Studio. See pg. 21

Pole Walking. See pg. 17

Watercolour. See pg. 21

Special Thanks To...

Thanks to the generosity of these organizations, members continue to have free access to programs, resources and a community of support through Wellspring Calgary.

Alberta Culture & Tourism
Anonymous Donors
Anonymous Family Foundations
Boone-Poole Family Foundation
Brain Tumour Foundation of Canada
Brookfield Residential
Calgary Foundation
Calgary South Rotary Partners
CBN Commercial Solutions
Cedarglen Homes
CIBC
Clearwater Endowment Fund
at The Calgary Foundation
Cookbook Co. & Cooks
Culbert Family Fund
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South Calgary Rotary Partners
Southern Alberta Myeloma Patient Society
Southland Transportation
Stantec Inc.
Thirty-One Gifts Canada
Tornado Combustion Technologies
Totem Charitable Foundation
Tricon Solutions
Willow Park Wines & Spirits
World Health Club (IFH) Inc.

Wellspring Calgary is pleased to offer meeting space for the following independently managed, cancer-related groups at Wellspring Carma House 1404 Home Rd NW (unless otherwise indicated in the description below).

Blood Cancer Patient Information and Support Sessions

Call Rebeka at 403.263.5300 or email rebeka.burdon@lls.org
2nd Tuesday of the month from 7:00 - 8:30 pm
May 14, June 11 (No meetings July, Aug.)

Brain Tumor Support Group

Email cet1953@outlook.com or lori.w@shaw.ca
3rd Wednesday of the month from 6:30 - 8:30 pm
May 15, June 19 (No meetings July, Aug.)

Bridge to Peace Threshold Choir

We honour the ancient tradition of singing at the bedside of those who are sick or dying or in need of nurturing song. To arrange a visit or join the choir call 587.317.7714 or visit our website BridgeToPeaceThresholdChoir.ca



Colorectal Cancer Support Group

Support group as needed please contact facilitator at coloncancercalgary@gmail.com

Head and Neck Cancer Support Group (AHS)

Email guy.pelletier@ahs.ca
2nd Monday of the month from 5:30 - 7:00 pm
May 13, June 10, July 8, Aug. 12

Kids Cancer Care

Camp outreach and education programs for families affected by pediatric cancer. Camp programs and retreats for children with parents affected by cancer.
Call 403.216.9210 or visit our website www.kidscancercare.ab.ca

Look Good Feel Better

Manage appearance-related cancer side-effects in a friendly environment. Tips on skincare makeup, wigs and hair alternatives. Complimentary cosmetic kit. Caregivers welcome for tea and a tour. To register go online at www.lgfb.ca or call 1.800.914.5665.
First Tuesday of the month from 1:00 - 3:00 pm at Carma House NW
OR Third Wednesday of the month 10:00 am - 12:00 pm at Fountain Court SE

Ostomy Support Group

Contact Patricia Cimmeck at 403.273.8946 or email pvc@shaw.ca
May 14 (2nd Tuesday of the month) from 7:00 - 9:00 pm
(No meetings June, July, Aug.)

SAMPS: Southern Alberta Myeloma Patient Society

Call 587.998.7267, email info@samps.ca or visit our website at www.samps.ca

University of Calgary Health and Wellness Lab

Offers research-based therapeutic yoga and exercise programs, for those diagnosed with cancer, on or off treatment, experiencing stiffness, pain, stress, fatigue or other side-effects, designed to meet your (and your support person's) needs. Use the Thrive Centre at the U of C to maintain and build your resilience. www.ucalgary.ca/healthandwellnesslab
Yoga Thrive: 403.220.7749
Register via Active Living (12-week programs) Alberta Cancer Exercise (ACE) study: 403.210.8482. Community-based 12-week programs. Screening for all programs by a certified exercise physiologist.

Women's Interest Group

Contact Becky at talkbtgroup@outlook.com
Fridays, May 3 - Aug. 23
(No meetings May 17, June 28, Aug. 2)
from 1:30 - 3:30 pm

Young Adult Cancer Canada (YACC) / Localife

Offers fun, casual, peer-led social events for young adults living with and beyond cancer. Connect with a community of people who get it! Open to survivors currently aged 18 to 39 years old and their supporters. Contact Julie or Melina at localifecalgary@youngadultcancer.ca or www.youngadultcancer.ca

Wellspring Calgary Locations

Carma House

1404 Home Rd NW, Calgary, Alberta T3B 1G7
403.521.5292

Fountain Court

(until August 2, 2019)

#120, 703 - 64 Ave SE, Calgary, Alberta T2H 2C3
587.747.0260

Randy O'Dell House

(after September 3, 2019)

3910 Seton Drive SE, Calgary, Alberta
587.747.0260

www.wellspringcalgary.ca



Wellspring Calgary is a charitable organization that receives no core government or United Way funding. Our costs are offset entirely through the generosity of community donors.
Charitable Reg. # 809013675RR0001

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