

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