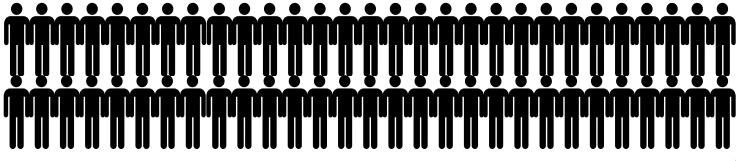


58

ALBERTANS HEAR "YOU HAVE CANCER" EVERY DAY



1/2

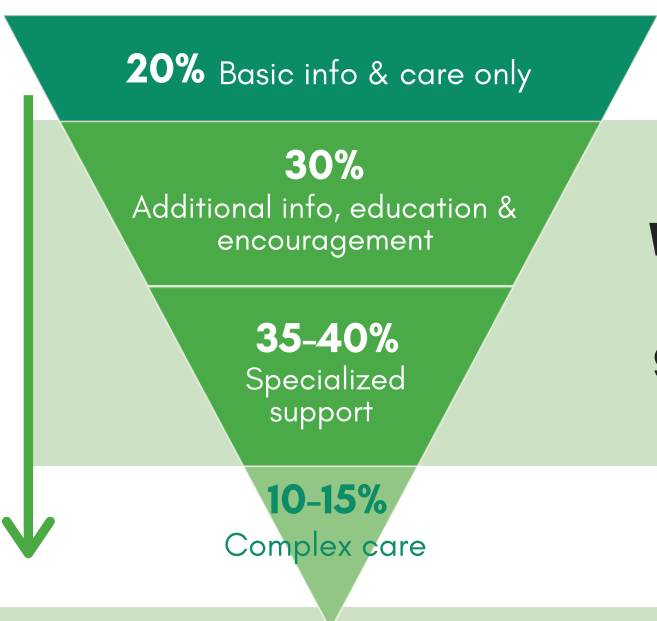
OF US WILL HEAR THESE WORDS IN OUR LIFETIME



IT'S ESTIMATED THAT OVER 60,000

PEOPLE WILL LIVE WITH CANCER AS PATIENTS, CAREGIVERS OR FAMILY MEMBERS IN SOUTHERN ALBERTA IN 2020

PEOPLE IN THE CANCER SYSTEM NEED:



THIS IS WHERE WELLSPRING FITS IN
Wellness support: practical assistance; peer support; information and referral; groups supporting educational, physical, social, spiritual and emotional needs

PATIENTS FOR WHOM EMOTIONAL NEEDS REMAIN UNRESOLVED ARE:

5X

More likely to use community health services

\$

More likely to receive expensive third and fourth-line chemotherapy

2X

More likely to visit emergency departments



Evidence shows that support groups/wellness supports improve psychological well-being, reduce anxiety and depression, and improve quality of life, coping and mental adjustment

WELLSPRING CALGARY:

90

Offers more than 90 evidence-informed programs facilitated by leaders and professionals in the cancer community



Programs are free and offered without referral at two Calgary locations and online



Programs include: Educational, Expressive Arts, Movement & Meditation, Money Matters, Caregiving & Self-Care, Young Adult Connection, Kid Friendly and more

Wellspring programs positively impact communities by improving the quality of life for cancer patients, their caregivers and their families

- Reduces isolation
- Offers connection & community
- Enhances well-being
- Provides support with transitions

Wellspring Calgary's vision: No one has to face cancer alone

INVEST IN WELLSPRING CALGARY TODAY!

Wellspring Calgary is a registered charity serving southern Alberta | # 809013675RR0001
 wellspringcalgary.ca