

WELLSPRING PROGRAMS

SPEAKER SERIES

September 2021 | Free & open to the public



TIME WITH CINDY

HOST: CINDY LANG
SEPTEMBER 14 & 28 | 10-11:30 AM MST

Reflect on your experiences in a safe space and share ways to transcend the inevitable times of loss and suffering.



THE SCIENCE OF RESILIENCE & WHAT WE CAN DO ABOUT IT

SPEAKER: DR. CARMEN DODSWORTH
SEPTEMBER 15 | 7-8:30 PM MST

How come some people seem to move through highly stressful situations almost unscathed while others have a much harder time? In this talk, Dr. Dodsworth will define resiliency, and will connect resiliency building strategies to empirical data.



DIGITAL STORYTELLING FILM FESTIVAL

HOST: MIKE LANG
SEPTEMBER 16 | 6-7:30 PM MST

In this series you will hear stories from cancer survivors and supporters that are intensely personal and full of wisdom about living well with, through, and beyond cancer.



HEALING JOURNEY:
AWARENESS & PROGRAM OVERVIEW
SPEAKER: ARIEL LEAROYD
SEPTEMBER 21 | 7-8 PM MST

Curious about what the 'Healing Journey' is? This talk will discuss the 5 levels of the Healing Journey program along with the research on impacts and benefits reported by former participants.



HOUSE MUSIC:

BRIAN VOLKE
SEPTEMBER 24 | 7-8:15 PM MST

Since he first picked it up at the age of nine, Brian Volke could strum a guitar. The songwriting bug grabbed him at the age of 11 and he's been writing ever since. With influences ranging from Johnny Cash and Jimmy Page to Planxty and Pete Townshend, Brian writes and sings quirky songs about cars, people, life and love. Like a kid in a candy shop, Brian loves to play music, whether it's solo or with his band My Son Ted. When he feels the joy, so does the audience.



OPEN MIC:

ROSE & OWL
SEPTEMBER 25 | 3-5 PM MST

After a warm-up with the guest musicians, Jarred Albright and Claire Lecoq of Rose & Owl, perform in a safe and relaxed space with a group of like-minded people who love to sing and play together. This month we will also be joined by guest host and musician Murray Fitch.



FOOD & NUTRITION FOR PEOPLE WITH EATING CHALLENGES

SPEAKER: JENNIFER BLACK, RD
SEPTEMBER 30 | 6:30-8 PM MST

Are you faced with eating challenges; swallowing difficulty, taste changes, or dry mouth caused by your cancer treatment? Learn and share tips for regaining health through good nutrition.



NO ONE HAS TO FACE CANCER ALONE.

For program info or to register go to www.wellspringcalgary.ca > Public programs or call 1-866-682-3135