

WELLSPRING CALGARY

SPEAKER SERIES

October 2021 | Free & open to the public



TIME WITH CINDY

HOST: CINDY LANG
OCTOBER 12 & 26 | 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.



HOUSE MUSIC:

CHRISTIE SIMMONS
OCTOBER 15 | 7-8:15 PM MST

Christie Simmons is a Calgary-based singer/songwriter whose diverse musical experience stretches from renaissance recorders and bagpipes to Appalachian banjo.



OPEN MIC:

DOUG BAKER
GUEST HOST: JARRED ALBRIGHT
OCTOBER 16 | 3-5 PM MST

After a warm-up with the guest musician, Doug Baker, perform in a safe and relaxed space with a group of people who love to sing and play together.



TRANSITIONING THROUGH THE DIFFERENT STAGES OF THE CANCER JOURNEY:

LIFE AFTER CANCER TREATMENTS - WHEN THINGS GO IN THE WRONG DIRECTION
SPEAKER: DR. JACKSON WU
OCTOBER 19 | 7-8:30 PM MST

This discussion, for patients and their family members who have been through treatment at the cancer centre, will facilitate anticipation of change throughout the cancer journey.



DIGITAL STORYTELLING FILM FESTIVAL

HOST: MIKE LANG
OCTOBER 21 | 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.



COPING WITH COVID: MEANINGFUL MONDAYS

NAVIGATING THE MANY LOSSES
HOST: CINDY LANG
GUEST: KAREN YAKIMCHUK
OCTOBER 25 | 7-8:30 PM MST

In a safe space, have courageous conversations about challenges related to the pandemic, with the intention of feeling more connected, hopeful and equipped.



LEGAL & EMPLOYMENT MATTERS

SPEAKERS: KATHLEEN DOYLE-LINDEN
AND KAREN TEREPOSKY
OCTOBER 27 | 7-8:30 PM MST

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



THE BEST INTENTIONS: THE WORDS, THE ACTIONS, THE RESULTS

SPEAKER: DEBORAH SWORD
OCTOBER 28 | 7-8:30 PM MST

In these stressful times, it's easy to fall into patterns of blaming and anger. In this interactive session, learn the positive steps that turn conflicts into meaningful problem-solving discussions.



HOUSE MUSIC:

MAGNOLIA BUCKSKIN
OCTOBER 29 | 7-8:15 PM MST

Featuring gorgeous three part harmonies with a range of instrumentation, Magnolia Buckskin bring their years of friendship, humour and love of music to the stage, telling stories that evoke a panorama of human experiences.