

WELLSPRING CALGARY

# SPEAKER SERIES

December 2021 | Free & open to the public



## OPEN MIC:

BRIAN VOLKE  
GUEST HOST: JARRED ALBRIGHT  
DECEMBER 4 | 3-5 PM MST

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



## YOU ARE NOT ALONE:

MANAGING GRIEF & LOSS DURING THE HOLIDAYS  
SPEAKER: CINDY LANG  
DECEMBER 6 | 7-8:30 PM MST

Do you feel worried, sad, or confused about the upcoming holiday season? You are not alone. This season can be difficult any year, especially this year with COVID. Join us to discuss struggle and acceptance and participate in some group activities that you may find helpful. Our hope is that you leave the conversation feeling connection and hope.



## TIME WITH CINDY

HOST: CINDY LANG  
DECEMBER 7 & 21 | 10-11:30 AM MST

Reflect on your experiences and share ways to transcend the times of loss and suffering. This program is designed to stimulate thought and create a safe haven for the expression of emotions.



## HEALING, MENOPAUSE & PELVIC HEALTH

SPEAKER: SUSAN BOCCHINFUSO  
DECEMBER 9 | 7-8:30 PM MST

Healing after cancer is hard work, but having a better understanding of your body can make the path to wellness easier. Join cancer rehab expert and pelvic health physical therapist Susan Bocchinfuso for a discussion on how cancer and cancer treatment might impact menopause, pelvic and vaginal health, bowel and bladder function, and more.



## HOUSE MUSIC:

CALLED BY THE SEA  
DECEMBER 10 | 7-8:15 PM MST

Whether they're singing a traditional song from the British Isles or a modern song that sounds like it could be trad, Called By the Sea brings life to all their music through energetic vocals and engaging instrumentation. They tell fascinating musical stories that will make you tap your feet, sing and laugh along.



## DIGITAL STORYTELLING FILM FESTIVAL

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

In this series you will hear stories intensely personal stories from cancer survivors and supporters that are full of wisdom about living well with, through, and beyond cancer. The screening and discussions will be hosted by cancer-survivor, researcher, and award-winning filmmaker, Mike Lang.



## INTENTIONS FOR THE NEW YEAR: MEDITATION

SPEAKER: NICOLE ST. MICHEL  
DECEMBER 30 | 10:30-11:30 AM MST

Have you given some thought to your intentions for the New Year? Join us for a guided sound and visualization meditation. In a comfortable position of your choice, you will be guided in a relax-based practice, to help clarify what it is you wish for in the year to come. Nicole shares soothing sounds using a variety of unique instruments she has collected from around the world, blending visualization, positive affirmation, and inspirational readings. Your body-mind-spirit will thank you for giving yourself this gift.



No one has to face cancer alone.

For program info or to register go to [www.wellspringcalgary.ca](http://www.wellspringcalgary.ca) >  
Public programs or call 1-866-682-3135