

WELLSPRING CALGARY

SPEAKER SERIES

July 2022 | Free & open to the public



SLEEPING THROUGH CANCER:
TENDING TO OUR SLEEP OVER THE
COURSE OF OUR JOURNEY
Speaker: Marissa Mahue
July 4 | 6-8:30pm MST | Online

Whether our sleep difficulties have only just begun, or we haven't had a good night's sleep in decades, this talk will seek to provide skills to improve nightly rest.



CAMPFIRE CLASSICS
July 8, 15, 22 & 29 | 12:30-2pm MST
Carma House or Randy O'Dell House

No experience needed. Ukuleles, guitars, mandolins, flutes and more are welcome, especially your voice, though you would be welcome to relax and listen.



LEGAL & EMPLOYMENT MATTERS
Speakers: Kathleen Doyle & Karen Tereposky
July 11 | 7-8:30pm MST | Online

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



TIME WITH CINDY
Host: Cindy Lang
July 19 | 10-11:30am MST | Online

Reflect on your experiences and share ways to transcend the times of loss and suffering. Stimulate thought in a safe haven for the expression of emotions.



**SEXUAL HEALTH & INTIMACY
AFTER CANCER**
Speaker: Reanne Booker
July 20 | 6:30-8pm MST | Online

Hear about cancer's impact on sexual health & intimacy and the strategies that can be implemented after a cancer diagnosis, and answer any questions you have.



OPEN MIC:
BRIAN VOLKE
Host: Jarred Albright
July 22 | 2-4pm MST | Online

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



LIVING YOUR BEST:
TALKING TO CHILDREN AND TEENS ABOUT
ADVANCED ILLNESS: WHAT THEY NEED
YOU TO KNOW
Speaker: Jessica Carroll
July 25 | 7-8:30pm MST | Online

Learn more about continuous communication with children about illness, common concerns they have, and what you can do to help.



**MYTHS, FACTS & CURRENT
THINKING ABOUT USING OPIOIDS
FOR PAIN MANAGEMENT IN
CANCER**
Speaker: Dr. Colleen Cuthbert
July 22 | 2-4pm MST | Online

Learn about the risks and benefits of opioids for pain management of cancer patients and feel prepared to make informed decisions about taking opioids.



GARDENING IS MY THERAPY
Speaker: Janet Melrose
July 28 | 6-7:30pm MST | Online

Gardening is an activity that can engage a person on all levels of their being; from the merely physical through to a deep spiritual connection to nature.



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