



### Welcome to Wellspring!

Wellspring Calgary is a warm and welcoming community that provides a comprehensive range of programs, resources and support, **free-of charge and without referral to anyone living with cancer** and the people who care about them. **Our vision: No one has to face cancer alone**

### What kind of programs?

We offer **evidence informed** programs that meet the emotional, social, practical and restorative needs of people living with cancer. Our programs are **complementary to medical streams of treatment**.

Examples include:

**Education** – Brain Fog, Money Matters, Healing Journey, Returning to Work, speakers (credible experts who address pertinent issues related to cancer)

**Art** – Creative Journaling, water colour, digital storytelling, drumming, music

**Exercise** – Hiking, skiing, urban walking, various exercise classes

**Movement and meditation** – Yoga, Tai Chi, Qigong, relaxation and visualization

**Caregiving and Self Care** – Men's group, Advanced Cancer Support, Caregiver classes, energy sessions

### How do programs help?

They inform and empower people to play a role in their wellness and they help people to feel connected to others so they don't feel isolated and alone in their struggles.

### Where is Wellspring located?

**We have two centres in Calgary!**

- **Carma House** at 1404 Home Road NW
- **Fountain Court** at #120, 703 – 64 Ave SE.

**Carma House**



**Fountain Court**





## FAST FACTS

- **History:** Wellspring Calgary was co-founded by John Stephure, Rita Egizii, and Barbara Cunnings-Versaevel and began operation in 2007.
- **Our Centres:** Carma House, the original centre for Wellspring opened in June, 2009. The house was built and donated by local business Carma Developers (now Brookfield Residential) which continues to be a major sponsor and donor. Our second centre opened in Oct. 2016 at Fountain Court SE. This is our interim second home until we rally community support to build the Wellspring Calgary Randy O'Dell House in Seton. Our goal is to open this location in 2020.
- **Network:** Wellspring Calgary is modelled after and is a member of the greater Wellspring Cancer Support Foundation 'Wellspring network'. Based out of Toronto, this Canada-wide network of community-based centres provide emotional, social, spiritual and informational support to individuals and families living with cancer. The first Wellspring opened in Toronto in 1992.
- **Members:** Any adult who has had a cancer diagnosis of any type, and their loved ones are welcome to become a Wellspring Calgary member free of charge, without referral and at any point on their journey. Wellspring Calgary currently has over 4,000 members.
- **Programs:** Wellspring Calgary freely offers social, emotional, spiritual, psychological and practical support through a variety of programs, resources and speakers. Currently Wellspring Calgary offers roughly 45 evidence-informed programs.
- **Funding:** Wellspring Calgary receives no government or agency core funding but relies solely on the generosity of individuals, corporations, foundations and grassroots fundraisers.
- **Our Team:** Wellspring Calgary has twelve permanent staff, occasional contract employees, 75 facilitators, and more than 170 volunteers. Annually volunteers donate more than 10,000 hours of service to help make Wellspring possible.
- **Other Centres Across Canada:** Currently there are eight Wellspring centres across Canada, including the recently operational Wellspring Edmonton.

## KEY CONTACTS

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