



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**. Wellspring's programs also support the family and friends of those living with cancer. **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 treatment. Examples include (but are not limited to):

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

Expressive Arts – Creative Journaling, watercolour, digital storytelling, drumming, music

Movement and Meditation – Indoor (Yoga, Tai Chi, Qigong, relaxation, visualization, Healthy Steps, Moves in Rhythm) and Outdoor (hiking, skiing, urban walking)

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

How do programs and resources help?

They inform and empower people to play a role in their wellness. The community of others who understand help people to feel connected 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



Wellspring 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 permanent centre for Wellspring Calgary, 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 October 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 permanent second location in 2020.
- **Network:** Wellspring Calgary is modelled after and is a member of the greater Wellspring Cancer Support Foundation – the '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 welcomes over 4,200 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 **45+** evidence-informed programs per season (Fall, Winter, Spring/Summer).
- **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 fifteen 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 (January 2017).

Key Contacts

Patti Morris, Executive Director

Phone: 403.521.5292 ext. 301 || Email: pattim@wellspringcalgary.ca

Suzan Valenta, Director of Philanthropy

Phone: 403.616.6391 || Email: suzanv@wellspringcalgary.ca

Pat Fream, Communications Manager

Phone: 587.747.0260 || Email: patf@wellspringcalgary.ca

Karen O'How, Events Manager

Phone: 403.990.5790 || Email: events@wellspringcalgary.ca