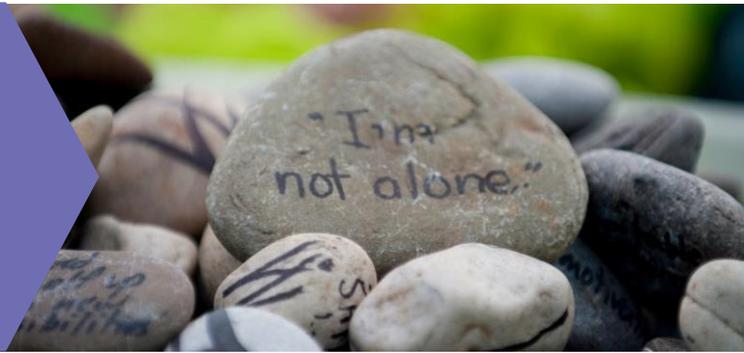


Wellspring is a network of online and community-based support centres offering programs, support and resources for adults living with cancer, their caregivers and their children. Wellspring programs are offered broadly across southern Alberta, free of charge, without referral.



## WELCOME TO WELLSPRING CALGARY

One in two Albertans will be diagnosed with cancer in their lifetime. Thanks to extraordinary medical advancements, more people now survive, though their lives are often dramatically changed. This is where Wellspring Calgary plays a vital role. Our vision is to ensure no one has to face cancer alone. We offer support, information, and a comprehensive range of programs that address the mental, physical, emotional and practical aspects of living with cancer. All our services are free of charge for adults with any type of cancer, their caregivers, and their children.

## WELLSPRING PROGRAMS

Wellspring's programs are evidence-informed and led by professionals. They are developed and piloted through a rigorous research and proposal process and are continually evaluated to ensure they are meeting the needs of our members.

### A SAMPLE OF OUR PROGRAMS:

Money Matters, Brain Fog, Returning to Work, Healing Journey, Expressive Arts, Yoga, Tai Chi, Exercise and Educate, Cooking and Nutrition, Music, Men's Group, Caregiver's Support, Digital Storytelling, Visualization and Meditation, and more. We also have a Young Adult stream of programs, kid-friendly programs, outdoor programs, and Speaker Series.



### Emotional Benefits

- Provide a safe and confidential space for members to share personal feelings and concerns with others in similar situations.

### Practical Benefits

- Provide members with information, resources and support to overcome challenges they experience day to day.

### Informational Benefits

- Provide members with the latest information about living with cancer.
- Provide access to experts on a wide range of cancer-related topics.
- Offer skills and strategies to help build resilience and promote mental health.

### Physical/Functional Benefits

- Group activity opportunities for recovery from various physical, cognitive and/or lifestyle impacts and to enhance quality of life.

### Social Benefits

- Provide members support and networking opportunities through social interaction and activities.
- Provide human connection, comradery and community.

# AN OVERVIEW OF 2019

6,772 members

40,852 program hours

194 volunteers



Our members tell us...



*My life took a very positive turn after experiencing Wellspring. The support I received has been invaluable.*

*I am eternally grateful for Wellspring. It has helped bring my life back into balance, eased my distress and helped me rediscover hope.*

*Although cancer has had an impact on my life, I can now use the tools I learned at Wellspring to put it in perspective. I've learned how strong I am.*

## FUNDING

Wellspring receives no core government or agency funding. The generosity of donors, sponsors, members, volunteers and partners, ensures all Wellspring programs can be offered at no charge and with no referral.

### ➤ Signature and Partners Events

Wellspring Calgary works with significant and long-time partners to host several annual events that raise nearly **\$600,000**. Events include the Firefighter Stairclimb Challenge, Light It Up Calgary, and Cancervive.

### ➤ Third Party Events

Each year community groups host and run events, and generously dedicate the proceeds, or a portion of the proceeds, to Wellspring Calgary. These events range from head shaves, to golf tournaments, to multi-beneficiary events such as the Willow Park Charity Wine Auction. Annually, these third-party events raise up to **\$75,000** for Wellspring Calgary.

## VOLUNTEERS

Volunteers are the heart of Wellspring, providing important support to every level of our organization. There are many ways for people to volunteer, including:

- » Peer Support
- » Front Desk
- » Facility Support
- » Program Assistance
- » Energy Services
- » Outreach
- » Administrative Support
- » Events Support
- » Child Minding
- » Board and Committees
- » Special Projects
- » Professional Services

## Wellspring Communities

### Carma House

1404 Home Rd NW  
Calgary, AB T3B 1G7  
Ph: 403.521.5292

### Randy O'Dell House

3910 Seton Drive SE  
Calgary, AB T3M 2N9  
Ph: 587.747.0260

### Online & southern AB

Welcoming those choosing to take programs remotely.

**Wellspringcalgary.ca**

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