

Welcome to Wellspring Calgary

Cancer brings life-altering moments for the people who receive the diagnosis and those who love them. Priorities shift, relationships change, life is... different. Members tell us that what helps them the most is information, support, community, and/or help with the fear, isolation, disruption and practical challenges. We offer membership programs, services and resources free-of-charge and without referral.

DROP IN FOR A TOUR

Call 403.521.5292 to register or drop in for a tour or for peer support. A trained peer support volunteer who has experienced cancer or is a caregiver is available to meet with you on a drop in basis week-days, during office hours (9am - 4pm).



REGISTER FOR PROGRAMS ONLINE, IN PERSON OR BY PHONE

Membership forms available at Wellspring Calgary or on our website at www.wellspringcalgary.ca/forms.asp

Wellspring Calgary receives no government or agency core funding. We are able to provide our programs and services at no charge to our members thanks to the generosity of our donors and other fundraising efforts.

Wellspring Calgary gratefully appreciates all donations.

No one has to face cancer alone.



www.wellspringcalgary.ca

A Lifeline to Cancer Support



wellspring Calgary

Wellspring Calgary is a warm and welcoming community that provides a comprehensive range of support, resources and programs so anyone living with cancer, and the people who care about them, can improve the quality of their lives.

**No one has to face
cancer alone.**



Money Matters is a solution-based program where individuals with cancer and/or caregivers can meet individually (in person or over the phone) with Program Coordinator Meghan Holub, MSW, RSW for information on: provincial government financial assistance programs (AW, ALSH), federal government programs (EI, CPP Disability, CPP Retirement), drug coverage (Alberta Health Care, employer coverage, private coverage), Short and Long Term Disability benefits, community emergency assistance referrals, specialized clinics and many other topics.

For information or to arrange a meeting, call Meghan at Wellspring Calgary, 403.521.5292, ext. 312.

The Wellspring Calgary Money Matters program is generously supported by:



THE CALGARY
FOUNDATION
FOR CALGARY TRUSTEE



RBC Foundation

... and other anonymous donors.

In addition to the ongoing Money Matters program, Wellspring Calgary also offers other core and educational programs.

For dates and times please see our latest brochure or visit: www.wellspringcalgary.ca

Brain Fog

With cancer, people commonly experience memory loss and difficulties with multi-tasking, word recall, motor function and concentration. Brain Fog, a cognitive improvement course developed by Dr. Heather Palmer, offers strategies easily integrated into daily life.

The Healing Journey Program

The Healing Journey program is for people who have cancer, and their caregivers, who want to learn how to help themselves. Developed by Alistair Cunningham, scientist, psychologist, professor and cancer survivor, this practical program offers tools to calm the mind and promote health. www.healingjourney.ca

Returning to Work

For some people, returning to work may be a necessary next step, for others, a welcome choice along the road to healing. Some may not wish to return to work at this time. Discussion topics include managing thoughts and feelings about returning to work, determining and negotiating terms of your return and developing a self-care plan. One session includes a panel of members who have returned to work.

Related programs include:

- Legal and Employment Matters
- Wellspring Calgary Speakers Series
- Resumes and Interviews

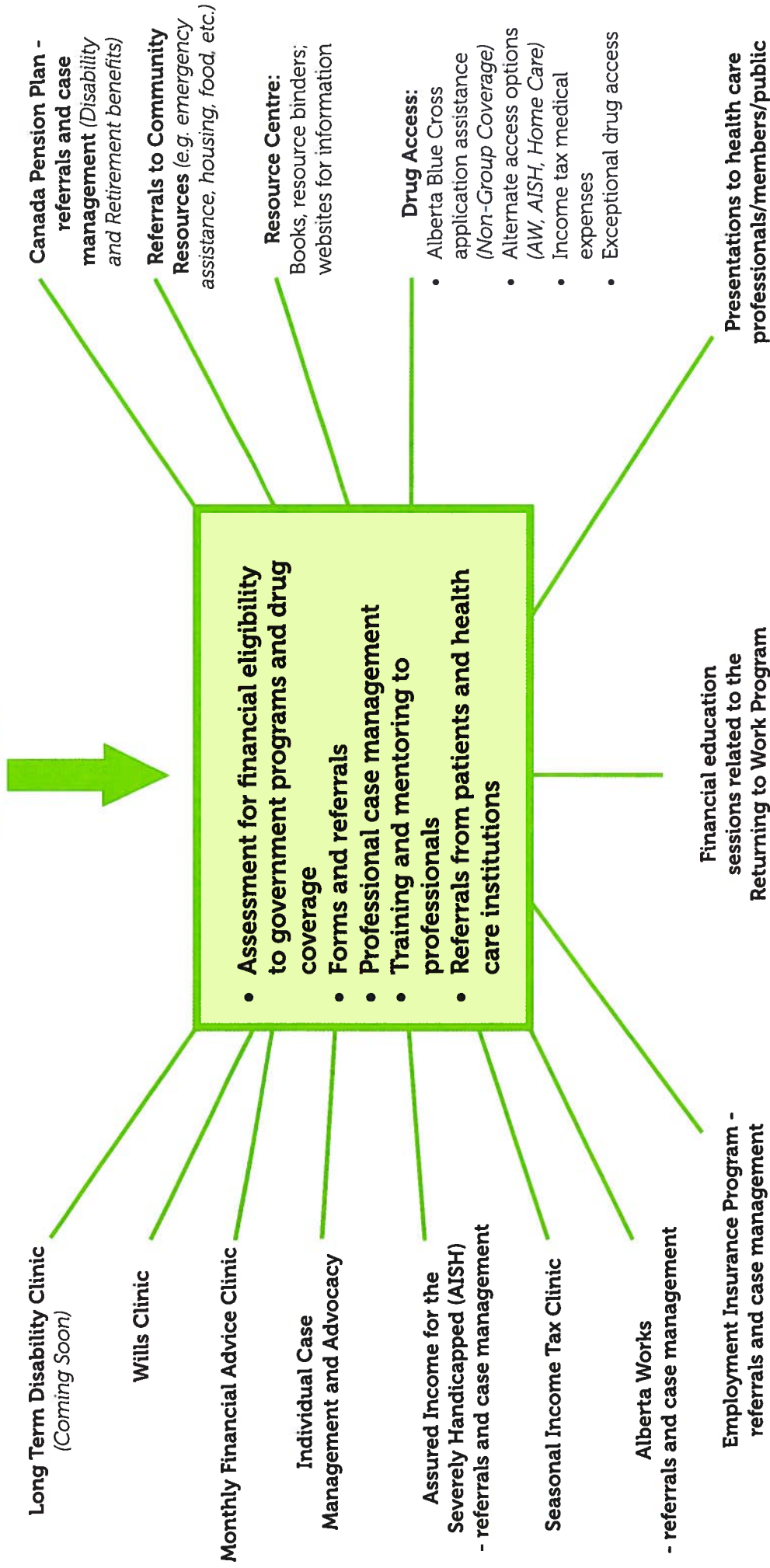
Wellspring Calgary Speakers Series

These events are open to the public.

Invite your family and friends!

Register by phone or online. (Non-members using online registration select 'public' registration.)

PROGRAM ENTRY
Comprehensive intake, assessment and case management



Wellspring Calgary's Money Matters Program is generously supported by The Calgary Foundation, RBC Foundation and other anonymous donors.

www.wellspringcalgary.ca

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