

If you or a loved one has cancer, Wellspring is here for you.

Wellspring Alberta provides free professionally-led programs that help with the many new life challenges you may experience following a diagnosis and treatment for cancer. Our programs help with symptom management, financial and workplace issues, emotional support for you and your loved ones, and improve your physical and mental health.

At Wellspring, people gather to support each other, exchange information, and share a sense of hope — all in the warm, caring atmosphere of our centres, and in our welcoming online community.

Programs are offered to you free thanks to the generosity of our donors.



You can access a full range of programs both online and in-person.

1.866.682.3135

wellspringalberta.ca

LOCATIONS

Edmonton House
11306 65 Ave NW
Edmonton, AB T6H 2Z8

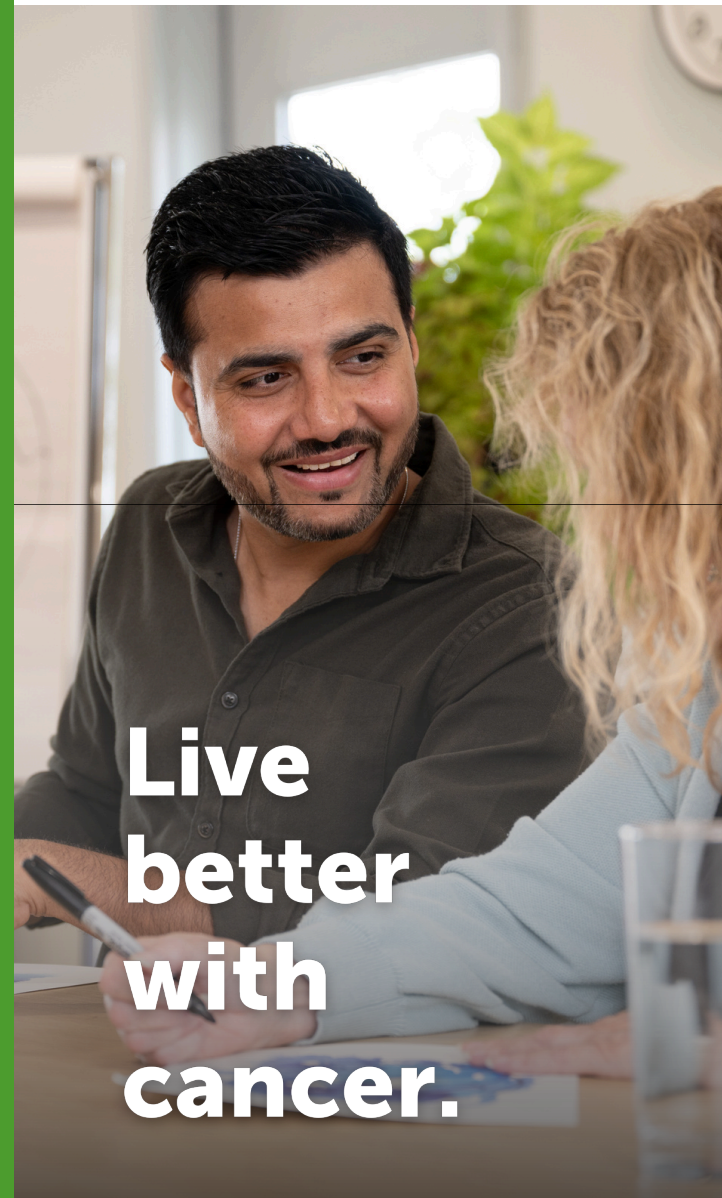
Carma House
1404 Home Road NW
Calgary, AB T3B 1G7

Randy O'Dell House
3910 Seton Drive SE
Calgary, AB T3M 2N9

Explore Wellspring with a tour at any of our centres — no appointment required.
Enjoy free parking on your visit.



We acknowledge that the land we share, learn, and live on are traditional territories in Alberta of Treaty 6, Treaty 7 and Treaty 8. This is also the home of the Métis Settlements and the Métis Nation within Alberta. Here at Wellspring we are both settlers and Indigenous and we pay tribute to those whose footsteps have marked these lands for centuries.



**Live
better
with
cancer.**

www.wellspringalberta.ca



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I've struggled with depression for many years and taking programs at Wellspring has been critical in alleviating it. Getting a cancer diagnosis on top of my other health challenges... who knows where depression would have taken me without Wellspring.

-MICHELE BRISETTE



Choose what's right for you

We offer over 70 programs to help with the emotional, physical and practical challenges you may be experiencing.

Art programs	Music programs
Brain fog	Nutrition
Caregiver groups	Outdoor programs
Exercise	Reiki
Gardening	Social events
Indigenous sharing circle	Tai Chi
Kid friendly programs	Work & finance programs
Meditation	Yoga
Men's group	Young adult programs

Visit wellspringalberta.ca to see all of our programs.

Peer support

Wellspring offers peer support with trained volunteers who have experienced cancer. During this supportive, affirming exchange, volunteers offer a compassionate listening ear and practical orientation to Wellspring's programs, services and resources.

Participating in Wellspring programs is free

If you have a cancer diagnosis, or are a caregiver or family member to someone with a cancer diagnosis, you are welcome to become a Wellspring member free of charge, without referral, and at any point in your journey.

- ▶ Join for free at wellspringalberta.ca
- ▶ Register for programs available online, over the phone, in your local community, or at one of our Calgary or Edmonton houses

Online programs

Wellspring Alberta's vision is to ensure no one has to face cancer alone. For those who don't live near our houses, or who prefer to take programs where they are, we provide online or over the phone support.

