



**CANCER  
CHANGES  
EVERYTHING**  
COMMUNITY  
CHANGES  
EVERYTHING, TOO

## A MESSAGE FROM OUR LEADERSHIP

### Dear Friends,

Cancer care extends far beyond the walls of a hospital.

While treatment addresses the disease, people living with cancer, and those who care for them, also face emotional, practical, physical, financial, and social challenges that don't end when an appointment is over. That's where Wellspring Alberta plays a unique role. As a trusted partner in Alberta's broader spectrum of cancer care, we provide evidence-informed programs and access to a welcoming community that help people navigate the many realities of living with cancer.

Thanks to your generosity, that support remains available free of charge to anyone who needs it.

In 2025, Wellspring Alberta provided more than 49,000 program visits through over 7,500 hours of programming, reaching people in 127 communities across Alberta. (194 since 2020). As our presence continues to grow in rural and regional communities, more Albertans than ever before can access evidence-informed cancer support closer to home, online, or in one of our welcoming locations.

But numbers only tell part of the story.

Throughout this report, you'll meet people like Krista — someone whose family's experience with cancer inspired her to become a Wellspring member, volunteer, Community Connector, fundraiser, and program leader. Her story reminds us that the impact of generosity doesn't end when a program finishes. It creates connections, inspires others to give back, and strengthens communities across Alberta.

You'll also hear directly from members who describe Wellspring as a place where they felt understood, where they rediscovered hope, and where they found the confidence to keep moving forward. Those experiences are possible because you believe that emotional, social, and practical support are essential parts of living well with cancer.

To our donors, volunteers, partners, healthcare colleagues, and everyone who champions Wellspring Alberta — thank you. Your compassion makes it possible for people facing cancer, along with their families and caregivers, to access our programs free of charge, exactly when they need them most.

The momentum we've built together over the past several years is creating new opportunities to reach even more Albertans. As we look ahead, we'll continue expanding access to our programs across the province — in person, online and in communities across Alberta — strengthening partnerships with healthcare and community organizations, investing in the volunteers who make our work possible, and growing awareness of Wellspring so more people know support is available when they need it most.

**Thank you for believing in this work and for helping ensure that no one has to face cancer alone.**



**Bill Gilliland**  
*Board Chair*



**Joanne Aime**  
*Chief Executive Officer*

## YOUR IMPACT

### Program Pillars Made Possible By You

Through more than 70 evidence-informed programs — ranging from movement and meditation to support groups and practical financial services, such as our Money Matters program — Wellspring Alberta helps individuals and families navigate the many difficult realities that come with a cancer diagnosis.

## 2025 By the Numbers

**3,797** +22% from 2024  
People served

**7,579** +7% from 2024  
Hours of services provided

**49,001** +13% from 2024  
Total program visits

## Members Tell Us

**97%**  
Wellspring helped them feel less isolated.

**95%**  
Wellspring helped improve their physical health.

**98%**  
Wellspring helped improve their mental health.

**97%**  
Wellspring helped them gain knowledge to address their needs.

*\*According to our 2025 Mission Survey.*

Financial and  
Workplace Strategies



Symptom  
Management



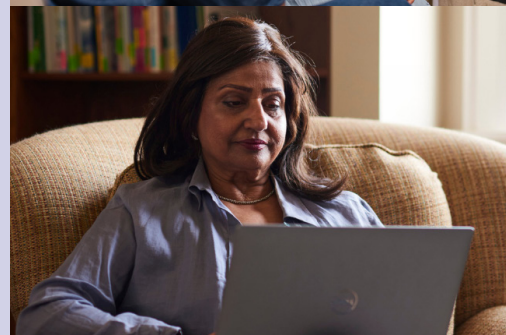
Therapeutic Arts



Individual and  
Group Support



Self-Development  
and Educational



Exercise and  
Movement



## *Krista Weiss Climbs for Wellspring*



Some challenges are meant to push our limits. Others, like a 1,370-step stairclimb challenge, are designed to push us well beyond our limits, and to do so with others in mind. That's the feat Krista Weiss signed up for when she decided to Challenge the Chief on June 14, 2026, at the 12th annual Firefighter Stairclimb Challenge in support of Wellspring Alberta.

***"The stairclimb challenge is definitely out of my comfort zone," said Krista. "And even with training, I can't say for sure I'll feel ready on June 14, but I will do it and get it done."***

Indeed, she did — just like her husband and others she knows, who have faced cancer with no option but to go through it.

"Anyone who has experienced a life-threatening medical event or has had a life-changing diagnosis knows there are so many things that are out of your control, and so many times you have to do things you never imagined you could do, and tolerate situations you didn't think you would have the strength to tolerate. But somehow, you just do it," she said. "What's the stairclimb compared to that? I've seen my husband go through so much and handle it all with grace and kindness. His strength gives me strength."

***"I want to do the stairclimb for people facing the reality of cancer every day, for my husband and all of the Wellspring members I know, to honour their journey."***

It's empathy and compassion that fueled her through the climb and the months of training leading up to it.

### Stepping Into Wellspring

Krista first learned about Wellspring in 2022, when she was a member of the (former) Palliser Triangle Health Advisory Council.

Despite almost three years of walking alongside her husband through a cancer diagnosis and treatment, she had not heard of the organization until Wellspring's outreach manager delivered a presentation to the council, highlighting Wellspring's aim to extend its reach across the province.

Krista immediately recognized the value of what the organization was offering and joined Wellspring as an online member. Having experienced the medical system firsthand, she understood the need for non-medical

resources — support for the emotional, practical, and human sides of cancer that runs alongside the medical treatment plan.

When she felt ready, she decided to give back. In 2023, Krista attended a Wellspring information session in Medicine Hat. There, she met Sarah, a local Wellspring volunteer, and learned about the Community Connector role — volunteers in rural communities who sign up to help people in their communities learn about Wellspring and access its programs.

She applied, completed the training, and became a Wellspring Community Connector. In that role, Krista has helped raise awareness of Wellspring across Medicine Hat and surrounding communities — connecting people to cancer programs and resources they might not otherwise discover.

**"I see the difference that Wellspring programs have made in people's lives," she says. "And I am very proud to be a part of the Wellspring Alberta family."**



Focus on the step in front of you, not the entire staircase

In 2024, when Wellspring received a grant from the Medicine Hat Health Foundation, allowing the organization to begin offering in-person Cancer Connect gatherings in the city twice a month, Krista stepped in to help get it off the ground, and has worked with the other Community Connectors to create a welcoming space where people living with cancer and caregivers could connect with one another. Her involvement took a new turn in 2026, when she accepted the role as program leader for the Monday Cancer Connect session.

Even with an added leadership role, Krista remains committed to her volunteer position — helping people find their way to Wellspring. “I consider myself a Community Connector volunteer first and foremost,” she says.

What continues to inspire her is the collective purpose that drives the pulse of Wellspring.

**“In this organization there are so many amazing people working together toward a common goal — that no one has to face cancer alone,” Krista shares. “It’s such an amazing guiding principle, and I’m just so grateful to be a part of it.”**

Today, Krista brings both professional insight and lived experience to her work with Wellspring. She understands the complexity of cancer care, from the medical realities to the quieter, often unmet needs that surface in the mind and heart.

**“I see the difference that Wellspring programs have made in people’s lives,” she says. “And I am very proud to be a part of the Wellspring Alberta family.”**

On June 14, 2026, Krista climbed all 57 stories of Calgary’s tallest tower, Brookfield Place, while wearing full firefighter gear as part of the Firefighter Stairclimb Challenge. Thanks to the generosity of her supporters, she surpassed her fundraising goal, raising \$5,158 to help ensure more Albertans facing cancer can access Wellspring’s programs and services free of charge. ♥



## At a Glance:

**1 in 2**

Albertans will develop cancer in their lifetime.

**Over 60 Albertans**

a day hear the words “you have cancer.”

**24,505**

New cancer cases expected in 2026 in Alberta.

**140,000+**

Estimated number of Albertans impacted by cancer, including those diagnosed in the last five years, their caregivers and/or families.

## FROM OUR MEMBERS

**"It's hard to see your loved one in a vulnerable state, and it's even harder if you're not a caregiver by nature. But this program made a world of difference for me. It made me realize what I needed to do and that I could do it. If my experience helps others find their way to Wellspring sooner, then that matters to me."**

—Mike, COMPASS for the Caregiver  
Wellspring Alberta Member



**"Even though I was going through a terrible time and I felt very vulnerable, I immediately felt safe at Wellspring. I had no breasts, no eyebrows, no hair. It was such a difficult time in my life, and yet I walked into a room full of others, and I immediately felt safe. When I had a hot flash, a side effect of chemo, I took my beanie off, knowing I could just be my bald self without anyone staring or questioning. It has been my favourite place ever since."**

—Michelle,  
Wellspring Alberta Member



**"I can't imagine going through cancer without the resources and support of Wellspring Alberta. They've been a lifeline for me, providing not just education and programs, but a sense of community and hope. I am so grateful for Wellspring and everything they've done to help me."**

—Kristal,  
Wellspring Alberta Member



### Charmaine's Love Letter to Wellspring Alberta

Thank you to Wellspring for being there when my family and I needed you the most. Everyone who works and volunteers there – you are my angels.

The support from Wellspring has been a great comfort for me and my family during my journey. During such a hard time in my life, Wellspring has so much compassion and understanding and brings joy to each program they offer. My family and I look forward to the programs. One of the best gifts you can give someone is showing support and Wellspring goes beyond that. You have been part of my life and I thank you for being part of my journey. To the chef and the mother and daughter who volunteer for the program 'Kids in the Kitchen,' a huge thank you – you always have a smile on both your faces and you put smiles on the faces of all my family – especially the little ones who come in to cook in the kitchen.

**"I have gained a lot of knowledge attending this program. I wish more people from my community would join as this program is very good for cancer patients as well supporters."**

—Anonymous quote from a Saath Cancer Support program participant.

*Saath is a culturally tailored, family-centred support gathering for South Asian adults living with cancer and their families.*

# WAYS TO CONTINUE MAKING AN IMPACT

# 1

## GIVE TODAY

Every gift makes a meaningful difference. Whether you choose a one-time donation, monthly gift, a gift of securities, or honouring someone special with a tribute or memorial gift. Your generosity helps ensure Albertans facing cancer can access Wellspring's programs free of charge.



# 2

## LEAVE A LEGACY

Create a lasting impact by including Wellspring Alberta in your estate plans. Your generosity will continue to provide hope and support for generations to come.

# 3

## JOIN AN EVENT

From participating in signature events to organizing your own fundraiser or sponsoring a Wellspring initiative, there are many ways to rally your community and make a meaningful difference.



# 4

## PARTNER WITH US

Join us as a corporate or community partner through sponsorship, employee giving, workplace matching donations, or our Adopt-a-Program initiative. Together, we can expand access to cancer support across Alberta.

# 5

## SPREAD THE WORD

Help more Albertans discover Wellspring by sharing our story, or connecting someone to our programs. Sometimes the greatest gift is simply helping someone find the support they need.



**DISCOVER MORE  
WAYS TO SUPPORT  
ALBERTANS FACING  
CANCER**

# FROM OUR DONORS



## Prophix Invests in Cancer Support

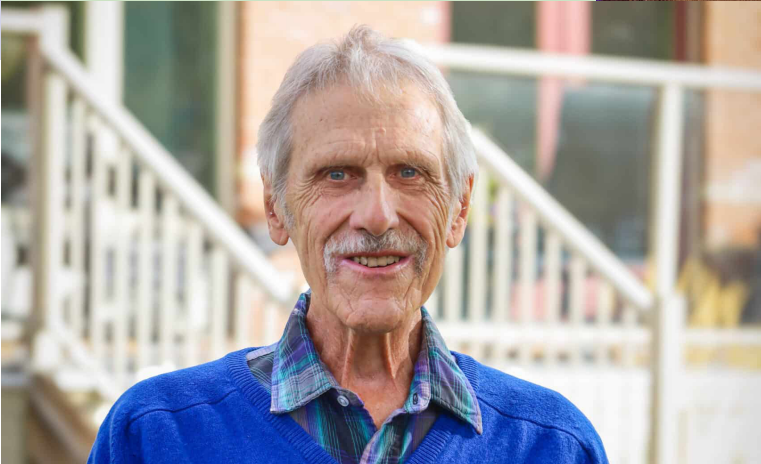
Thank you to Prophix for selecting Wellspring Alberta as a recipient of its Purpose Project initiative and for its generous \$50,000 donation.

This meaningful contribution will help ensure that Albertans living with cancer, along with their caregivers and family members, can continue to access Wellspring Alberta’s programs and services at no cost to them. From emotional and social support to practical resources, these programs help people navigate the challenges that often come with a cancer diagnosis.

We are grateful to the entire Prophix team for their generosity, partnership, and belief in the importance of cancer support. ❤️

## Celebrating Generosity

At this year’s National Philanthropy Day Celebration, hosted by AFP Edmonton, Wellspring Alberta was proud to recognize several outstanding members of our community. Their generosity, dedication, and compassion help make our work possible and ensure that more Albertans facing cancer can access the support they need. ❤️



## Living Your Legacy

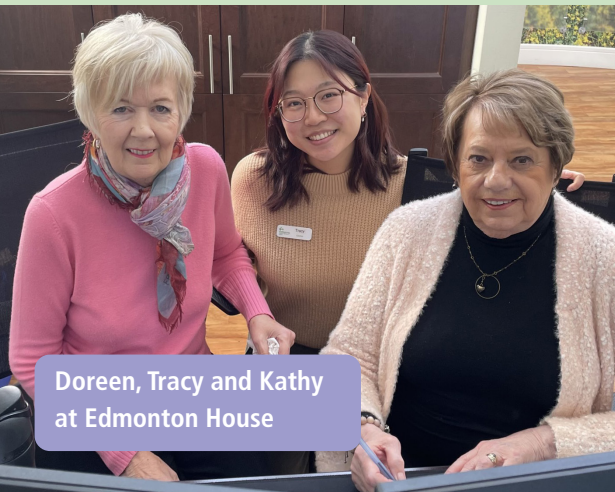
For longtime volunteer, former Board Chair, and cancer survivor John Bargman, Wellspring has been part of his life for nearly two decades. To continue that impact, John included Wellspring Alberta in his estate plans. Legacy gifts like his help ensure future generations of Albertans facing cancer can access Wellspring’s programs and services free of charge — a lasting expression of hope, compassion, and the belief that no one has to face cancer alone. ❤️

## FUELED BY VOLUNTEERS

Volunteers are the heart of Wellspring, providing important support at every level of the organization.



Rosaline and Maureen at Randy O'Dell House



Doreen, Tracy and Kathy at Edmonton House

Wellspring Alberta Community Connectors from across the province gathered in Red Deer



In 2025, Wellspring Alberta had 331 volunteers provide over 14,799 hours of support.



Sharon at the Grande Prairie Cancer Centre

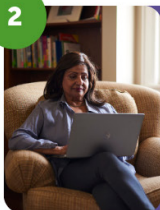
## LOOKING AHEAD TO 2026 | KEY PRIORITIES

1



Expanding access to in-person programming in urban, regional and rural communities.

2



Expanding online program and service offerings across the province.

3



Strengthening support for underserved communities.

4



Increasing investment in volunteer recruitment and support.

5



Strengthening partnerships with Cancer Centres across the province.

6



Increasing visibility and awareness of Wellspring across Alberta.

# PROVINCE-WIDE IMPACT

This map highlights the widespread distribution of our membership across Alberta, with a strong presence in rural and regional communities. It showcases how our services extend far beyond urban centers, reaching into the heart of smaller towns and remote areas, reflecting our commitment to serving all corners of the province.

**127** communities served across Alberta in 2025.

**2025** In-person programs launch in Grande Prairie.

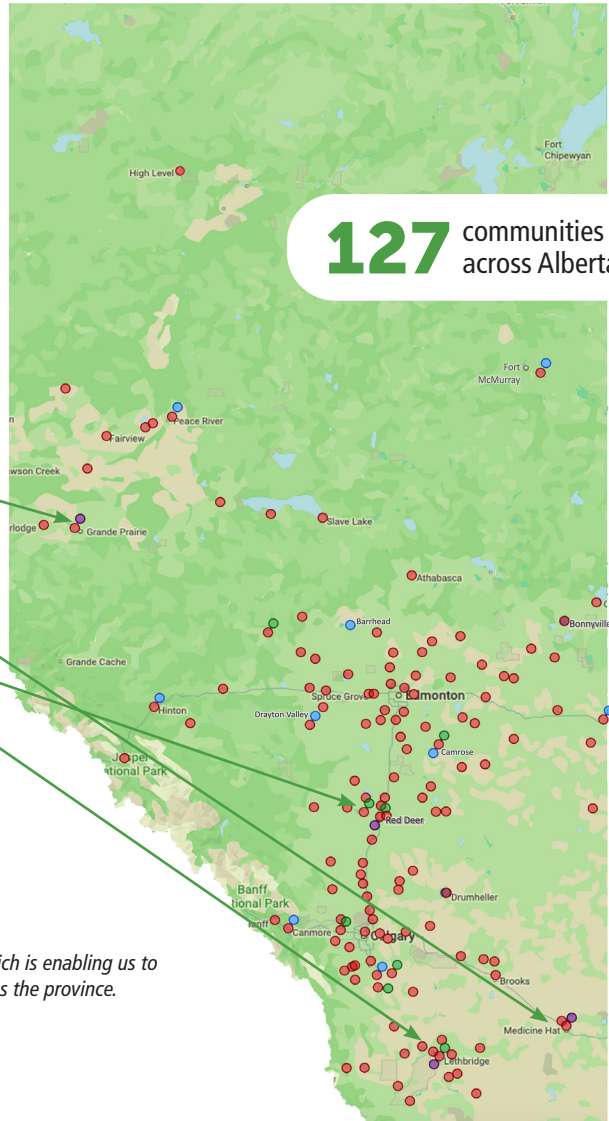
**2024** In-person programs launch in Medicine Hat.

**2023** In-person programs launch in Red Deer and Lethbridge.

### Map of Alberta Legend

- Red Wellspring Alberta Member
- Green Community Connector Volunteer
- Blue Community Cancer Centre
- Purple Regional Cancer Centre

*We are deeply grateful to the Government of Alberta for its generous support, which is enabling us to expand our services and create a lasting, meaningful impact in communities across the province.*

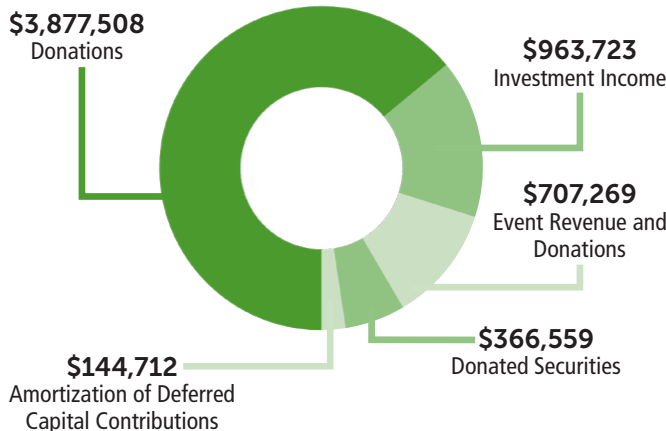


# FINANCIAL INFORMATION

**81 CENTS OF EVERY DOLLAR RAISED DIRECTLY SUPPORTS PROGRAMS**

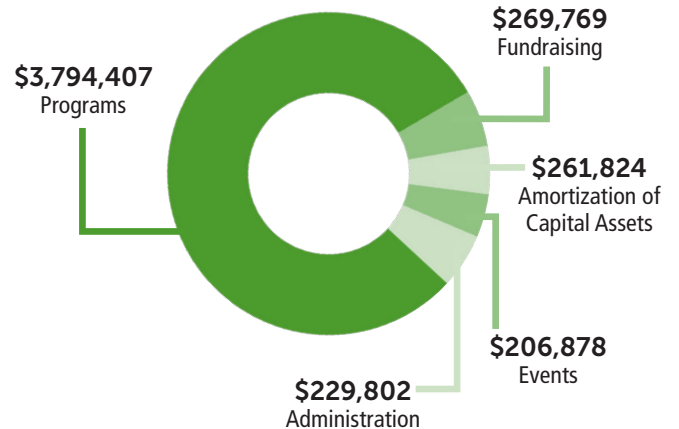
## Revenue, 2025

**TOTAL = \$6,059,771**



## Expenses, 2025

**TOTAL = \$4,762,680**





### **Our Locations**

Carma House  
Edmonton House  
Randy O'Dell House  
Online House  
Rural and Regional Programming

# Thank you!

Your generosity opens doors and improves the lives of those living with cancer, ensuring people have the skills and resources they need to address their emotional, practical and physical needs — so they can live better with cancer. With your help we can meet the ever-increasing volume of members and their changing needs for supportive cancer care, and develop new programs that fill current gaps in the care of cancer patients.

**There are so many ways to make a difference in people's lives, and we are honoured that you have chosen to support Wellspring Alberta.**



Charitable #: 80901 3675 RR0001