

OCTOBER PUBLIC PROGRAMS

Free & open to the public

OCT
4/20

TIME WITH CINDY

Host: Cindy Lang
Oct 4 | 10-11:30am MST | Online
Oct 20 | 10:30-noon | Carma House

Reflect on your experiences and share ways to transcend the times of loss and suffering. Stimulate thought in a safe haven for the expression of emotions.

OCT
4

FOR THE LOVE OF READING

Speakers: Maureen Hall and Luke Gray
Oct 4 | 6-7:30pm MST | Online

Reading for many is a joy and a passion however many people living with cancer find it challenging to read during and after treatment. Please know you are not alone! Learn why reading becomes more difficult and how to find your love for reading and books again in new creative ways.

OCT
12

THE CUT OF IT

Speaker: Dr. Kathleen Sitter
Oct 12 | 6-7:30pm MST | Online

"The Cut of It," written by Meghan Greeley, and directed by Ruth Lawrence, is based on the research of Dr. Kathleen Sitter. Inspired by true stories, the film follows a group of women navigating their own individual journeys with breast cancer: the confusion, the loss, the triumph, the pain. The film will be screened, followed by a discussion on the process and findings from the digital stories.

OCT
13

EVOLUTION OF CANCER CARE IN CALGARY

Speakers: Dr. Don Morris & Caroline Hatcher
Oct 13 | 6-8pm MST | Online

The Calgary Cancer Centre will be a leading health care facility and centre for research and education in oncology, delivering integrated cancer care – a one-stop care facility. Not only will the building double the capacity to treat patients and double the space for clinical trials, its design, made up of two curving, L-shaped forms coming together in an embrace, will provide patients, families and staff with a warm, comforting environment that invokes hope and healing.

OCT
18

COMPASSION HOUSE

Speaker: Kristine Morris
Oct 18 | 6-7:30pm MST | Online

Learn more about the Compassion House Foundation, who ease the distress of the cancer journey for women by providing safe, comfortable and affordable accommodations while undergoing treatment in Edmonton, as well as programs and services post-treatment.

OCT
24

SONGWRITER SESSION

Host: Jarred Albright
Oct 24 | 6:30-8pm MST | Online

Join the discussion as Jarred interviews one musician each month, taking you on a guided tour that will explore the ups and downs of inspiration, the artistic processes and pressures, and anything and everything else that makes songs, and the people who write them, so wonderful. Listen, learn, and play along!

OCT
27

I DON'T KNOW WHAT TO SAY! HOW CAN I SUPPORT SOMEONE WHO IS GRIEVING?

Speaker: Betty George
Oct 27 | 6:30-8pm MST | Online

At some point, all of us will find ourselves in a position of knowing someone who is struggling with the loss of a loved one. How can you support this person? After this presentation, you will know how to support someone by being curious and listening to their "love stories".

OTHER PROGRAMS:

LIVING YOUR BEST:

To intimacy and beyond: Let's talk about sex!
Oct 26 | 7-8:30pm MST | Online
Speaker: Julie Munch

CAMPFIRE CLASSICS

Oct 7, 14 & 21 | 12:30-2pm | Carma House or Randy O'Dell House