

DECEMBER PUBLIC PROGRAMS

Free & open to the public

DEC
2

HOUSE MUSIC:

ROSE + OWL

Dec 2 | 7-8:15pm MST | Online

Come celebrate Wellspring's new music direction with program host Jarred Albright and his musical (and wedded) partner Claire Lecocq. It's sure to be a fun and festive show of holiday-themed music.

DEC
2, 9
& 16

CAMPFIRE CLASSICS

Dec 2, 9 & 16 | 12:30-2pm

Carma House or Randy O'Dell House

No experience needed. Ukuleles, guitars, mandolins, flutes and more are welcome, especially your voice, though you would be welcome to relax and listen. This is a grassroots session and beginners are welcome.

DEC
6/15

TIME WITH CINDY

Host: Cindy Lang

Dec 6 | 10-11:30am MST | Online

Dec 15 | 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.

DEC
6

ANXIETY TO CALM

Dec 6 | 6-7:30pm MST | Online

Prioritize your mental wellness and register for Primary Care Network's Anxiety to Calm slice. In this slice you will learn a few proven and effective skills that will challenge your thoughts, behaviours and emotions. These skills will help you to manage anxiety and help you feel calm.

DEC
8

IT'S ALWAYS ABOVE MY HEAD:

MANAGING FEAR OF CANCER RECURRENCE

Speaker: Sophie Lebel

Dec 8 | 6-7:30pm MST | Online

Professor Sophie Lebel is a clinical psychologist and a professor of psychology at the University of Ottawa. She has been working on a fear of cancer recurrence intervention called FORT, a group intervention for survivors that has been tested through clinical trials.

DEC
12

NAVIGATING GRIEF OVER THE HOLIDAYS

Speaker: Cindy Lang

Dec 12 | 6:30-8pm MST | Online

This evening is designed to create a safe haven to discuss grief over the holidays. Learn coping strategies to help understand grief during a time of joy. You'll leave feeling a little lighter, with tools to help prepare for and better navigate the season ahead.

DEC
14

MANAGING CANCER AND LIVING MEANINGFULLY (CALM) COUNSELLING & DIGITAL STORYTELLING:

FINDING HOPE & SHARING YOUR STORY WITH ADVANCED CANCER

Speakers: Dr. Janet de Groot & Carly Sears

Dec 14 | 6-7:30pm MST | Online

A novel Digital Storytelling program provides an opportunity for participants to create a digital story about their experiences with CALM counselling and/or advanced cancer (as a patient or loved one). Findings from the study will help us to understand how CALM may be helpful and how best to offer CALM counselling within Southern Alberta cancer care.

DEC
22

ART SAMPLING:

VIRTUAL ART GALLERY

Host: Kathie MacDuff

Dec 22 | 7-8:30pm MST | Online

Featuring pieces inspired by Wellspring's Expressive Arts programs. Artists will show and describe their work, sharing their motivation, thoughts and the background stories that inspired them. This will be an interactive 'show' where attendees are encouraged to comment and ask questions.

DEC
30

INTENTIONS FOR THE NEW YEAR: MEDITATION

Speaker: Nicole St. Michel

Dec 30 | 10:30-11:30am MST | Online

Join us for a guided sound and visualization meditation. In this relaxation-based practice, you will be encouraged to find a comfortable position and relax as you are guided to clarify what you wish for in the year ahead.