

NOVEMBER PUBLIC PROGRAMS

Free & open to the public

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WELLSPRING READS: BOOK DISCUSSION GROUP

Host: Pat Murray
Nov 2 | 2:30-4pm MST | Edmonton House

For the upcoming monthly session, the group will be discussing 'The Island' by Elin Hilderbrand.

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SPEAKER SERIES: METASTATIC BREAST CANCER: PATIENT SUPPORT PLATFORM

Speaker: Dr. Nancy Nixon
Nov 8 | 6-7:30pm MST | Online

Dr. Nixon created an online platform for patient and caregiver support in managing MBC. We'll discuss its development and introduce the platform.

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HOUSE MUSIC: MAGNOLIA BUCKSKIN

Nov 10 | 7-8:30pm MST | Randy O'Dell House

Kathy Cook, Natasha Sayer and Corry Ulan draw upon prairie roots, delivering a blend of indie bluegrass, folk, and acoustic pop music on guitar, banjo, mandolin, accordion and bass.

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SPEAKER SERIES: MANAGING SIDE EFFECTS: BALANCING HOPE AND HURDLES: IMMUNOTHERAPY

Speakers: Cindy Railton and Katharine Schaab
Nov 14 | 6:30-8pm MST | Online

Katharine and Cindy will be discussing the mechanism of action of immunotherapy and the complexity of the side effects from this treatment and how to manage them.

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LIVING YOUR BEST WITH ADVANCED, METASTATIC, CHRONIC OR NON-CURABLE CANCER:

COPING THROUGH THE HOLIDAYS
Speakers: Joni Mann, Jessica Carroll and Ruth Kohut
Nov 15 | 7-8:30pm MST | Online

Let's talk about how to navigate the holiday season and meet everyone's needs and hopes, even in challenging times.

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SPEAKER SERIES: HOW UNDERSTANDING YOUR BRAIN CAN EMPOWER YOUR LIFE ON A CANCER JOURNEY

Speaker: Dr. Rob Rutledge
Nov 16 | 6-7:30pm MST | Online

Dr. Rob Rutledge will address developing and maintaining healthy habits, with hands-on practice and informal discussion.

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DIGITAL STORYTELLING: FILM FESTIVAL

Nov 20 | 7-8:45pm MST | Online

Over the years, Wellspring members have been creating short digital stories about their experiences. These stories are personal and full of wisdom about living well with, through, and beyond cancer.

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SPEAKER SERIES: THE AFTERMATH OF DIVORCE

Nov 22 | 6-8pm MST | Online

This workshop will address post-divorce challenges, emphasizing understanding, acceptance, and adaptation to grief.

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SOCIAL EVENT: MUSIC & MUFFINS

Nov 24 | 1-2:30pm MST | Randy O'Dell House

Join our Campfire Classics group for a sing-along, followed by muffins and hot beverages. Come for some Wellspring warmth!

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SPEAKER SERIES: THE ROLE OF ACUPUNCTURE IN INTEGRATIVE CANCER CARE

Speaker: Dr. Jessa Landmann
Nov 27 | 6:30-8pm MST | Online

An explanation of evidence based recommendations for the use of acupuncture in cancer care, during treatment and into survivorship.

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SPEAKER SERIES: LEGAL AND EMPLOYMENT MATTERS

Speakers: Gail Hunter and Karen Tereposky
Nov 29 | 7-8:30pm MST | Online

Legal and HR specialists outline the impact an absence from work can have on employment relationships and clarify your legal rights.

SMUDGING, DRUMMING & MEDICINE WHEEL TEACHINGS: INDIGENOUS LEARNING

Nov 25 | 12:30-2:30pm | Carma House
Nov 26 | 12:30-2:30pm | Randy O'Dell House

UKULELE JAM

Nov 7, 14, 21, 28 | 1-2:30pm | Edmonton House

CAMPFIRE CLASSICS

Nov 3, 10, 17, 24 | 12:30-2pm | Carma House or Randy O'Dell House

TIME WITH CINDY

Nov 7 | 10-11:30am | Online
Nov 16 | 9:30-11am | Carma House
Nov 23 | 10-11:30am | Randy O'Dell House

CANCER CONNECT

Nov 7 | 11-12:30pm | Red Deer Public Library
Nov 17 | 10-11:30am | Lethbridge Family Services
Nov 21 | 5-6:30pm | Red Deer Public Library