

Wellspring Alberta's

# COMPASS FOR THE CAREGIVER

**Where:** Big Marble Go Centre  
Boardroom #2  
2000 Division Ave N  
Medicine Hat, Alberta

**When:** Wednesdays | April 22 - May 20

**Time:** 5:30-8 pm

**Who:** Caregivers and family members  
caring for someone diagnosed  
with cancer.

Caregiving can be stressful and isolating. In this free, evidence-informed program, caregivers will examine emotions, prioritize self-care, and create stable caregiving environments.

