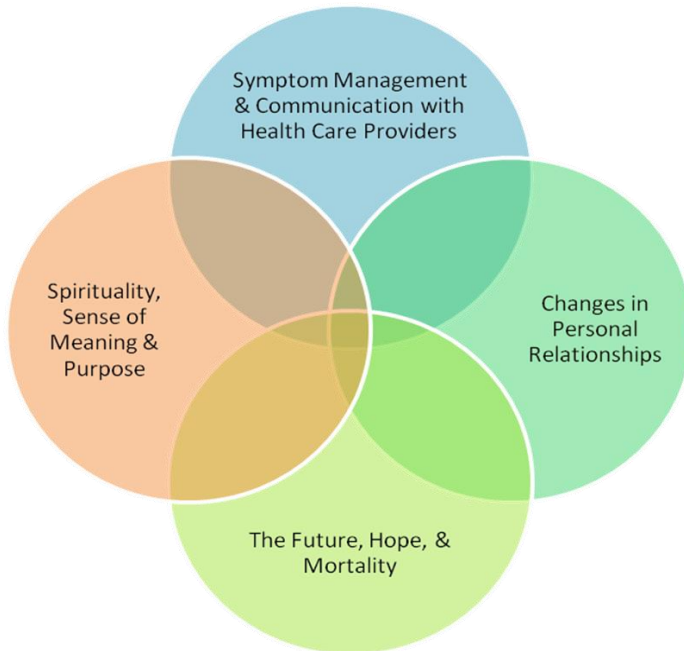


CALM Therapy

Managing
Cancer And Living Meaningfully



What is CALM?

A counselling approach for those diagnosed with advanced cancer.

Designed to alleviate distress, counselling focuses on four topics:

- (1) symptom management and communication with healthcare providers;
- (2) changes in self and relations with close others;
- (3) sense of meaning and purpose; and
- (4) the future and mortality.

CALM Therapy

What will it include?

- Conversations about symptom management
- Opportunity to include a loved one
- Hope, meaning and the future

Who provides the intervention?

- Trained counselling professionals
- Lead clinician: Dr. Janet de Groot

How often will we meet?

Three to six sessions with the possibility of more sessions

Who is it for?

Adults with advanced cancer

When is it available?

Monday to Friday appointments

Where will we meet?

Psychosocial Resources Department
Tom Baker Cancer Centre or Holy Cross Centre
2202 - 2nd Street, SW, Calgary (North Entrance)

If preferred, virtual counselling sessions are also available. Virtual counselling is offered over the phone, Zoom and MyAHSCconnect.

For More information:

Psychosocial Oncology: (403) 355 3207