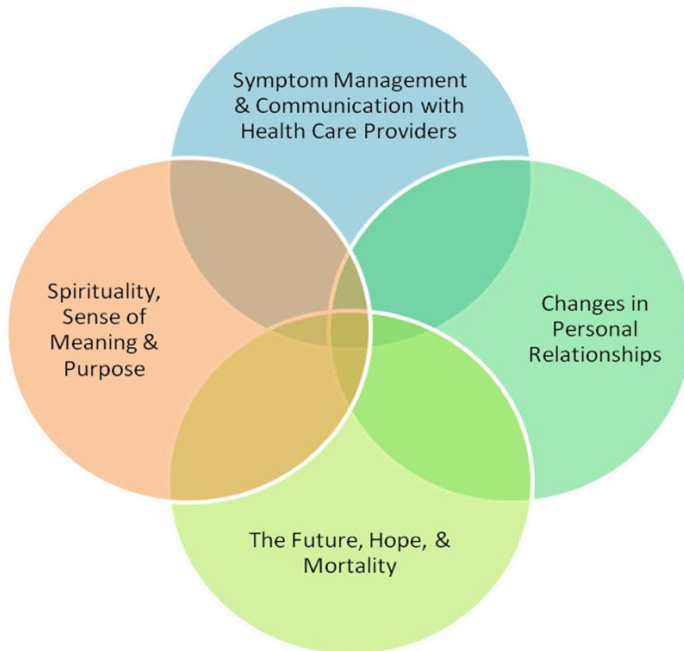


# CALM Therapy

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 relationships 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, with a family member for one or more sessions

## When is it available?

Monday to Friday appointments

## Where will we meet?

Psychosocial Oncology Department  
Arthur JE Child Comprehensive Cancer Centre  
3395 Hospital Drive NW, Calgary

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

## For More information:

Psychosocial Oncology: (587) 231-3570