

Who are Spiritual Care Providers?

Spiritual Care Providers are members of the Canadian Association for Spiritual Care (CASC) and employed by Alberta Health Services. They are clinically trained to provide spiritual and emotional support to people with or without any religious affiliation.

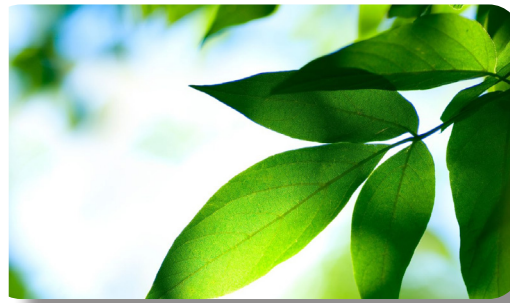


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Prayer and Reflection Room

Please visit the Prayer and Reflection Room on the first floor near the gift shop at the Cross Cancer Institute. It offers a peaceful space for quiet prayer, meditation or reflection.

**Spiritual Care Services
is an integral part of the
Alberta Health Services
healing team**



How to Contact Spiritual Care

Cross Cancer Institute:

For Spiritual Care at the Cross Cancer Institute, call the direct line and leave a message or you can ask a staff member to page us.

Direct Line: 780-432-8545

Office: 780-643-4304

Westmount Site:

Call the office for spiritual care appointments. Appointments are available in the morning on Thursdays and Fridays at Westmount Shopping Centre.

Office: 780-643-4304

Hours: Monday to Friday 8am – 4pm



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Spiritual Care



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Cross Cancer Institute
Edmonton, Alberta

**Department of Psychosocial
and Spiritual Resources**



Support and Counselling

In the cancer journey, life changes...

During times of illness many issues arise that can affect your spirit. A cancer diagnosis may leave you feeling out of balance. Important relationships with loved ones or with your Spiritual Source may have changed. Perhaps you wonder about your identity as your body undergoes changes.



You may find yourself asking:

- Why is this happening to me?
- Will I be able to cope?
- Who will be there for me?
- What gives me comfort and hope?
- What am I grateful for?
- What do I trust? Who do I trust?
- Who am I now? Will I ever be “myself” again?
- What do I value most in life?

Spiritual care can help

Spiritual care might be helpful if you:

- Need someone to talk to
- Feel fear, worry, sadness, frustration, anger or loss of control
- Feel alone
- Are concerned you are a burden to others
- Would like support for family members
- Struggle with decision making
- Have concerns about death and dying
- Are overwhelmed by the uncertainty of the future
- Wonder about life’s meaning
- Need support in your spiritual and/or religious beliefs and practices



What can Spiritual Care offer?

- Compassionate listening and supportive conversation
- Reflection on your story
- Support in times of grieving
- Identifying your sources of purpose, hope and courage
- Exploration of your strengths and needs
- Access to resources available to help you and your family
- Opportunities for spiritual practice such as prayer, readings, ritual and meditation

Spiritual Care is here to support you and your family