

Who are spiritual health practitioners?

Spiritual Health Practitioners (SHPs) are part of your healthcare team. They are here to support your emotional, spiritual, religious, and cultural needs. Whether you are an inpatient or outpatient, our clinically trained spiritual health therapists can help you explore questions around identity, meaning, purpose, grief, and coping.

SHPs are certified by the Canadian Association for Spiritual Care (CASC) and are employed by Cancer Care Alberta.



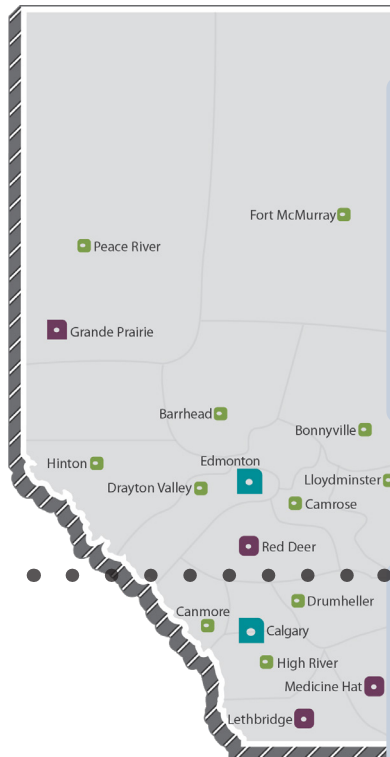
Multi-faith and spiritual spaces

Quiet spaces for prayer, meditation, ceremony, or reflection are available at the Arthur Child in Calgary and the Cross Cancer Institute in Edmonton. Open to all beliefs, these spaces provide a peaceful setting for spiritual well-being. Please ask a staff member or check the site map for locations.

Spiritual Health services are an essential part of your Cancer Care Alberta team.

How do I connect with spiritual health?

Spiritual health services are available to inpatients at Arthur Child (Calgary) and the Cross Cancer Institute (Edmonton). If you are an outpatient you can also access these services by telephone or virtual meeting from anywhere in the province.



Red Deer or north, contact:
Cross Cancer Institute (Edmonton)
780-391-7664
Mon-Fri
8:00am-4:00pm

South of Red Deer, contact:
Arthur J.E. Child Comprehensive Cancer Centre (Calgary)
587-231-3570
Mon-Fri
8:30am-4:30pm



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Email cancer.patiented@ahs.ca for comments on this resource.



Information for
patients & families

Spiritual Health



Support and Counselling



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On the cancer journey, life changes...

Serious illness can be overwhelming. It can affect your identity, relationships, beliefs, and sense of purpose. These changes can also impact caregivers and loved ones.



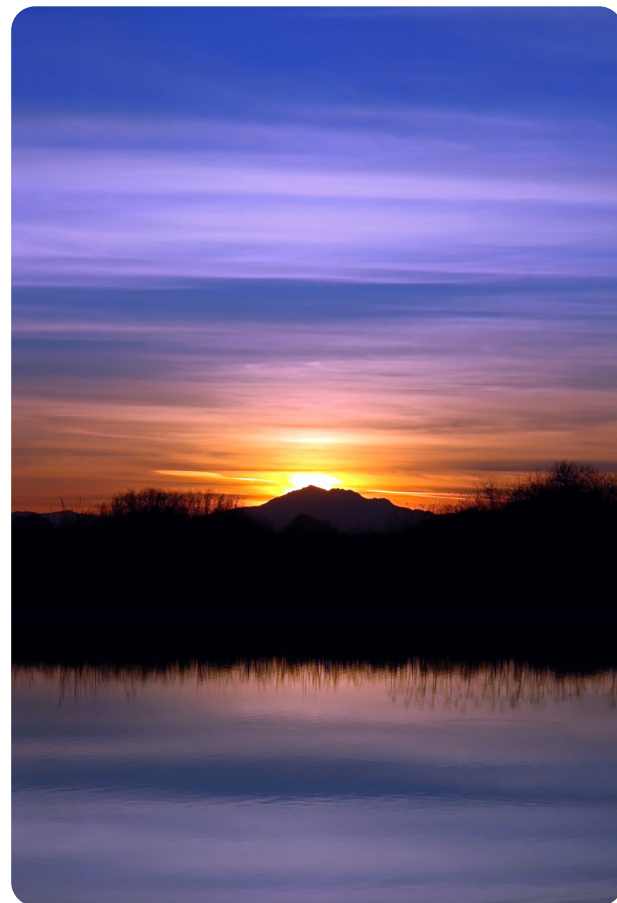
You might be wondering...

- Who can I talk to?
- Why am I feeling fear, sadness, anger, or anxiety?
- Why do I feel alone or like a burden?
- How do I support my family while managing my own needs?
- How do I make difficult decisions?
- How do I manage ethical and moral dilemmas?
- What if I have questions or fears about death or dying?
- How do I cope with uncertainty?
- What gives my life meaning or purpose?
- How do I stay connected to my core beliefs and values?
- Why am I experiencing spiritual distress and uncertainty?

How can spiritual health support you?

A Spiritual Health Practitioner (SHP) offers compassionate support to help you:

- Find strength, hope, and courage
- Navigate difficult emotions and complex relationship dynamics
- Make healthcare choices that align with your values
- Build stronger connections—with yourself, with others, and with the Other (what you believe is ultimate or greater than yourself)
- Explore and express what matters most to you
- Receive guidance in capturing your life story through legacy projects
- Connect with helpful community or cultural resources
- Arrange for specific spiritual or religious practices, such as meditation, rituals, or prayer



Spiritual Health Practitioners are here for everyone—no matter your beliefs, culture, or background. We're here to help you find meaning and connection on your own terms, without judgment or pressure.



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