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St. Patrick Brings A Promise

Poet: Unknown

It ought to come in April, or, better yet, in May, when everything is green as green – I mean St. Patrick's Day.

With still a week of winter this wearing of the green seems rather out of season – it's rushing things, I mean.

But may be March is better when all is done and said: St. Patrick brings a promise, of springtime just ahead!

FAMOUS★ BIRTHDAYS

Justin Bieber	Mar. 1, 1994	Age 27
Rebel Wilson	Mar. 2, 1980	Age 41
Matt Lucas	Mar. 5, 1974	Age 47
Lily Collins	Mar. 18, 1989	Age 32
Elton John	Mar. 25, 1947	Age 74
Mariah Carey	Mar. 27, 1970	Age 51

We want to hear from YOU!

Send us your submissions for next month's issue to sarah.clark@c-a-s-s.org,

QUOTE OF THE MONTH

"If you tell the truth you don't have to remember anything."

-Mark Twain

All About Taxes

Good news everyone!

The tax season is now upon us, and it's time to support our people in filing their returns. For clients with a modest income and a simple tax situation, there are a lot of options in the Calgary area. Some fantastic options are the File My Return phone in tax program, the Community Volunteer Tax Program -CVITP clinics around Calgary, and filing with free software. Let's take a look at some places and community options available for our clients.

File My Return: Phone in to file taxes

Many of our clients have a low, fixed income, and life situation that does not change from year to year. They may be eligible to simply file their 2020 taxes by answering a few short questions through an automated phone service. The File My Return option is secure, free, and impressively easy to use. Letters inviting people to file their taxes through File My Return have already started showing up in the mail. Filing taxes through File My Return can be done from the comfort of home, and does not involve filling out paper forms or calculations. Starting in late February, eligible individuals can call 1-800-959-1110 to access File My Return Program. People unsure of their eligibility can still call the File My Return number. If the individual is not eligible, the automated call will simply not go any further in the process. It's a very quick and easy process.

File My Return Phone Number: 1-800-959-1110

More information about File My Return can be found at the Canada Revenue Agency website or phone number (1-800-959-8281)

<https://www.canada.ca/en/revenue-agency/campaigns/file-my-return.html>

Community Volunteer Income Tax Program CVITP in the Calgary Community

People can get their tax returns done for free at many CVITP clinics around Calgary. The different styles of tax clinics can be by appointment, first come first served, and drop off envelope package style. Follow the link to find a free CVITP tax clinic nearby that suits the needs of your clients.

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html>

For example, the Sunrise Community Centre CVITP clinic is an excellent place to connect with.

<https://www.sunriselink.org/taxation-benefits>

Free Tax Software

People can also file taxes on their own with free and secure tax filing software. This is a great option for people who have a low income and a simple tax situation.

Ufile: <https://www.unicode.ca/tips-and-tools/file-for-free>

Turbo Tax: <https://turbotax.intuit.ca/tax/software/personal/online/free>

Simple Tax: <https://simpletax.ca/>

Filing Your Own Taxes: A Webinar hosted by Momentum

Bonnie McIntyre from CRA will talk about things people need to know about filing the 2020 income tax. Momentum Policy and Research Specialist, Kelly Dowdell, will be a moderator and ask common questions and concerns specific to filing the 2020 income tax. Filing Your 2020 Taxes – What You Need to Know Registration, Tue, 2 Mar 2021 at 10:00 AM

HEALTH & SAFETY

5 Calgary Resources for Crisis and Mental Health

Life is full of unexpected events like losing a job, a loved one or a relationship. When those events or “rainy days” come around and put us in a bad place mentally, physically or emotionally, it’s easy to feel alone or unable to cope. Thankfully, we don’t have to weather the storm alone. There are a number of local resources in Calgary for crisis, mental health and addition support that provide education, assessment, medical attention and other useful resources for Calgarians in need. Here are a few options to consider for support:

1) CANADIAN MENTAL HEALTH ASSOCIATION

(CMHA) variety of programs. Whether you or a family member are dealing with substance abuse, mental health challenges or even the loss of a loved one, the CMHA Calgary chapter can help with emotional support, life coaching and programming, as well as referrals to other community resources.

Visit CMHA at <https://cmha.calgary.ab.ca> or call 403-297-1700

2) DISTRESS CENTRE

The Distress Centre is a 24-hour crisis line available in Calgary and Southern Alberta. This resource is useful if you need someone to talk to or recommended resources when you are in a crisis situation. The best way to describe the Distress Centre is to use their own words: “We do not define crisis. We do not judge. Anyone can call us day or night.” The Distress Centre can be contacted by phone, email, or online chat during the day.

Visit the Distress Centre at <https://www.distresscentre.com> or call 403-266-HELP (4357)

3) ADDICTION HELPLINE

The Addiction Helpline is available 24/7 and is available for any Albertan suffering from addiction. The helpline is confidential and provides support and referral to community services for individuals suffering from alcohol, drug and gambling issues.

Reach the Addiction Helpline at 1-866-332-2322

4) URGENT MENTAL HEALTH IN URGENT CARE

Crisis mental health assessment and support is available at two of the Urgent Care Centres in Calgary:

- Sheldon M. Chumir Health Centre (SMCHC), located in the Beltline
- South Calgary Health Centre (SCHC), located in the far south near Shawnessy/Sundance

Both centres are open 7 days per week, every day of the year, with SMCHC being open 24 hours per day and SCHC open from 8 am – 10 pm. Urgent Mental Health assistance is available at both sites from 8 am – 10 pm every day. SCHC also provides walk-in, single session counselling at no fee with variety hours during the week.

Location information: South Calgary Health Centre: 31 Sun-park Plaza SE or call 403-943-9300 to find out the hours of their walk-in counselling service.

5) ACCESS MENTAL HEALTH

It can be difficult to navigate the community resources available to help with mental health – that’s where Access Mental Health comes in. Its clinicians offer information, advice and referrals to Alberta Health Services programs and other community resources. Access Mental Health is a non-urgent resource and is available during regular business hours.

Contact Access Mental Health at 403-943-1500.

If you are struggling with your mental health and are seeking more long-term support, counselling may be a good option to consider. At Your Counselling, we provide support to families, individuals and children who are experiencing distress, anxiety, depression, addiction and anger. Call us today for a free consultation and together we can develop a treatment plan that will help you get back to living a happy, healthy and fulfilling life.

Free Webinar



Filing Your 2020 Taxes What You Need to Know

Tuesday, March 2, 10 - 11 AM MST

Featuring Keynote Speaker



Bonnie McIntyre

Regional Outreach Officer,
Canada Revenue Agency

- Nervous about the implications of CERB?
- Not sure how to file your taxes?
- Have questions about filing your taxes?

Bonnie McIntyre will walk you through how to file your 2020 income tax. There will be a Q&A at the end of this webinar.

Register at
filing-your-taxes-webinar.eventbrite.ca

TRAINING

CPI Training –

The physical portion of CPI Training is still suspended and will be until further notice. Please register for your training before your expiry date to complete the online portion with CPI and the zoom meeting with the instructor for discussions and questions and answers. CASS will consider the CPI training requirement as having been met for the time being - you will be required to complete the physical portion as soon as it is safe to do so.

Thursday, March 4 or Thursday, March 11

Thursday, April 1st or 15th or 29th

Thursday, May 13th or 27th

Thursday, June 10th or 24th

To register follow these steps:

Staff are to follow this link <https://calendly.com/sarah-mcmillen-cpi/cpi-training> to book online.

Choose one date only.

Staff will receive an email confirmation with instructions, including the zoom link for the day of training.

Staff will receive an email / link from CPI for the online portion – this **MUST BE COMPLETED BEFORE** the day of the training.

If there are any concerns with the online portion once logged in, staff should contact HELP at CPI.

Staff will be required to fill in the Payroll Deduction form found on the website in Forms and Documents and email it to reception@c-a-s-s.org

Please note, the payroll deduction is \$45 – be sure you use the correct form. The deduction will come off your pay during the month of your course date – the date you complete the online portion with CPI.

Abuse Awareness Training – Available on line!

Challenging Behaviours – Part II – Available on line!

Open Future Learning (OFL) – Two modules of OFL are mandatory for all CASS Staff – “Challenging Behaviours” and “Introduction to Your Role”. Email training@c-a-s-s.org to register for OFL.

Medication Administration – If you need Med Admin for your position with CASS, email training@c-a-s-s.org to register for this course. When you have completed the course, please email Thomas at thomas.brosh@c-a-s-s.org – he will arrange to do the practicum remotely.

Health and Safety – This course is available on line – go to the website, LOG IN, go to staff resources>training>Health and Safety.

First Aid/CPR – First Aid/CPR – Staff needing to update their First Aid/CPR need to be sure the trainer is Government of Alberta OH&S Approved. The following link gives a list of the approved training providers: <http://humanservices.alberta.ca/working-in-alberta/1348.html>

Many safety training venues are offering two-part First Aid classes with an on-line portion to start and a review and CPR practice in the classroom. The maximum billable hours for First Aid is now 8 hours.

Mental Health First Aid

Due to COVID-19 new protocols for this training are being developed. Details and dates to come.

There are no office closures this month, but we are celebrating St. Patrick's Day on March 17th.

Why do we celebrate St. Patrick's Day?

Patrick's Day will be observed on Wednesday, March 17. Although the holiday originally started as a Christian feast day celebrating the life of St. Patrick and the spreading of Christianity to Ireland today, it is a day of revelry and a celebration of all things Irish.