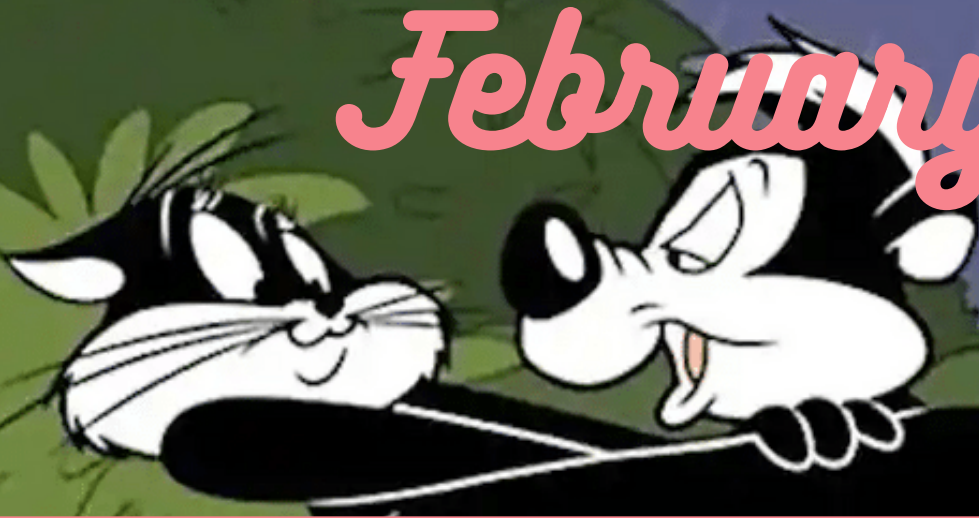


February 2022



THE CLASS REPORT

This Issue:

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- *Black History Month*
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HAPPY VALENTINE'S DAY - THIS VALENTINE'S TAKE CARE OF THE PERSON YOU LOVE MOST! YOU!!!!

DIY SELF-SOOTHE BOX

For many people, this year has been more stressful than ever. The pandemic has even made it hard for us to see the people that help us feel better, or go to places that make us feel happier. Then, how do we deal with our stress?

One easy solution to managing stress is making up a self-soothe box for yourself. To make a self-soothe box:

- find a box (a shoebox, a gift box, a plastic tote, can be anything fill your box up with things that you enjoy and help you calm down, like:
- playlist of your favorite music
- a stress ball
- picture of a person you love
- essential oils and etc.

Whatever you put in your box is something that calms YOU down and makes YOU feel happier. It can be anything!

Take an item out of your your self-soothe box whenever you feel upset (angry, sad, worried, afraid). Use that item to distract yourself, or to remind you of your good memories, or to help you take a break in your mind.

PSYCH HEALTH & SAFETY

Happy New Year from the Psych Health & Safety Committee! We want to thank all CASS staff, clients, and community members for their commitment and perseverance in 2021; it was not an easy year. The PH&S committee wants to reach out and begin to offer regular info updates on various Pre-Crisis Supports in the city that can be used by yourself, friends, family, and the individuals we support. These are handy tools to have on hand in case you or someone you know is facing a crisis.

What are Pre-Crisis Supports? Pre-Crisis Supports exist in that little space between crisis prevention and crisis management. They are the resources that can be accessed to lessen, or remove, the chance of a crisis.

This month the committee would like to address the topic of food insecurity. Food insecurity is a lack of access to affordable, nutritious food. Food insecurity can happen to anyone for many reasons, but a major factor is limited financial resources. One resource to do so that many people are familiar with is The Calgary Interfaith Food Bank. The Food Bank is an amazing program that many Calgarians access, but the process can sometimes be long or difficult for people to navigate. Below are a couple of other resources in the city.

Community fridges and pantries are an initiative that have really taken off during the pandemic. . It is based on a mutual aid model, give what you can, take what you need. They are open to all, are easily accessible, and available 24/7. Below are some examples.

Community Fridges/Pantries:

- **Calgary Community Fridge @ 918 Centre St N**
- **The Common Cupboard Bowness @ 6508 Bowwood Dr NW**
- **Keffeeklatsch Panty @ 1205 1 St SW**
- **Hindu Society Community Outdoor Free Food Bank @ 2225 24 Ave NE**
- **Rosscarrock Community Fridge @ 4411 10 Ave SW**

Another fantastic program in the city is the Good Food Box Program from the Community Kitchen Program of Calgary. The program is open to everyone, and they have many pick-up locations in the city. Each box is packed with fruits and vegetables. Boxes come in three sizes: Small (20-25lbs for \$25), Medium (30-35lbs for \$30), and Large (40-45lbs for \$35). For more information go to: ckpcalgary.ca/goodfoodbox.

Lastly, we want to share about Fresh Routes. Fresh Routes is a mobile grocery store that allows people easier access to affordable, nutritious and culturally appropriate food. Fresh Routes sets up in various locations across Calgary and First Nations communities on a weekly basis. To view their current schedule of locations and times, go to: <https://freshroutes.ca/schedule-calgary/>

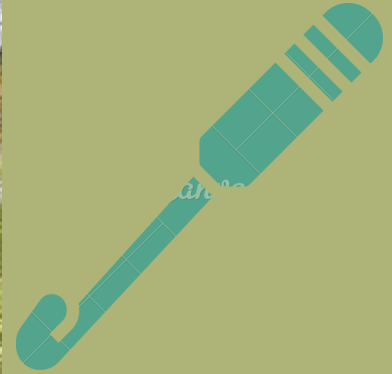
While these are a couple of resources, the city has so many different supports when it comes to tackling food insecurity. For a fuller list of what is in the city to help you can also visit www.tinyurl.com/covidfoodyyc.

LOCAL ARTIST SHOPS

We have our own little artist shop at CASS . She as been with CASS for 12 years. She has grow her little crochet and knitting form the ground up.



TANSI



I am ready to take your order!

<https://samsayer26.wixsite.com/website/home>

Myself and CASS would like to give acknowledges that we are located on homelands of Blackfoot Niitsitapi Siksika, Piikani, Kainai, Îyârhe , Tsuut'ina and Me'tis region 3 .



hiyhiy

As I am a guest to this land and I would like to say (Hiyhiy) Thank you

oki

Welcome New staff to training!

Check out the CASS Website – www.c-a-s-s.org for all your training requirements. Once logged in, go to Training in the Staff Quick Links section for a complete list of required (and, some optional) training.

If you have questions email training@c-a-s-s.org

Be sure and let your coordinator know your training days so schedules can be changed to accommodate your client.

Abuse Awareness Training – on-line - expires every three years

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. No expiration.

Challenging Behaviours – Part II – on the CASS Website - No expiration

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.brosh@c-a-s-s.org - he will arrange to do the practicum remotely.

Health and Safety – This course is available on line – log in to the website then staff resources>training>Health and Safety.

Mental Health First Aid – now available in a Standard (Virtual) Format!

Thursday and Friday, February 24 and 25

Mental Health First Aid (MHFA) is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis. The course consists of Module 1 – Self-Directed about 2 hours and Modules 2 and 3 – Virtual Classroom time about 6 hours.

Watch for upcoming courses being provided through CASS, and talk to your supervisor about attending!

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 hour

More on Training at CASS....

CPI Training – expires every three years

There are three separate steps to completing your CPI Training

- 1) online training through CPI
- 2) zoom review and discussions with the instructor, and
- 3) a group session to practice the “physicals” part of the training

Please follow the instructions below to complete this training.

I. Click on this link to register

<https://calendly.com/sarah-mcmillen-cpi/cpi-training>

Choose only one date.

Thursdays, unless otherwise specified.

February 1 – Tuesday evening – 6-9 pm

February 10 or 17

March 10 or 24

April 7 or 21

May 5 or 19

June 2 or 16

II. You are required to complete the CASS Voluntary Payroll Deduction Form found on the website under Forms and Documents, and email it to reception@c-a-s-s.org

III. You will receive an email / link from CPI about two weeks before your chosen date – you must complete the online work before your chosen date.

IV. You will receive an email from the instructor, Sarah McMillen the week of your date, inviting you to attend a zoom meeting for review and discussions on the material you completed online with CPI.

V. Due to ongoing COVID restrictions the “physicals” part of the training has been postponed indefinitely. Upon completing the online work and the zoom discussion staff will be issued their CPI certification card with the understanding they are responsible for completing the physicals as soon as restrictions are lifted and dates can be scheduled.

May the training be with you.



February is Black History month

The Calgary Public Library has a wide range of books, audio and programs taking place this month highlighting Five key influential Black Albertans. There are several videos you can watch from home to make note of.

The U of C also is hosting a wide range of events during February as well.



STAT HOLIDAY-

MONDAY FEBRUARY 21 ST IS FAMILY DAY!

