

June 2025, Issue 4

# The CASS Report

CALGARY ALTERNATIVE SUPPORT SERVICES NEWSLETTER

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## Welcome!

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Hello and welcome to the June edition of The CASS Report! With summer in full swing, it's a season bursting with energy, growth, and new possibilities. Whether you're soaking up the sunshine or diving into new projects, this is the perfect time to harness that momentum and carry it into both your personal and professional life.



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## CASS Client Advisory Council

**When:** Wednesday, July 2, 2025

**Time:** 11:00am

**Where:** CASS Main Office

**Hosted by:** Melanie Gilbert-Chiu

Meet up with people!

Enjoy lunch together!

Talk about CASS programs and  
community news!

Questions? Call or email Melanie at  
[cac@c-a-s-s.org](mailto:cac@c-a-s-s.org) or (403) 283-0611  
ext. 511. We can't wait to see you  
there!



## Crisis Prevention Institution (CPI)

### Nonviolent Crisis Intervention Training

**When:** Monday, June 16

**Time:** 9:00am- 3:30pm

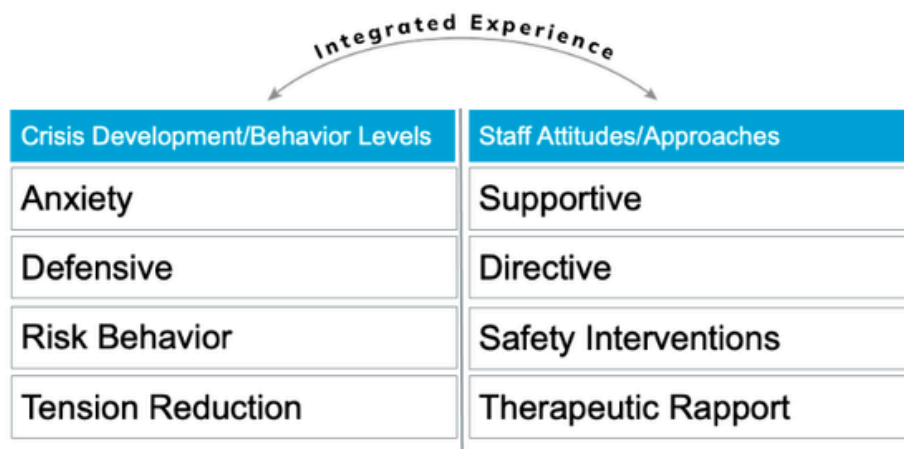
**Where:** CASS Office Board Room

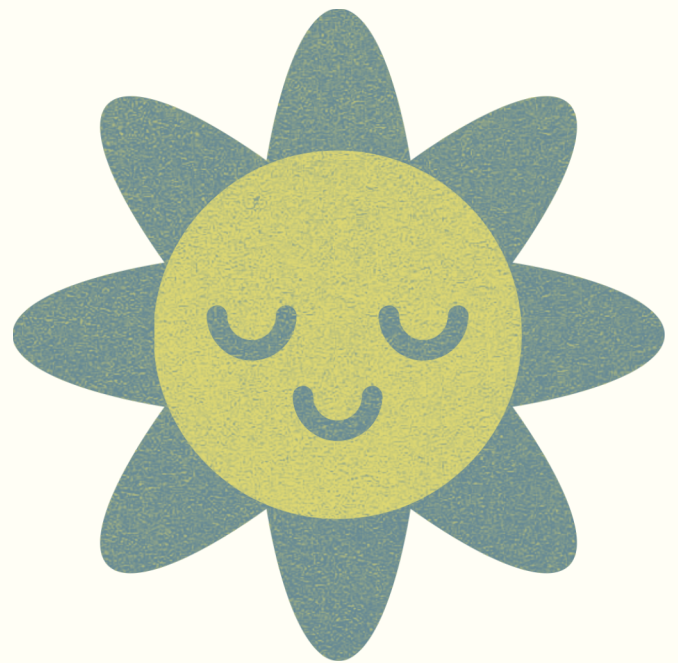
**Facilitated by:** Darvin & Shawna

## CPI Concept Review:

The Crisis Development Model *Development Model* shows the behavior levels on the left side. On the right it shows staff responses. It is worth noting the importance of continuing to use a person centered and trauma informed response.

## The CPI Crisis Development Model<sup>SM</sup>





## CASS Dinner Club

**What:** CASS Dinner Club

**Where:** Boston Pizza (1313 33 St SW)

**When:** Wednesday, June 4

**RSVP:** Tuesday, June 3

The CASS Dinner Club has been one of the most successful programs to date. On the first Wednesday of every month a group of clients go out for dinner at a different restaurant.

Please note that reservations are a must. The restaurant will not accommodate larger numbers than are reserved for.

RSVP to the dinner club at [dinner-club@c-a-s-s.org](mailto:dinner-club@c-a-s-s.org) or call 403-283-0611



## Wellness Corner

As the days get longer and the weather warms up, it's the perfect time to refresh your wellness routine. Here are three simple ways to boost your well-being during the workday this April:

1. **Embrace Nature** – Step outside, even for just a few minutes. Fresh air and sunlight can improve your mood and energy levels. Take a quick walk around the block or enjoy your coffee outside.
2. **Practice Gratitude** – Take a moment each day to jot down one thing you're grateful for. This simple practice can help shift your mindset and reduce stress.
3. **Stay Hydrated** – It's easy to forget, but drinking enough water is key to mental clarity and energy. Keep a water bottle at your desk and aim to refill it throughout the day.

**Pro Tip:** Remember, while embracing nature is great, so is telling your emails to take a hike for a bit. Prioritize your peace!

## Fun Facts About June

- June 28, 1969 marked the start of the **Stonewall Riots** in New York City—a pivotal moment that sparked the modern LGBT+ rights movement. What began as a response to a police raid at the Stonewall Inn became a turning point in the fight for equality and continues to be commemorated each June during Pride Month.
- June 19th, known as **Juneteenth**, marks the day in 1865 when 250,000 enslaved people in Texas—the last state where slavery persisted—were finally declared free by the U.S. Army. This historic moment came over two years after the Emancipation Proclamation and is now celebrated as a powerful symbol of freedom and progress.

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## Important Dates:

**Fathers Day** - Sunday, June 15

**Juneteenth** - Thursday, June 19

**Stonewall Riots** - Saturday, June 28



HAPPY  
*Father's Day*

A stylized illustration of a grey mustache.

## Newsletter Contributions

Share your stories, updates, and ideas with us by sending your contributions to the email above. Your content could be featured in our next newsletter issue! Don't miss the chance to be part of our community's conversation.

Please send your contribution ideas to [newsletter@c-a-s-s.org](mailto:newsletter@c-a-s-s.org).



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## Joke of the Month

Why did the banana go to the beach?

Because it wanted to peel away from work!



## Happy Birthday!!

*If you'd like a birthday shout out- email me!*

Birthdays are a time to reflect, celebrate, and feel special, and we love celebrating them with our CASS community! Whether it's a milestone or just another year of awesome, we're all about recognizing the wonderful people who make CASS what it is. If you've got a birthday coming up, let us know! We'd love to help you celebrate and make your day extra special. Here's to another year of growth, laughter, and good times ahead!



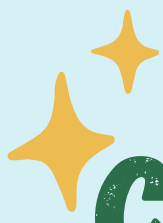
## Flower Power



ASTER	HONEYSUCKLE	ORCHID
CROCUS	LAVENDER	PANSY
DAFFODIL	LILAC	SUNFLOWER
DAISY	LILY	TULIP
GERANIUM	MARIGOLD	VIOLET







# CASS GARDEN CORNER

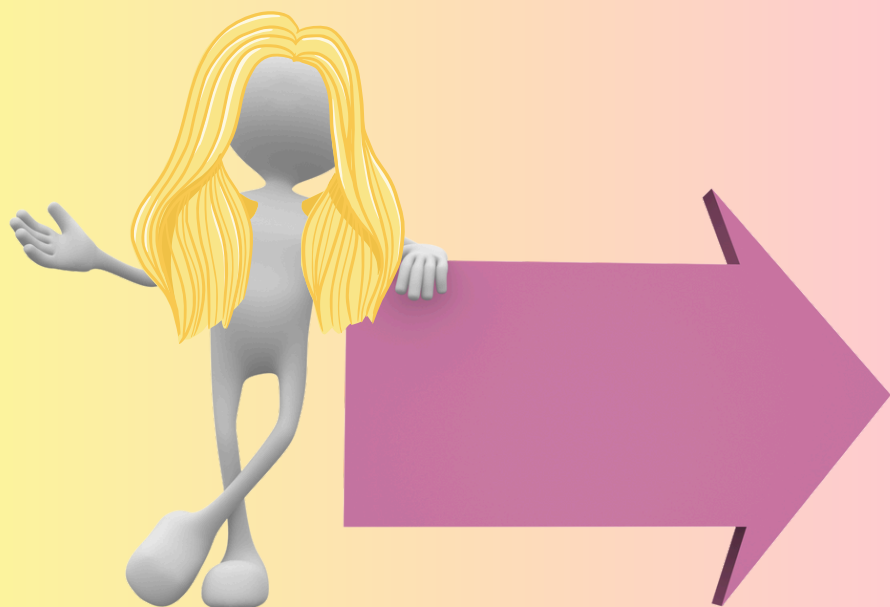
Send us your garden & plant tips and tricks and we will include them in the next edition!

[sarah.fitzpatrick@c-a-s-s.org](mailto:sarah.fitzpatrick@c-a-s-s.org)

Did you know:  
It is prohibited to prune  
elm trees in Calgary  
between April 1 and  
September 30?

It is to help protect against  
Dutch Elm Disease!  
This is spread by beetles who  
are attracted to freshly cut  
trees





# Follow Me

## Advice with some spice

### **Anonymous Question:**

**Lately, I have been feeling angry and short-tempered. How can I improve my mood quickly?**

### **Follow Me's Response:**

**First, take a walk. Not just any walk — a dramatic, over-the-top, Oscar-worthy storm-off. Swing your arms. Mutter to yourself. Scare a few squirrels. Really sell it. This alone burns calories and irritability.**

**Next, imagine what made you angry. Now put that nonsense in an imaginary box. Got it?**

**Good. Now douse that box in imaginary lighter fluid — really soak it like it owes you money — and light it up. Watch it burn in slow motion while dramatic music plays in your head. Bonus points if it explodes like a Michael Bay movie.**

**See? You're not angry anymore — you're a pretend action hero with emotional maturity. Also, pretend fire is 100% legal and doesn't require a court date. Win-win!**

**Want some unhinged alternative advice? Fill out a card in the question box located in the Kitchen in the CASS Main Office**

# Family Fun Day



## Saturday June 21, 2025

10 am – 3 pm at

**CALGARY ROTARY CHALLENGER PARK**

3688 – 48th Avenue NE

**FREE ADMISSION AND PARKING**

Hosted by **CALGARY ROTARY CHALLENGER PARK**, you will not want to be out of town because there is just so much to see and do! With acres of park to explore and exciting **FREE** activities wherever you turn, we guarantee There is something for everyone.

**CALGARY ROTARY CHALLENGER PARK** is a unique concept of athletic fields, a playground area and an activity center constructed to ensure that all citizens regardless of age or ability have equal access to recreation, sport and play.

Increase your understanding of individuals living with disabilities through your participation in individual and team sports and recreational activities!

Free Barbeque  
Face Painting  
Arts and Crafts  
Bouncy Tents  
Pacific Assistance  
Dogs

Wheelchair Basketball /  
Tennis / Fencing  
Demonstrations Calgary  
Stampede Promotions  
Committee 501st Garrison  
(Star Wars Characters)  
Mascots Blue Knights Law  
Enforcement Club

Mental Health Games  
RCMP Musicians  
Indigenous Dancers Calgary  
Police Services Calgary EMS  
Services Calgary Fire  
Department Challenger  
Little League Baseball  
Jubilations Dinner Theatre

For more information contact:

Cal Schuler at 403.830.6466 or [cal.schuler@c-a-s-s.org](mailto:cal.schuler@c-a-s-s.org)

For instructions on how to get there, please visit

[www.challengerpark.com](http://www.challengerpark.com)

Anar Dharshi at 403.903.7867 or [info@challengerpark.com](mailto:info@challengerpark.com)