

December 2025, Issue 7

The CASS Report

CALGARY ALTERNATIVE SUPPORT SERVICES NEWSLETTER



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- Christmas Party!
- CASS is hiring!
- (dis)ABLED Art Show

Welcome to the December edition of The CASS Report!

Keep your eyes peeled! Somewhere in this newsletter, **we've hidden the CASS swirl logo** — just the swirl itself. Think Where's Waldo? style. Spot it, send it to us, and you'll be entered to win our December prize.

December carries a quiet magic — soft evenings, silvered light, and the hush that settles as the year prepares to turn. It's a month that invites wonder and warmth, a chance to gather close, look back with honesty, and look forward with hope. As the final days unfold, December encourages both closure and becoming — to celebrate what endured, release what weighed heavy, and open your heart to what's waiting just beyond the horizon. This is the moment to move gently, savor connection, and step into a new year with clarity and intention.



CASS Client Advisory Council

When: December 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 or (403) 283-0611
ext. 511. We can't wait to see you
there!



Crisis Prevention Institution (CPI)

Nonviolent Crisis Intervention Training

When: December 15, 2025

Time: 9:00am- 3:30pm

Where: CASS Office Board Room

Facilitated by: Darvin & Shawna

CPI Concept Review:

Planning for Difficult Conversations. Use of any or all of the four steps of planning (envisioning the conversation and the person's responses), scripting (developing a written or mental roadmap of what you will say), delivering (remain rationally detached listen with empathy) and documenting (after the conversation write down a summary) will increase the chance of success. Good communication skills establish and maintain rapport.

Planning for a Difficult Conversation

Remember and Discuss:

Steps for planning for a difficult conversation:



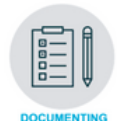
PLANNING



SCRIPTING



DELIVERING



DOCUMENTING

In your groups, discuss and answer the discussion questions for your step.



CASS Dinner Club

What: CASS Dinner Club

Where: Swiss Chalet

When: December 3, 2025

RSVP: December 2, 2025

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 or call 403-283-0611



Wellness Corner

As the year comes to a close and the days grow softer with winter's glow, December invites us to reconnect, restore, and move through the season with intention. Amid the bustle and celebration, take a few moments each day to care for yourself and stay grounded. Here are three simple ways to support your wellness this month:

1. **Reflect and Release** – Let the end-of-year energy guide you inward. A quiet moment with a journal, a slow morning routine, or simply acknowledging what you're ready to leave behind can help you enter the new year with clarity.
2. **Create Cozy Rituals** – Lean into warmth and comfort. Light a candle, sip something soothing, or add small touches that make your home or workspace feel nurturing during the darker days.
3. **Honor Your Capacity** – With celebrations, deadlines, and togetherness all peaking, it's easy to stretch yourself thin. Give yourself room to rest, say no when needed, and protect the peace you've worked hard to cultivate.

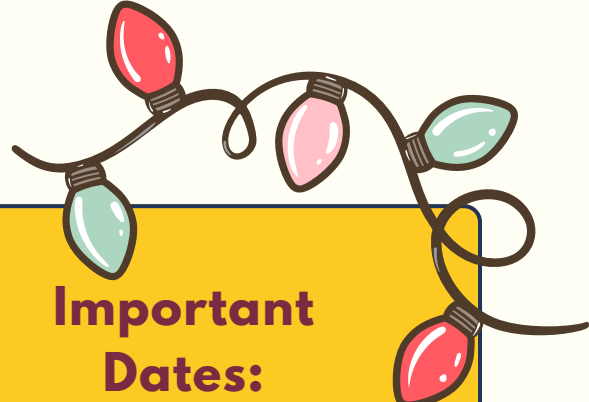
Pro Tip: Just as winter encourages stillness, allow yourself to soften and slow down. Rest is not a pause from life—it's part of your renewal.





December Fun Facts:

- December is one of Alberta's coldest months. Temperatures can range from -5°C to -25°C , but extreme cold snaps can push it to -30°C or lower (especially in the Prairies and northern Alberta).
- Alberta gets very little daylight in December—Edmonton averages only ~7 hours of daylight near the solstice.
- Calgary Zoo Lights is a major annual event that attracts tens of thousands of visitors with large-scale holiday light displays.
- Heritage Park's "Once Upon a Christmas" in Calgary brings old-time holiday traditions to life, including wagon rides and historical crafts.
- December is peak season for aurora borealis in northern Alberta, with many rural areas offering excellent viewing.



Important Dates:

Christmas Eve- Wednesday,
December 24

Christmas Day- Thursday,
December 25

Boxing Day- Friday, December 26

New Year's Eve- Wednesday,
December 31



*We want to
hear from
you!*

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.

CLIENT
CHRISTMAS
PARTY

JOIN US FOR DINNER, DANCING &
A PHOTO BOOTH!

DECEMBER 11 5:00-9:00PM

PLEASE DO NOT ARRIVE EARLY

DINNER WILL BE SERVED 5:30-7:00PM

BEST WESTERN PREMIER
1316 33 ST NE CALGARY, AB T2A 6B6

RSVP TO : RECEPTION@C-A-S-S.ORG
BY NOV 24TH



Calgary Alternative Support Services, Inc.
525 28 St SE Suite 310, Calgary, AB T2A 6M9

Relief Community Support Workers

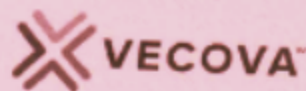
for our RESIDENTIAL & DAY OPTIONS
PROGRAMS

for more information visit
www.c-a-s-s.org/careers/

Join our team!



INTERNATIONAL DAY OF PERSONS WITH DISABILITIES X



2nd annual

(dis)ABLED

ART SHOW & SALE

December 10, 2025 | 11am-5pm

@ Kahanoff Centre

Raffle

All proceeds from the Raffle go to next year's Art Show & continuing art programs @ Vecova

Cash Only

Proceeds go directly to the artist

Door Prizes

Door Prize Entry
with donation to Vecova's
Art programs

Drop-in Craft

Join us between 11 and 4 to
make an ornament to take
home

Thank you to our
Sponsors:

