

January 2026, Issue 8

The CASS Report

CALGARY ALTERNATIVE SUPPORT SERVICES NEWSLETTER

HAPPY
New Year

INSIDE THIS MONTH'S ISSUE:

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- CPI Information
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- Wellness Corner
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- Advice with some spice
- CASS is hiring!

Welcome to the January 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 January prize.

January arrives with a quieter resolve, crisp mornings, pale light, and the clean breath of beginnings. It's a month shaped by stillness and intention, where the world feels newly opened and full of possibility. After the turning of the year, January invites reflection without nostalgia and hope without hurry. It's a time to set gentle roots, to listen closely to what you need now, and to move forward with purpose rather than pressure.



CASS Client Advisory Council

When: TBD

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: January 6, 2026

Time: 9:00am- 3:30pm

Where: CASS Office Board Room

Facilitated by: Darvin & Shawna

CPI Concept Review:

Responding to Defensive Behaviors. In CPI, we look at identifying the different stages of Defensive behavior using the *Verbal Escalation Continuum*. We then explore the appropriate intervention strategies (such as the Direct Approach) for each stage to help the person deescalate and reach a state of calm as we adjust our response to defensive behavior, we continue to layer in supportive approaches.

The Directive Approach

- Use short, simple phrases that the person can follow easily.
- Provide limits and choices.
- Objectively analyze the situation.
- Supplement directive responses with other interventions.



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CASS Dinner Club

What: CASS Dinner Club

Where: South Centre Mall Food Court

When: January 7, 2026

RSVP: January 6, 2026

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 calendar turns and a new year unfolds, January offers a clean slate and a quieter kind of momentum. As you ease into the year ahead, here are three simple ways to nurture your wellness this month:

Set Intentions, Not Pressure – January doesn't have to start at full speed. Take time to reflect on how you want to feel this year rather than what you want to accomplish. A few mindful moments, a written intention, or a simple word for the year can help guide you forward with purpose.

Establish Nourishing Rhythms – This is a beautiful time to build habits that ground you. Morning stretches, consistent meals, evening wind-downs, or weekly check-ins with yourself can create a sense of stability and care as the year begins.

Move Gently Forward – Motivation may come in waves, and that's okay. Honor your energy levels, take breaks when needed, and allow progress to be steady instead of rushed. Growth doesn't need to be loud to be meaningful.

Pro Tip: January is about planting seeds, not forcing results.

January Fun Facts:

- January is named after Janus, the Roman god of new beginnings.
- It's National Hobby Month—a great time to try something new.
- January is the most popular month for fresh starts and goal-setting.
- The January full moon is called the Wolf Moon.
- Martin Luther King Jr. Day is celebrated in January.
- January is often the coldest month of the year in many places.
- It can feel long because there are no major school breaks.
- Garnet is January's birthstone, symbolizing strength and protection.
- It's one of the quietest travel months of the year.

Important Dates:

New Years Day- Thursday,
January 1

Bell Let's Talk Day-
Wednesday, January 21

**International Holocaust
Remembrance Day-** Tuesday,
January 27

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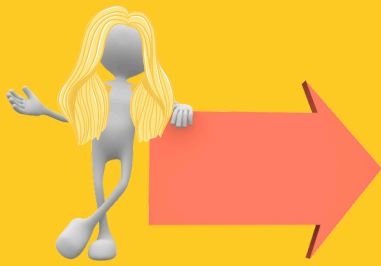
*We want to
hear from
you!*

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.

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Follow Me

Advice with some spice

Dear Follow Me,

**Everyone around me has their sh*t together, I feel like a pretend adult. What's the secret??
-Trying to fake it til I make it!**

Dear Pretend Adult/ fake it til you make it,

Spoiler alert, no one has their sh*t together. Some people just walk faster, with a fancy day planner & good quality pen.

Comparison is the thief of joy, and the beginning line in a crappy romance novel. If you need to compare, compare to your younger self, we gotta be doing better than those guys!?

You're doing your best like everyone else around you. if you need an adultier adult- There is always one around the corner, if people come to you- you are the adultier adult! Good Work, you did it!



Look for the Follow Me Question Box in January! Submit your questions for some inspiring yet catchy advice!



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Relief Community Support Workers

for our RESIDENTIAL & DAY OPTIONS
PROGRAMS

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

Join our team!

