

February 2026, Issue 9

# The CASS Report

CALGARY ALTERNATIVE SUPPORT SERVICES NEWSLETTER

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## INSIDE THIS MONTH'S ISSUE:

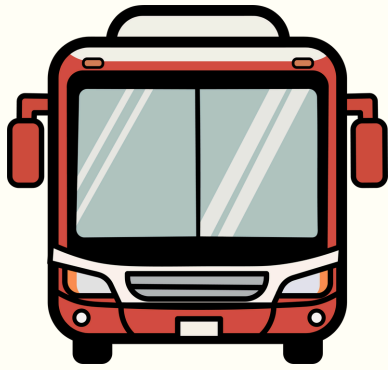
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- Client Advisory Council Meeting
- CPI Information
- Dinner Club
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- Important Dates
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- CASS is hiring!

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 monthly prize.

February unfolds more softly, wrapped in deep winter and quiet persistence. The light lingers a little longer, the days subtly stretching, and beneath the surface, something begins to stir. It's a month shaped by patience and care, where progress happens quietly and commitment deepens. After the fresh opening of January, February invites devotion over novelty—tending what you've started, nurturing what matters, and allowing growth to happen in its own time.

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## CASS Client Advisory Council

**When:** March 4, 2026

**Time:** 11:00am

**Where:** Touring a C-Train Facility!

**Hosted by:** Melanie Gilbert-Chiu

**RSVP:** [cac@c-a-s-s.org](mailto:cac@c-a-s-s.org)



We will be going on a tour with Calgary Transit to check out of of the C-Train Facilities.

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!

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## Crisis Prevention Institution (CPI)

### Nonviolent Crisis Intervention Training

**When:** March 17 2026

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

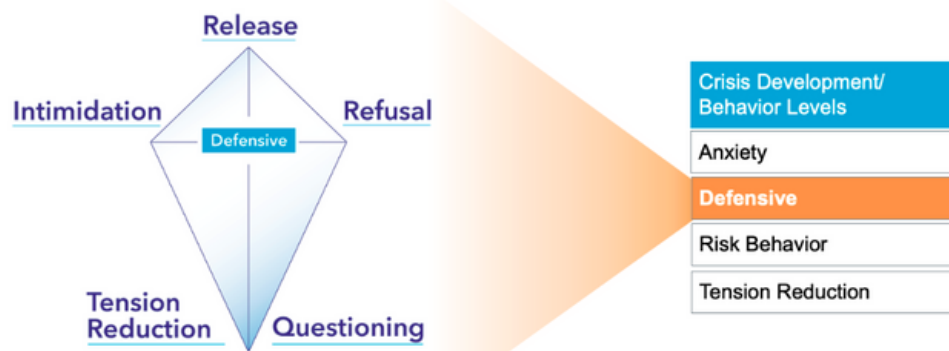
**Where:** CASS Office Board Room

**Facilitated by:** Darwin & Shawna

### CPI Concept Review:

**The Verbal Escalation Continuum.** Anxiety is most commonly expressed using paraverbal and nonverbal communication. But as a person moves into the defensive level, they can start to use words to express their thoughts and feelings of distress. Their nonverbal and paraverbal communication also changed to become more Defensive.

### The Verbal Escalation Continuum<sup>SM</sup>



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## CASS Dinner Club

**What:** CASS Dinner Club

**Where:** TBD

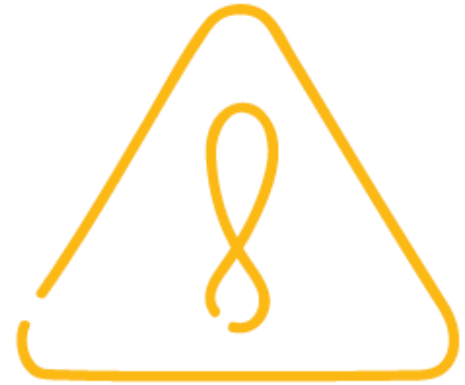
**When:** March 4, 2026

**RSVP:** March 3, 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](mailto:dinner-club@c-a-s-s.org) or call 403-283-0611



# safeTALK

safeTALK

**Suicide Alertness for Everyone**

**When:** February 10, 2026

**Time:** 9:00am- 11:30pm

**Where:** CASS Office Board Room

**Facilitated by:** Darwin & a Community support

This 3.5 hour workshop equips people to be more alert to someone thinking of suicide and better able to connect them with further help.





## February Fun Facts:

- Groundhog Origin: Groundhog Day (Feb. 2) is based on a German tradition that used a badger, not a groundhog, to predict the weather.
- Shortest/Longest: While it is the shortest month, in the Northern Hemisphere, it is often the coldest and snowiest.
- February is the only month that can pass without a full moon.

## Important Dates:

**Groundhog Day-** Monday,  
Feb 2

**Valentine's Day-** Saturday,  
Feb 14

**Family Day-** Monday, Feb 16



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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](mailto:newsletter@c-a-s-s.org).

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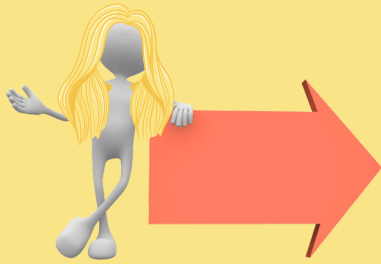


Looking for something fun this month to beat the winter blues?

Check out Chinook Blast!



Check out the link: <https://www.chinookblast.ca/>



# Follow Me

## Advice with some spice

Dear Follow Me,  
It feels like I am always behind, I can't catch up because  
each day has gifted me with little spurts of chaos  
throughout and I have to prioritize the chaos in the  
moment, which leaves me no time for the daily stuff!  
-Chronically Behind



Dear Chronically Behind ,

You're not behind, you are responding to reality!

Plan for chaos on purpose.  
so when chaos shows up, it already has a place to land.  
Choose one "must-do" per day.  
If that gets done, the day counts even if everything else is a disaster.  
Close the loop, don't catch up.

You're not trying to finish everything. You're just finishing the next small  
thing. Momentum beats perfection every time.



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



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/](http://www.c-a-s-s.org/careers/)

*Join our team!*

