

February 2026, Issue 9

The CASS Report

CALGARY ALTERNATIVE SUPPORT SERVICES NEWSLETTER

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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



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 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

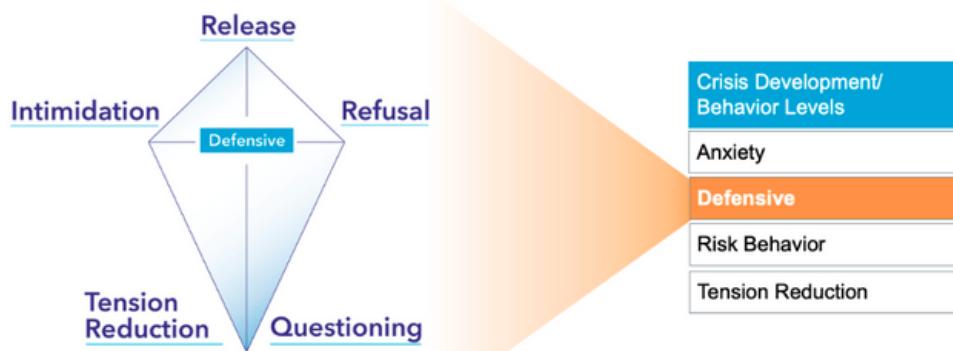
Where: CASS Office Board Room

Facilitated by: Darvin & 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 ContinuumSM





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CASS Dinner Club

What: CASS Dinner Club

Where: TBD

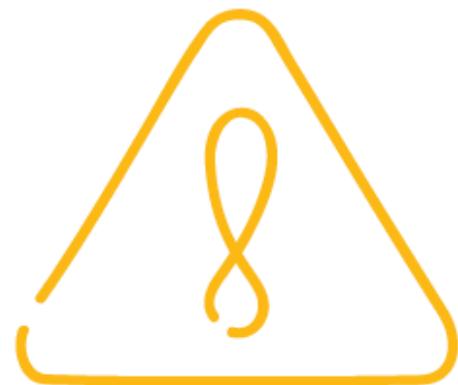
When: March 4, 2026

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@cass.org or call 403-283-0611



safeTALK

safeTALK

Suicide Alertness for Everyone

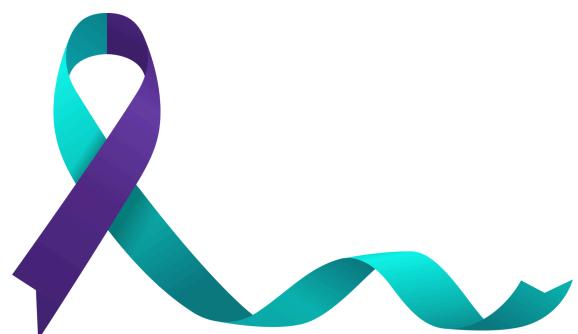
When: February 10, 2026

Time: 9:00am- 11:30pm

Where: CASS Office Board Room

Facilitated by: Darvin & 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



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.

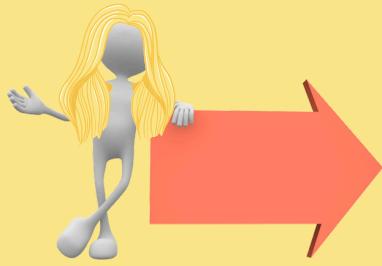


Looking for something fun this month to beat the winter blues?

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.
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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!

