

March 2026, Issue 10

The CASS Report

CALGARY ALTERNATIVE SUPPORT SERVICES NEWSLETTER



INSIDE THIS MONTH'S ISSUE:

- Client Advisory Council Meeting
- CPI Information
- Dinner Club
- Important Dates
- Advice with some spice
- CASS is hiring!
- Things to do in March
- CASS Health & Safety
- CAES Workshops

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.

March arrives with a gentle awakening, poised between the hush of winter and the promise of spring. The air shifts and the light grows bolder, stretching confidently into the evening. Beneath thawing ground and budding branches, life gathers momentum. What was quietly forming now begins to show itself. It's a month of emergence and renewal, where patience gives way to movement. After February's quiet tending, March invites courage... stepping forward, loosening what feels heavy, and trusting the small green shoots of change. Progress may still be tender, but it is undeniable. There is energy here, not rushed but ready.



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:

Non-Verbal Examples of Defensive Behaviour.

Knowing how to identify the types of non-verbal defensive behaviours can greatly increase the chance of success when supporting a person in crisis as it allows the use of the most appropriate and effective type of support.

Non-Verbal Examples of Defensive Behavior

Release Pushing something off a table or throwing an object on the floor.	Intimidation Non-verbally making threats, such as stepping forward aggressively.	Challenging Question A person using facial expressions to show that they are right or that you are doing something wrong.
Refusal Refusing to speak.	Information-Seeking Question A person using gestures to ask how long they need to wait.	Refusal Turning their head and not following your instruction.





CASS Dinner Club

What: CASS Dinner Club

Where: 2138 Crowchild Tr.

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 or call 403-283-0611



March Fun Facts:

Spring Begins! The March equinox usually occurs around March 19–21, marking the start of spring in the Northern Hemisphere and autumn in the Southern Hemisphere.

St. Patrick's Day- March 17 is Saint Patrick's Day, a celebration of Irish culture filled with green attire, shamrocks, and parades around the world.

It's a Month of Awareness. March hosts many awareness observances, including Women's History Month in the U.S. and International Women's Day on March 8.



Important Dates:

Sunday, March 8- Daylight Savings & International Women's Day

Tuesday, March 17- St. Patrick's Day

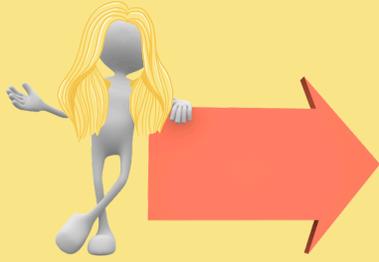
Sunday, March 29- Palm Sunday

*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.

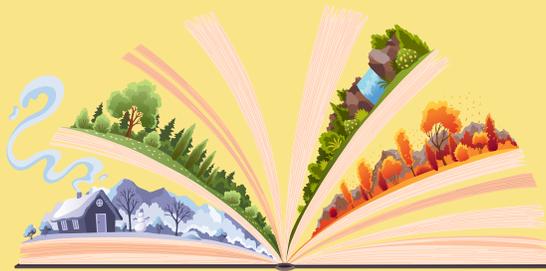


Follow Me

Advice with some spice

Winter feels like it's lasted 400 years, I'm tired of being tired, and my motivation has disappeared somewhere under a blanket. How do I get it back?

— Seasonally Over It



Dear Seasonally Over It,

First of all, March is a trickster. One day it's sunshine and hope, the next day it's snow and betrayal. Your motivation is confused and, honestly, fair.

Try this:

1. Lower the bar. Not every day needs to be productive. Some days, the win is simply showing up.
2. Change one small thing. Open a window, take a short walk, or move your coffee to a different chair. Tiny changes can wake up a tired brain.
3. Celebrate momentum, not perfection. Doing a little is still doing something.

Spring is coming. Slowly. Very slowly. But it is coming.

Until then, be gentle with yourself.

— Follow Me



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/

Join our team!



Things to do in Calgary in March



Open Sky, Open City – Sculptural Dialogue

Open Sky, Open City – Sculptural Dialogue is a free exhibition by Calgary-based Canadian-Armenian sculptor Vahe Tokmajyan, presented at Gallery Level 1 @ cSPACE Marda Loop. The exhibition runs March 3–9, 2026 and features selected...

Tourism Calgary / Mar 3

<https://www.visitcalgary.com/events/open-sky-open-city-sculptural-dialogue>

SATURDAY, MARCH 7, 2025
10am to 4pm

Acadia Recreation Complex
[240 – 90 Ave SE](#)
[Calgary, AB T2J 6P6](#)

This is a **FREE** event!

Door prizes! Free parking! Other stuff!

CALGARY COMIC BOOK SHOW 2026

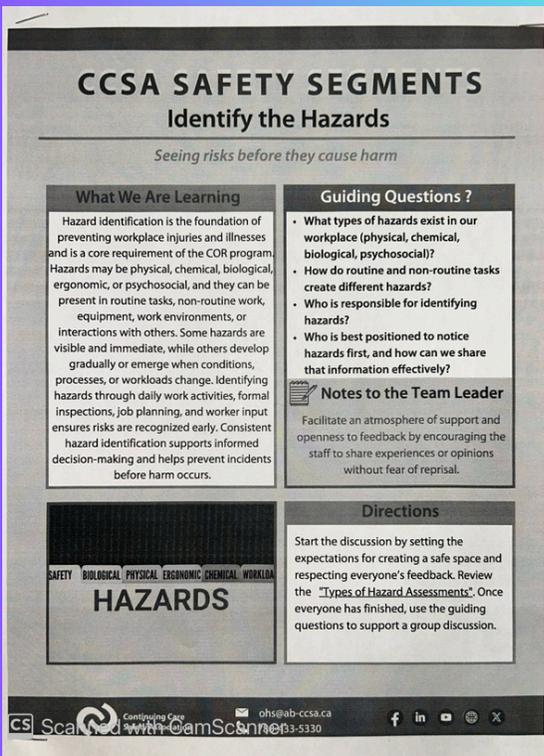
SATURDAY, MARCH 7, 2026
10AM - 4PM

ACADIA RECREATION COMPLEX
240 - 90 AVE SE, CALGARY, AB



<https://www.eventbrite.ca/e/sunday-march-29-5-pm-funnyfest-comedy-workshop-graduation-calgary-tickets-1967733417622?aff=oddtcreator>

Occupational Health and Safety



CCSA SAFETY SEGMENTS
Identify the Hazards

Seeing risks before they cause harm

What We Are Learning
Hazard identification is the foundation of preventing workplace injuries and illnesses and is a core requirement of the COR program. Hazards may be physical, chemical, biological, ergonomic, or psychosocial, and they can be present in routine tasks, non-routine work, equipment, work environments, or interactions with others. Some hazards are visible and immediate, while others develop gradually or emerge when conditions, processes, or workloads change. Identifying hazards through daily work activities, formal inspections, job planning, and worker input ensures risks are recognized early. Consistent hazard identification supports informed decision-making and helps prevent incidents before harm occurs.

Guiding Questions ?

- What types of hazards exist in our workplace (physical, chemical, biological, psychosocial)?
- How do routine and non-routine tasks create different hazards?
- Who is responsible for identifying hazards?
- Who is best positioned to notice hazards first, and how can we share that information effectively?

Notes to the Team Leader
Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

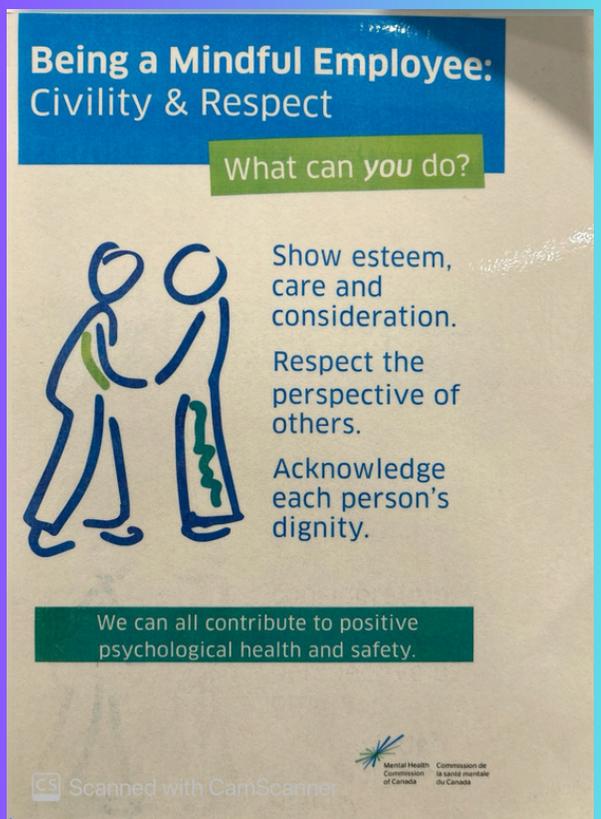
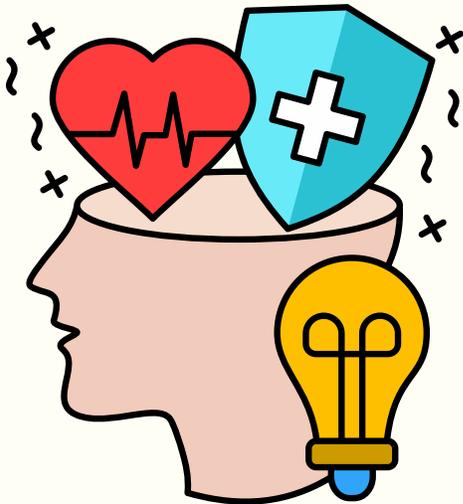
Directions
Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Review the "Types of Hazard Assessments". Once everyone has finished, use the guiding questions to support a group discussion.

HAZARDS
SAFETY BIOLOGICAL, PHYSICAL, ERGONOMIC, CHEMICAL, WORKLOAD

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Continuing Care
ohs@ab-ccsa.ca
3-5330

STAY SAFE

Psych Health and Safety



**Being a Mindful Employee:
Civility & Respect**

What can *you* do?

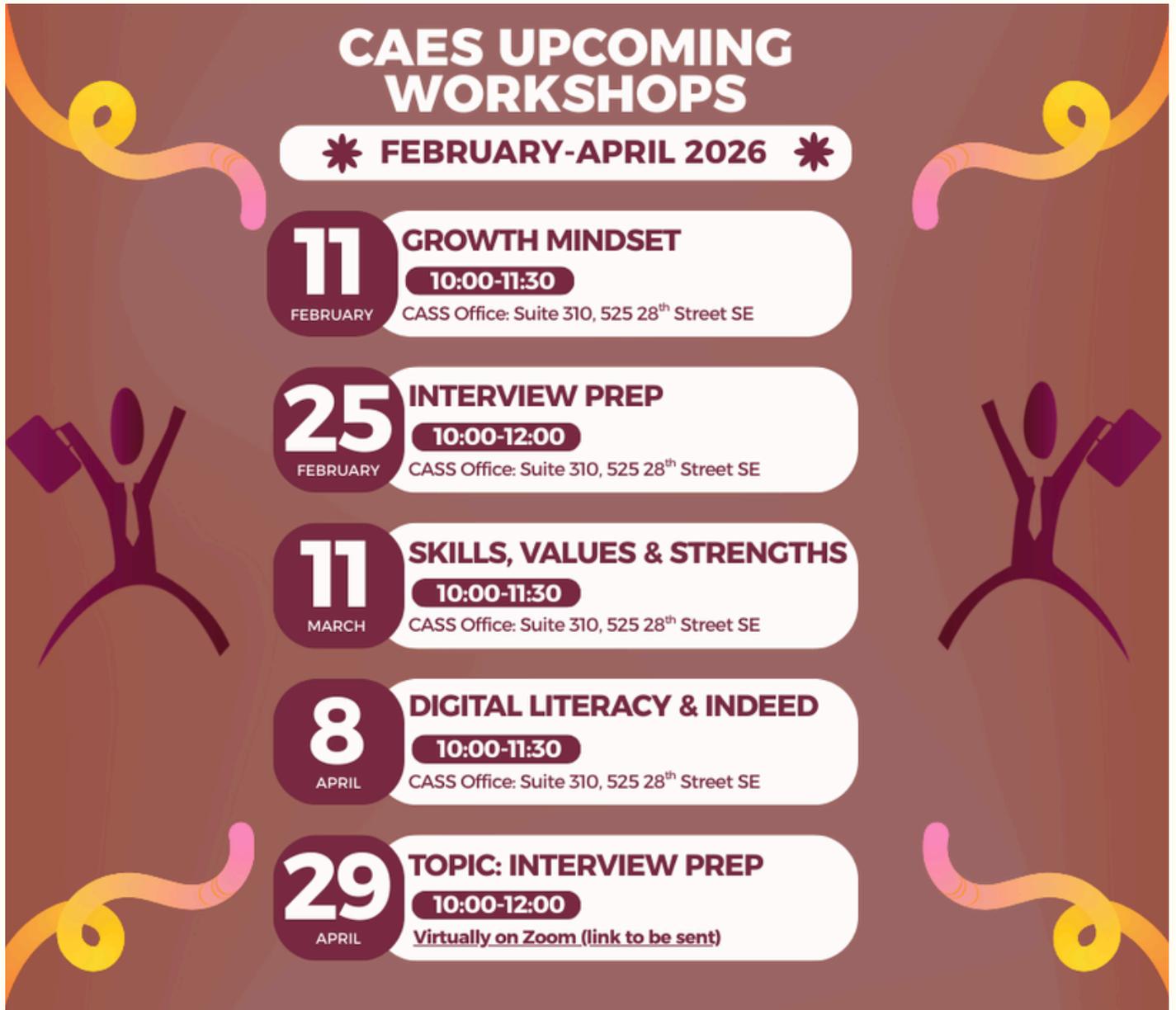
Show esteem, care and consideration.
Respect the perspective of others.
Acknowledge each person's dignity.

We can all contribute to positive psychological health and safety.

CS Scanned with CamScanner
Mental Health Commission of Canada
Commission de la santé mentale du Canada



Upcoming CAES Workshops (all CASS Clients, and their CASS supports welcomed)

A graphic titled "CAES UPCOMING WORKSHOPS" for February-April 2026. It features a dark red background with decorative yellow and pink swirls and silhouettes of people with briefcases. The workshops are listed in white rounded rectangular boxes.

CAES UPCOMING WORKSHOPS

*** FEBRUARY-APRIL 2026 ***

- 11 FEBRUARY** **GROWTH MINDSET**
10:00-11:30
CASS Office: Suite 310, 525 28th Street SE
- 25 FEBRUARY** **INTERVIEW PREP**
10:00-12:00
CASS Office: Suite 310, 525 28th Street SE
- 11 MARCH** **SKILLS, VALUES & STRENGTHS**
10:00-11:30
CASS Office: Suite 310, 525 28th Street SE
- 8 APRIL** **DIGITAL LITERACY & INDEED**
10:00-11:30
CASS Office: Suite 310, 525 28th Street SE
- 29 APRIL** **TOPIC: INTERVIEW PREP**
10:00-12:00
Virtually on Zoom (link to be sent)

Please RSVP caes.intake@c-a-s-s.org