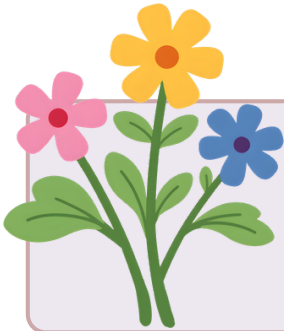


THE CASS REPORT

Community Newsletter

May 2026,
Issue 12



A NOTE FROM OUR COMMUNITY

"Despite the forecast, live like it's spring."
– Lilly Pulitzer

IMPORTANT DATES

Monday, May 4th-May 8th- CET Accreditation
Wednesday May 13- Dinner Club
Monday, May 18- Victoria Day (CASS closed)
Wednesday, May 20- CDS appreciation day

INSIDE THIS ISSUE

- Find the Swirl Contest
- Training (CPI, ST & MHFA)
- Client Advisory Council Meeting &
- Dinner Club
- Community Support Worker Appreciation
- Program Announcements
- CASS-Prenuers
- CASS is hiring!
- Refer a Friend
- Sudoku

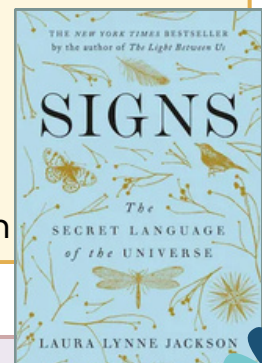
FIND THE SWIRL CONTEST

Somewhere in this newsletter, we've hidden the CASS swirl logo!
Think Where's Waldo? style.
Find it, send it to us, and you'll be entered to win our monthly prize!



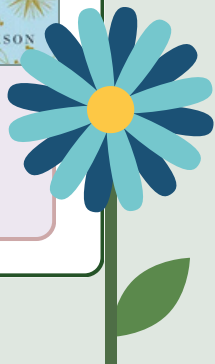
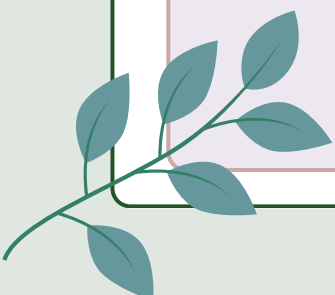
BOOK SUGGESTIONS

Signs: The Secret Language of the Universe
Laura Lynne Jackson



COMMUNITY CONTACTS

newsletter@c-a-s-s.org



Find the Swirl Contest

Winners

Congrats to this month's
winner

Tenaya Price (April)

Congrats to our past winners

Amy Thomas (March)

Leila Frillis (February)

Kaitlin Tuck (January)



Found the Swirl? email us at

newsletter@c-a-s-s.org





Person-Centered and Trauma-Informed Approach

How Should I Respond?



Recognize that the person knows themselves best.



Consider the person's life experiences.



Understand that every person is unique.



Value the person's rights and dignity.

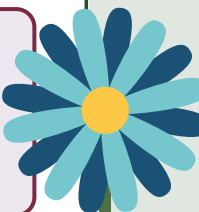
NEXT SESSION

Tuesday, May 12, 2026

9:00 am- 3:30 pm

Questions or clarification?

darwin.knorr@c-a-s-s.org or shawna.yalte@c-a-s-s.org





Mental Health First Aid

Mental Health First Aid (MHFA) equips you to recognize the signs of declining mental well-being and provide initial support or help during a crisis. It offers a simple Action Plan (ALGES) to guide you in providing support until professional help is available. These actions can be used in any order.

A.L.G.E.S. Action Plan



Approach and Assess

Approach the person, assess and assist with any crisis



Listen

Listen and communicate non-judgmentally



Give Reassurance

Give reassurance and information



Encourage

Encourage the person to reach out to supports



Self-Care

Self-care for the first aider

If you are in distress, you can call or text 988 (1-866-APPELLE in Quebec) at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.

To learn more about MHFA training, and the MHFA Action Plan (ALGES) visit: OpeningMinds.org



NEXT SESSION

Thursday, May 21, 2026

9:00 am- 4:00 pm

Questions or clarification?

reception@c-a-s-s.org





What is safeTALK?

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. The workshop emphasizes the importance of recognizing the signs, communicating with the person considering suicide and getting help or resources for the person considering suicide. After attending a workshop, 75% of participants feel more confident to identify and 52% more willing to help people considering suicide. Anyone can respond to a person thinking about suicide when they're equipped with information, knowledge, and skills.

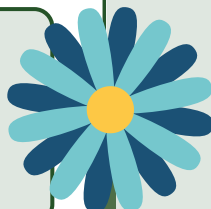
<https://www.suicideinfo.ca/workshop/safe-talk/>



Next Session
Tuesday, May 22, 2026
9:00 am- 1:00 pm

Questions or clarification?

darwin.knorr@c-a-s-s.org



**CASS CLIENT ADVISORY
COUNCIL**

**Date to be confirmed
For June, 2026**

CASS Main Office #310, 525-28th Street SE

Meet new people!
Talk about CASS programs and community news!
Enjoy good food!

No pre-registration required.

Questions? Call or email Melanie (403) 283-0611 Ext. 511 or
cac@c-a-s-s.org



**CASS
Dinner Club**

Wednesday May 13

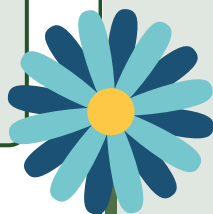
6:00pm (please don't arrive
earlier than 5:45pm)

**The Cheesecake
Factory**

7600 Macleod Trail SE

RSVP to:

dinner-club@c-a-s-s.org



SAVE THE DATE

COMMUNITY DISABILITY SERVICE PROFESSIONALS APPRECIATION DAY

MAY 20, 2026
11:00AM-2:00PM



The Genesis Centre Feature Gym
7555 Falconridge Blvd NE, Calgary, AB T3J 0C9

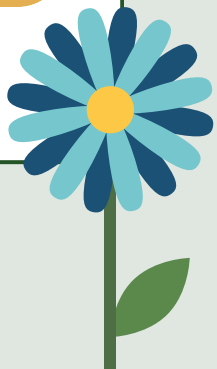
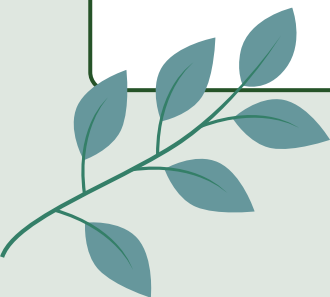
A DAY FULLY PLANNED FOR YOU, FILLED WITH FOOD,
MUSIC, LAUGHTER, AND APPRECIATION FOR THE
AMAZING WORK YOU DO.

SPONSORED BY:

ADWA
ALBERTA DISABILITY WORKERS ASSOCIATION



COMMUNITY
REHABILITATION
SERVICE PROVIDER
COUNCIL OF CALGARY



CASS IS HIRING

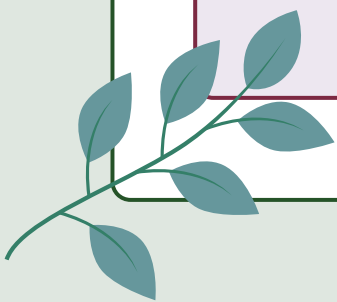
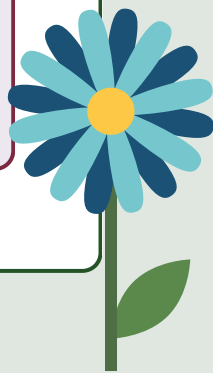


Calgary Alternative Support Services, Inc.
525 28 St SE Suite 310, Calgary, AB T2A 6M9

JOIN OUR TEAM!
Community Support Workers

If you're interested, send your application to
www.c-a-s-s.org/careers/

The advertisement features a dark red background with a wavy, wood-grain-like pattern. A white speech bubble with a black outline is centered, containing the text 'JOIN OUR TEAM!' in bold black and 'Community Support Workers' in yellow. To the left of the speech bubble is a yellow sunburst icon. In the bottom left corner is a pink megaphone icon. The top left corner contains the CASS logo and contact information.



REFER A FRIEND



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

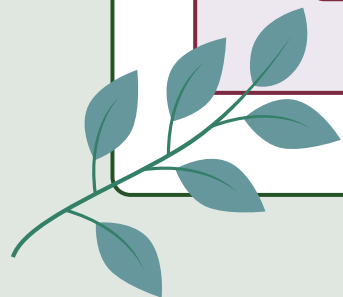
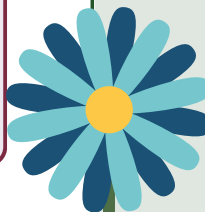
REFER A FRIEND!

CASS IS OFFERING A \$750.00 REFERRAL BONUS FOR CURRENT STAFF WHO REFER A FRIEND TO WORK AT CASS.

The catch?

- Anybody employed or contracted by CASS (excluding members of the CASS Senior Leadership Team) is eligible to receive a referral bonus.
- Your referral must indicate that you referred them during the hiring process.
- Your referral has to be hired as a non-relief employee, or contracted as a Support Home Provider or Supportive Neighbour.
- Both you and your referral must maintain full/part-time employment or a contract for six continuous months from the time of hire before you receive the referral bonus.
- If your referral is first hired into a relief position and later moves into a non-relief position, you will receive the referral bonus once your referral has maintained six continuous months in the non-relief role.

Please forward your referrals to jobs@c-a-s-s.org and be sure to have your referrals mention your name in the cover letter and during the hiring process!



What is a CASS-Prenuer?



A CASS-Prenuer is someone who works for or is supported by CASS and also has a side hustle.

Or, perhaps, you have a passion or hobby and want to share far and wide (well, as far and wide as the CASS Community that is)

Email us your side-hustle or hobby, and we will publish it in the next edition!

A graphic advertisement for 'KJ Tropicals' set against a pink background with stylized brown and green tropical leaves. The text is centered on a light green rounded rectangle. At the top of the green rectangle is a small pink heart. The text includes the brand name, a tagline, two descriptive sentences with plant icons, a call to action, a QR code, and contact information for Instagram and email.

KJ Tropicals

Your space deserves something a little... rare 🦋🌿
We're all about those statement plants you don't see everywhere.

Think lush leaves, unique textures, and collector-level vibes 🌿

Whether you're growing your first jungle or adding to your collection...
we've got something special waiting for you ❤️

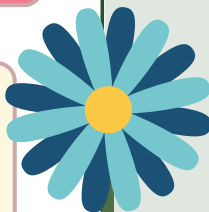
Come find your next favorite plant



Instagram: KJ Tropicals
Email: KJTropicals@gmail.com

Got some wisdom to share, want some wisdom? email us

newsletter@c-a-s-s.org



Sudoku

EASY DIFFICULTY

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | | 1 | | 2 | | | 8 | 4 |
| 4 | 6 | 8 | | 9 | 1 | 5 | 3 | 2 |
| | | 3 | 4 | | 8 | | | 9 |
| 3 | | | 8 | | | 9 | 1 | 7 |
| 1 | | 9 | 5 | 3 | | | 6 | 8 |
| 8 | 4 | 6 | 1 | 7 | 9 | | | 3 |
| 6 | 8 | 4 | 9 | 1 | 7 | 3 | 2 | 5 |
| | 1 | | | | 3 | | | 6 |
| | 3 | 2 | | | 4 | 7 | 9 | 1 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 7 | | 8 | | 5 | 6 | 9 | |
| | | 3 | 6 | | 1 | 2 | | |
| 6 | 1 | 9 | 2 | 4 | 7 | 8 | | |
| 4 | 8 | 5 | 3 | 1 | | | 7 | 2 |
| 3 | 6 | | | | 2 | 4 | | |
| 9 | 2 | 7 | 4 | 5 | 8 | | 1 | 6 |
| 5 | | 6 | | | 9 | | 8 | 4 |
| 1 | 9 | 2 | 7 | 8 | 4 | | | 3 |
| 7 | 4 | 8 | | | | 1 | 2 | 9 |

MEDIUM DIFFICULTY

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | | | 4 | 2 | 1 | 3 | 6 | 9 |
| | 3 | | 7 | 5 | | 4 | | |
| | | 1 | | | | 7 | 8 | 5 |
| | 8 | 9 | | | | | 2 | 3 |
| 4 | | 5 | | | 2 | | | |
| 3 | 6 | 2 | | | | 1 | | 4 |
| | 2 | 4 | 9 | 8 | | | 7 | 1 |
| 8 | 9 | 3 | | | 7 | | | |
| | 5 | 7 | | 6 | | 9 | | |

HARD DIFFICULTY

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 4 | | 3 | | | |
| | | | | | 2 | 1 | 5 | |
| | | | | | | 3 | | |
| | 3 | | | 4 | 7 | | 1 | |
| | | | | | | | | |
| | | | | | | 7 | | |
| 1 | 8 | | | 3 | 5 | | | 2 |
| 3 | | | 9 | | | | | |
| 2 | | 4 | | | | | 7 | |

