



# The CASS Report

Community Newsletter

July 2026,  
Issue 14

## A Note from Our Community

"Alone we can do so little; together we can do so much."  
– Helen Keller

### Important dates

July is Disability Pride Month!

- July 1: Canada Day - Stat Day



### July events

- July 3-12 - Calgary Stampede
- July 3-5 - MexiFest
- July 4 - Calgary Metis Fest
- July 17-19 - Fiestaval Latin Festival
- July 19 - Calgary Folk Fest



### 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 @ newsletter@c-a-s-s.org, and you'll be entered to win our monthly prize!



find me.

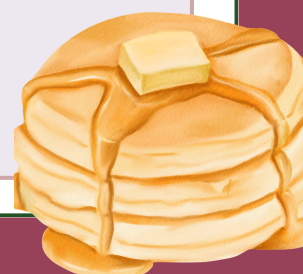
### Contest Winner

Congrats to June's winner:

Sherri Berman

## Calgary Stampede Pancake Breakfasts 2026

<https://stampedebreakfast.ca/events/month/2026-07/>



**CASS**

**Dinner Club**

**Wednesday July 8**

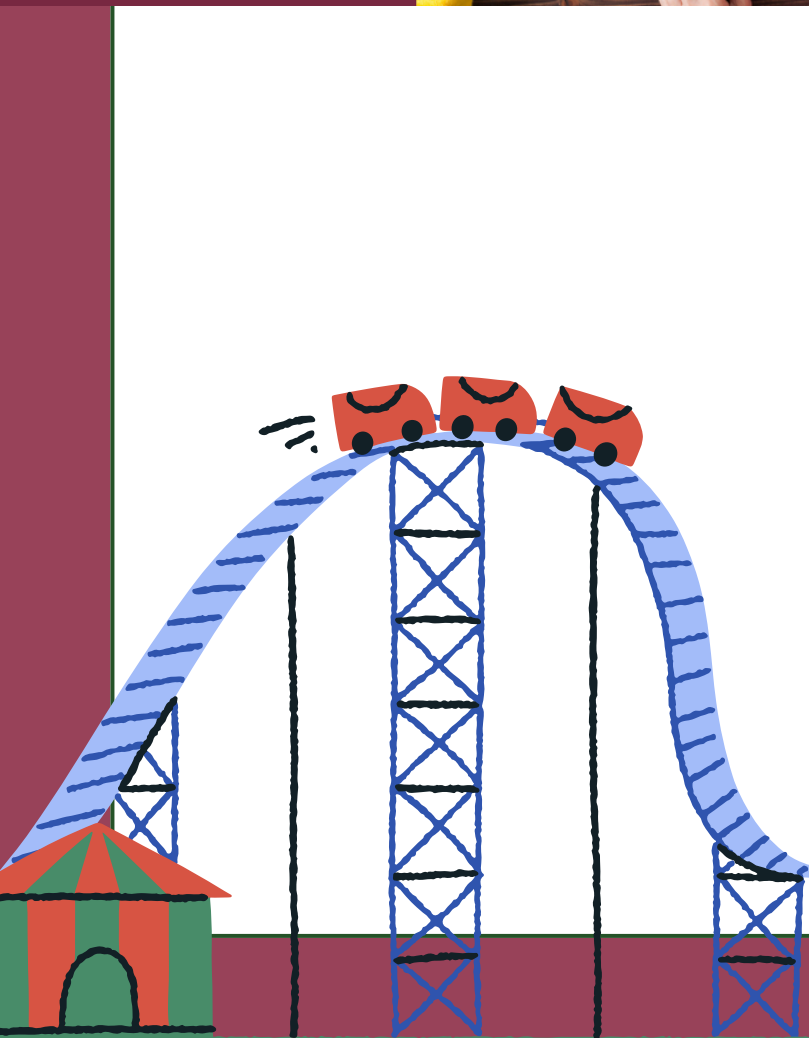
6:00pm (please don't arrive earlier than 5:45pm)

**Peter's Drive Inn**

219, 16<sup>th</sup> Ave NE

**RSVP to:**

[dinner-club@c-a-s-s.org](mailto:dinner-club@c-a-s-s.org)



# Training Information

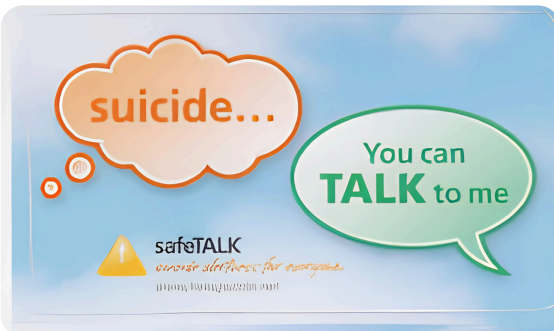


**Mental Health  
First Aid**

Wednesday

September 23, 2026

9:00 am- 4:00 pm



Dates coming soon!



Tuesday, September 15,

2026

9:00 am- 3:30 pm

For more info or to register email:

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

# Workers have the Right to Know about the dangers of their jobs

## AND HOW THEY ARE PROTECTED

Updated April 2022

Employers must tell you about your health and safety rights. They must identify hazards at work, eliminate or control all hazards, and ensure you have the equipment and training you need to work safely.

Here are some important elements of a worker's Right to Know:

1

### Hazard Assessment

A Hazard Assessment is identifying the dangers you could be exposed to while doing your job, and how you are protected from them.

Workers should be involved in a Hazard Assessment when you first start a job, or when the work changes. Some workers whose job tasks or locations change frequently may need more regular Hazard Assessments.

2

### Personal Protective Equipment (PPE)

A common way of protecting workers from workplace hazards is by requiring workers to wear protective equipment. Examples of PPE include hearing protection, gloves, goggles, hard hats, steel toed boots, masks, reflective vests and fall protection harnesses. PPE need to be the right kind of protection for the job, and they need to fit properly.

PPE can offer important protection for a worker, but should not be the only method used. Hazards should be eliminated wherever possible, or controlled in such a way that they never come in contact with the worker.

3

### Training

You should receive safety training when you first start any job or when new work processes are introduced. This should include safe work procedures, proper (and safe) use of PPE, and the reporting process for injuries, illnesses and serious incidents. Some jobs may require specific training for things like First Aid, confined spaces, and work with certain hazardous substances. Health and Safety Committee (HSC) members and Health and Safety Representatives (HS Reps) also have requirements for training.

4

### Emergency protocols

Employers are required to have an emergency evacuation plan in place, as well as First Aid kits and designated personnel trained in First Aid. Requirements may be different depending on your workplace's size, location and other factors.

Every workplace is potentially dangerous, and every job may expose workers to different types of hazards.

### Workplace Hazards

- A hazard is something that can hurt you
- Some hazards can injure or make you sick right away, with others it might take years

**Note:** *It is important that workers follow the health and safety rules of your workplace, such as wearing proper PPE, even if you think there may be a more effective way of controlling a hazard. Your Health and Safety Committee (HSC) or Health and Safety Representative (HS Rep) can help make recommendations for better worker protection, and your union (if you have one) can negotiate for better protection in your Collective Bargaining Agreement.*

CONTINUED OVER 



ALBERTA WORKERS'  
HEALTH CENTRE

Information, Education and Empowerment for Workers

Phone: 780-486-9009  
Toll-Free: 1-888-729-4879  
www.workershealthcentre.ca



THE CONTENTS OF THIS  
FACT SHEET ARE FOR  
INFORMATION PURPOSES ONLY.  
NOT INTENDED AS LEGAL ADVICE.

# Workers have the Right to Know about the dangers of their jobs

## AND HOW THEY ARE PROTECTED

### 5 Workplace Hazardous Materials Information System (WHMIS)

Some hazards are required by law to be clearly labeled. These include controlled substances like solvents, cleaning agents, compressed gases, explosive or flammable materials, biohazards, and others.

WHMIS includes labels with pictograms that can warn us of hazardous materials. WHMIS also requires Safety Data Sheets (SDSs) for controlled substances, which list detailed hazard information, including safe handling and emergency measures.

Note: Some products available to consumers (such as household cleaners purchased from a grocery store and used in a workplace) do not require the same kind of labeling, but they could still be hazardous.

### 6 Right to ask for information

Sometimes your supervisor or employer might forget to provide you with Health and Safety information. You can ask them things like these 13 questions:

- |                                                                            |                                                                           |
|----------------------------------------------------------------------------|---------------------------------------------------------------------------|
| 1 What are the dangers of my job?                                          | 8 What are the emergency procedures and where is the emergency equipment? |
| 2 Who will be training me in job safety?                                   | 9 How do I report a health and safety issue?                              |
| 3 Is there any safety equipment (PPE) I need to wear? Do I have to buy it? | 10 Do we have health and safety meetings?                                 |
| 4 Who do I ask if I have health and safety questions?                      | 11 What is our harassment and violence policy?                            |
| 5 What are my health and safety responsibilities?                          | 12 Am I covered by the Workers' Compensation Board (WCB)?                 |
| 6 What do I do if a co-worker or I get hurt?                               | 13 Do I have a union, and if yes, who is my Union Steward?                |
| 7 Do we have a first aid kit? Is there a First Aid Officer?                |                                                                           |

For more information about your Workplace Health and Safety rights and responsibilities under Alberta's Occupational Health and Safety (OHS) laws, and to report dangerous work:

Contact the Alberta Government's **Occupational Health and Safety (OHS) Contact Centre.**

Tel. 780-415-8690 (Edmonton) or Toll Free 1-866-415-8690

You may phone the OHS Contact Centre at any time. Your call can be confidential.

### Hazardous Materials Pictograms

#### WHMIS 2015



##### Flame over Circle

Oxidizer



##### Flame

Flammable, Self-Reactive, Pyrophoric, Self-heating, In Contact With Water, Emits Flammable Gases, Organic Peroxide



##### Explosion Bomb

Explosive\*, Self-Reactive (severe), Organic Peroxide (severe)



##### Gas Cylinder

Gas Under Pressure



##### Skull and Crossbones

Acute Toxicity (fatal or toxic)



##### Corrosion

Serious Eye Damage, Skin Corrosion, Corrosive to Metals



##### Exclamation Mark

Irritation (skin or eyes), Skin Sensitization, Acute Toxicity (harmful), Specific Target Organ Toxicity (drowsiness or dizziness, or respiratory irritation), Hazardous to the Ozone Layer\*



##### Health Hazard

Carcinogenicity, Respiratory Sensitization, Reproductive Toxicity, Target Organ Toxicity, Germ Cell Mutagenicity, Aspiration Hazard



##### Environment

Aquatic Toxicity\*



##### Biohazardous

Biohazardous Infectious Materials

\* NOT REQUIRED BY WHMIS 2015, BUT MAY BE USED

SOURCE: Canadian Centre for Occupational Health and Safety



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# Being a Mindful Employee: Involvement and Influence

What can *you* do?

Share your opinion when asked.  
Offer alternatives and solutions  
in a way that respects the ideas  
and opinions of others.



We can all contribute to positive  
psychological health and safety.



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada





## Alberta Disability Assistance Program

Starting July 2026, the new Alberta Disability Assistance Program will become operational, with a single combined application for both ADAP and AISH. Eligible applicants will be placed in the program best suited to their unique situation.

For more information, read the ADAP fact sheet or watch the short information videos on [alberta.ca](http://alberta.ca) website. Talk to your CASS Coordinator if you need support.

**Pedesting** ([pedesting.com](http://pedesting.com)) is a Calgary-based accessibility and navigation technology platform focused on helping people move through cities more easily—especially indoors.

What it is

Pedesting is a mobile app + digital mapping system that provides step-by-step pedestrian navigation for both:

- Outdoor walking routes (streets, sidewalks, downtown areas)
- Indoor spaces (buildings like malls, offices, campuses, and public facilities)

It is designed to show accessible routes, not just shortest routes.

## NEW CASS PROGRAM

### Creative Community Living Activities (CCLA)

A community-based therapeutic day program for adults living with severe and persistent mental illness.

CCLA provides a variety of groups that give participants the opportunity to engage in meaningful activities in a supportive, compassionate and safe environment. In our atmosphere of inclusivity and understanding, everyone is accepted and validated for who they are.



# SECTORAL UPDATES



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.



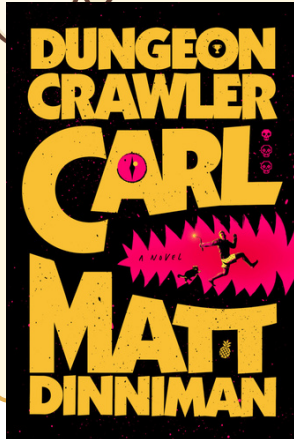
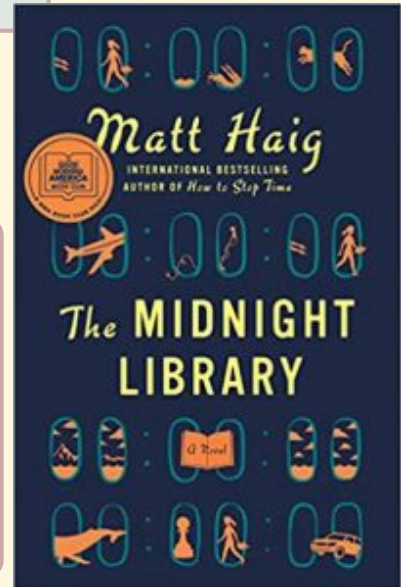
Please forward your referrals to [jobs@c-a-s-s.org](mailto:jobs@c-a-s-s.org) and be sure to have your referrals mention your name in the cover letter and during the hiring process!





## Book Suggestions

The Midnight Library  
by Matt Haig



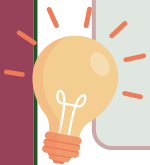
Dungeon Crawler Carl  
by Matt Dinniman

## 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!



## We Love Hearing from the CASS Community!

Whether you're a client or staff member with a great idea to share, we'd love to hear from you. The CASS Report is all about showcasing what matters to our community – so send us your side hustles, gardening tips, brain-teasing puzzles, favourite local events, or even upcoming festivals.

If you'd like to contribute to the next issue of the CASS Report, please send your submissions by **July 25, 2026**.

✉ Email your ideas to: [newsletter@c-a-s-s.org](mailto:newsletter@c-a-s-s.org)

