

April 2025, Issue 2

The CASS Report

CALGARY ALTERNATIVE SUPPORT SERVICES NEWSLETTER



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Welcome!

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Hey there, welcome to April's edition of The CASS Report! As we transition into spring, it's a perfect time to refresh our routines and focus on wellness—both in and out of the office.

Join the CASS Client Advisory Council

CASS Client Advisory Council

When: Wednesday, April 2

Time: 11 a.m.

Where: CASS Main Office

Hosted by: Melanie Gilbert-Chiu

Meet new people!

Have lunch together!

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!



Crisis Prevention Institution (CPI)

Nonviolent Crisis Intervention Training

When: April 29

Time:

Where: CASS Office

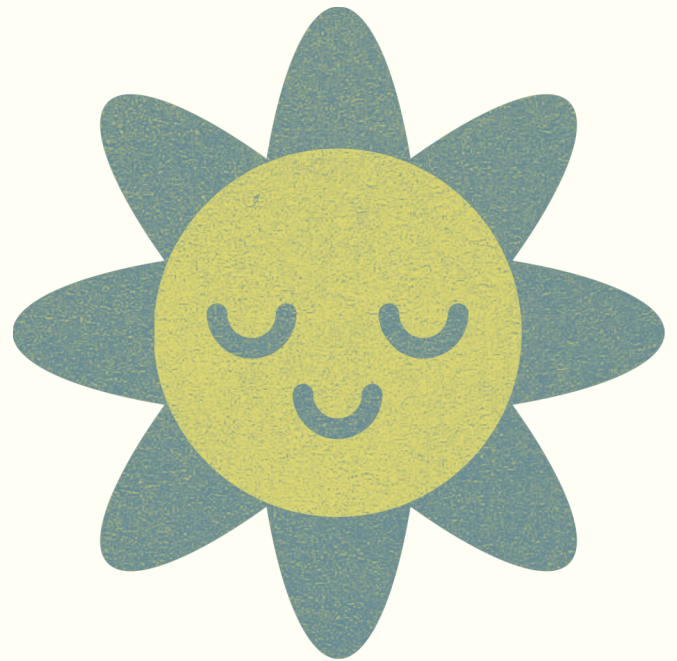
Facilitated by: Darvin & Shawna

CPI Concept Review:

Understanding Risk

Risk can vary from low to extreme, in the CPI course we explore how we can use the *Decision-Making Matrix* to assess the risk. We do this by first identifying the likelihood of the behavior and the severity of harm of that behavior. We use that to make a decision on the assessment of risk. In situations with increased risk, we can feel strong emotions of fear and anxiety. When our "emotional brain" overpowers our "thinking brain", it is difficult to remain calm. Rational thinking and decision making are also harder. This happens because without our awareness and can be influenced even more by our previous experiences, values, biases, and perceptions. Remember, during these situations we can use the *Decision Making Matrix* to guide our objective, unbiased decisions. When risk behavior becomes certain, we need to make a judgment about the level of risk and consider what harm is likely to occur. Based on this judgment, we should choose a response that is defensible as a last resort, reasonable and proportionate action.





CASS Dinner Club

What: CASS Dinner Club

Where: Swiss Chalet (525 36 St NE)

When: Wednesday, April 2

RSVP: Tuesday, April 1

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



Wellness Corner

As the days get longer and the weather warms up, it's the perfect time to refresh your wellness routine. Here are three simple ways to boost your well-being during the workday this April:

- 1. Embrace Nature** – Step outside, even for just a few minutes. Fresh air and sunlight can improve your mood and energy levels. Take a quick walk around the block or enjoy your coffee outside.
- 2. Practice Gratitude** – Take a moment each day to jot down one thing you're grateful for. This simple practice can help shift your mindset and reduce stress.
- 3. Stay Hydrated** – It's easy to forget, but drinking enough water is key to mental clarity and energy. Keep a water bottle at your desk and aim to refill it throughout the day.

Pro Tip: Remember, while embracing nature is great, so is telling your emails to take a hike for a bit. Prioritize your peace!



Health & Safety

10 Health Habits for Mental Fitness

1. Schedule "Me Time"

- Carve out personal time regularly to recharge and reduce stress.

2. Reward Yourself

- Celebrate small victories to boost motivation and reinforce positive habits.

3. Play to Your Strengths

- Focus on tasks you excel at to build confidence and reduce mental strain.

4. Ask for Help and Offer Help

- Seek support when needed and offer assistance to others to strengthen connections.

5. De-stress Your Diet

- Eat nutrient-dense foods (fruits, vegetables, fish) and when possible limit sugar and processed foods.

6. Choose a Positive Attitude

- Practice gratitude and mindfulness to stay optimistic and reduce stress.

7. Practice Relaxation & Sleep

- Use relaxation techniques (yoga, deep breathing) and ensure sufficient sleep for recovery.

8. Set Goals & Journal

- Set clear goals, track progress, and reflect on your journey in a journal.

9. Get Regular Exercise

- Engage in physical activity to boost mood, reduce anxiety, and improve focus.

10. Press Pause

- Take breaks to rest, recharge, and prevent burnout.

Rental Safety Tips:

Warning signs:

- The landlord has excuses why they can't meet you in person to show you rental
- The landlord asks for money before ever showing you the unit
- The landlord asks for a money before you sign a lease
- The rental listing and or lease is written poorly
- The landlord claims there are lots of other people who want to rent the unit, and tries to hurry you through the rental process by saying you need to sign paperwork before seeing the unit
- The rent seems really low
- The listing doesn't include basic information about the property, such as the location
- The landlord requests your personal information to look at a unit (this can lead to identity theft)
- Landlords phone number is from a different country

Prevention:

- Never hand over your deposit or first month's rent until you have a signed lease and keys in your hands
- Get a written and signed rental/lease agreement, and make sure everyone involved has a copy of it
- When in doubt REACH OUT to trusted supports

IF it seems too good to be true, it probably is.

Fun Facts About April

- The name "April" is derived from the Latin word *aperire*, which means "to open," referencing the opening or blossoming of flowers and trees in spring.
- The sinking of the Titanic happened on **April 15, 1912**
- It's time to get your taxes filed! Be sure to submit your personal income tax return by **April 30th** to avoid any late fees or penalties.
- April is National Poetry month

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April's Promise

April brings a gentle breeze,
Whispers through the budding trees.
Soft rain falls, the earth does wake,
New blooms rise from every lake.

The days grow longer, skies more bright,
Springtime paints the world in light.
Let's embrace this fresh new start,
With hope and joy within our heart.

-Anonymous



Important Dates:

April Fools- Thursday, April 1

Good Friday – Friday, April 18

Easter Monday – Monday, April 21

Earth Day- Tuesday, April 22

With the arrival of April, we're gearing up for a well-deserved long weekend (April 18-21)! Whether you're taking time to recharge, spending quality moments with loved ones, or catching up on some much-needed rest, this is the perfect opportunity to refresh and reset. Let's take a break, enjoy the spring vibes, and come back ready to tackle the rest of the month with energy and enthusiasm.

Wishing everyone a relaxing and enjoyable long weekend!



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.

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Joke of the Month

Why did the newspaper go to therapy?

Because it had too many issues!

Happy Birthday!!

If you'd like a birthday shout out- email me!

Birthdays are a time to reflect, celebrate, and feel special, and we love celebrating them with our CASS community! Whether it's a milestone or just another year of awesome, we're all about recognizing the wonderful people who make CASS what it is. If you've got a birthday coming up, let us know! We'd love to help you celebrate and make your day extra special. Here's to another year of growth, laughter, and good times ahead!

Spring Word Search

- BLOSSOM
- BLOOM
- FLOWERS
- RAIN
- SHOWERS
- EASTER
- SPRING BREAK
- GRASS
- HATCH
- BIRDS
- SUNSHINE
- SEASON
- MARCH
- APRIL
- MAY

N L M O R D Y S M B M O O L B
 N I A R M E L E S E E A W O G
 U O Y E L O S E A S O N M S S
 L M L I O D N E K L A Y R P H
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 U T P E H O O D I O O I F C L
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 C H E F A M C L Y O G D R E S
 X L R O V Z R C O J B R I N O
 F I S E A R A K S L E I O E L
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ONESTOPWORDSEARCH

