

“When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also develop inner happiness and peace.”
-Dalai Lama XIV

February in Calgary was all about pink glitter, paper roses, and spreading love and kindness to all those people that matter to us the most -our families, friends and of course the Chrysalis team.



Calgary #GOODNEWSSTORIES

February, 2021

No. 22

Calgary individuals throughout the month of February have been learning about friendship, appreciation and kindness in their virtual arts and crafts projects to celebrate **Family Day** and **Valentine's Day!**



#GOODNEWSSTORIES

Calgary

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February Fitness Challenge! This month the Calgary team challenged everyone to get more active and take part in our first monthly fitness challenge. Calgary individuals were encouraged to participate in all the fitness activities that are available to them at Chrysalis - Zumba, Virtual Movement, Active Leisure Centre and many more! One lucky participant will receive a prize.



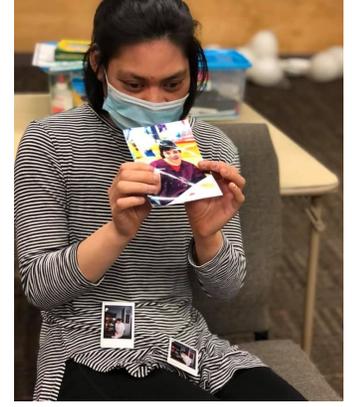
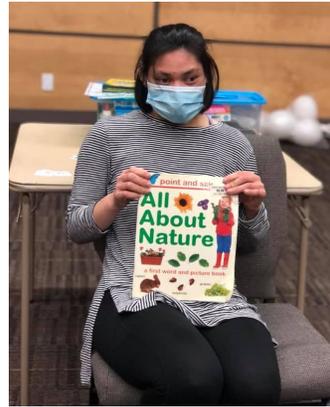
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The Leader in Me Program - started at Calgary's Southwood location. Is a program that promotes social and emotional learning, active listening and public speaking skills. The focus of the group this month was sharing things that bring me joy.



Gabby talked about a special doll and the importance of her cell phone.

An talked about a book she is reading and one of her favorite events, Annual Achievement Awards.



Paul read to everyone some of his favorite books and stories

James shared pictures of people who are important to him in his life and a memory of musical he attended



Kate proudly showed off her well earned medals she won through Special Olympics



Adam showed a medal he won in a sport and the photographs he and his peers took at Heritage Park

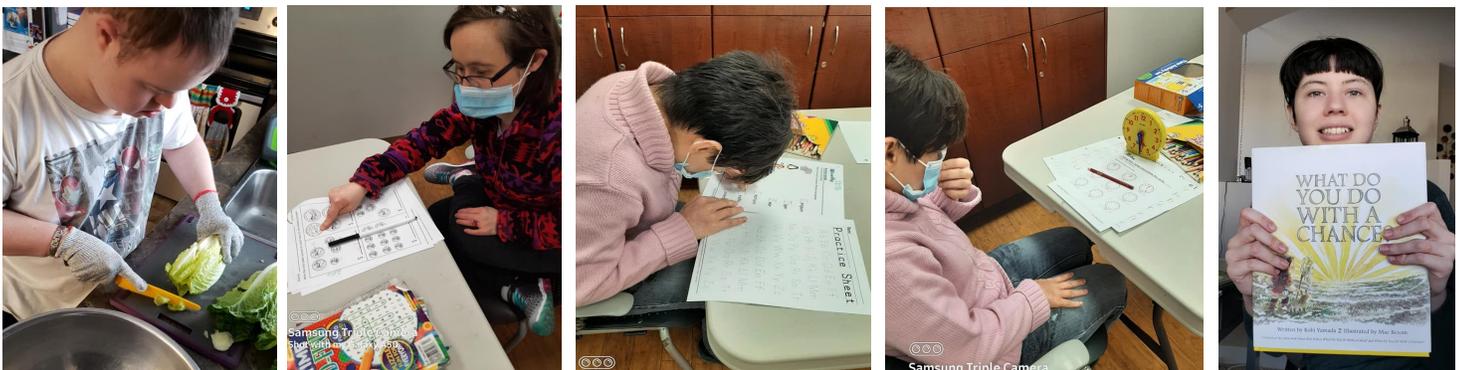
Health and Safety Practice

The Chrysalis team takes safety very serious. Southwood individuals this month learned about Community Safety signs and their meanings. They also performed their monthly fire evacuation - Great Job Everyone!



Academic Learning and Life Skills

The clients are eager to learn cooking, kitchen safety, reading, printing, understanding time and money value.



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Welcome back, Zac and Calvin! Since returning, Zac has enjoyed reconnecting with his peers, getting back on with his goals and he is planning a new Chrysalis News virtual program with CDSP, Greg. Calvin returned to services at the Dalhousie location. Calvin loves the Dalhousie gym shooting ball with peers, working on safety signs, and working on a special Valentine's project.



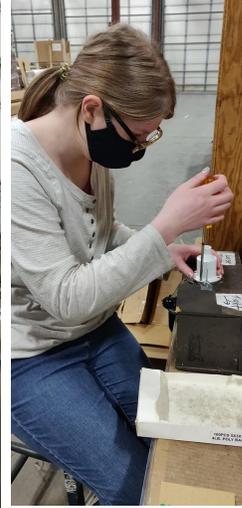
Amy has benefited from all three streams of services. She enjoys weekly mobile visits focusing on enhancing her math skills, making a grocery list. Amy has attended the Dalhousie location doing art and crafts.



Supported Employment



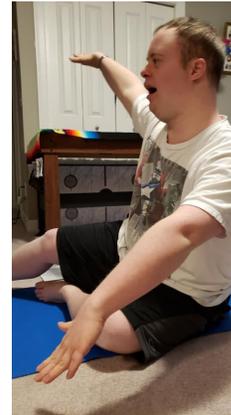
Brandi and Ian work hard at Atlas Trailer Coach Products warehouse. They have been working there for many years and are valuable team members. Good job!



Mobile Visit



Danica our newest co-host on the Calgary Virtual programs. Danica has been assisting CDSP, Kealy weekly with the Reading program offered to her peers. Thanks Danica!!!!



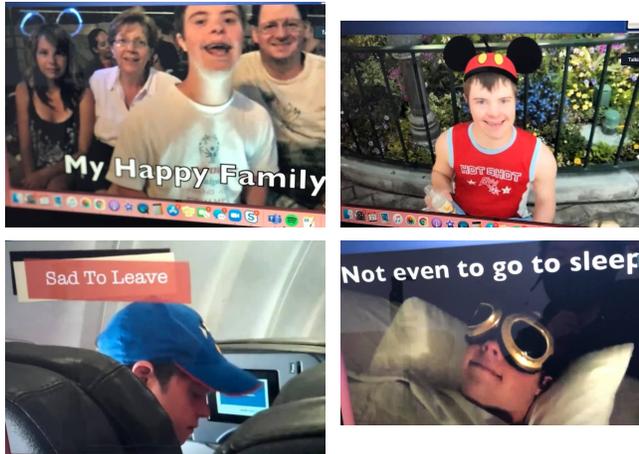
Kimberly enjoyed a walk, chat and the cool fresh air on her mobile visits. However, Kim, we are all a bit confused if you joined our Edmonton services or you are still apart of the Calgary team. Go Flames Go!!!!



Matthew is an great example of HCD in full play with his mobile visits. Matthew discovered through HCD that he wanted to learn simple recipes he can cook so what better place to learn then right in your own kitchen with the help of your Chrysalis CDSP.

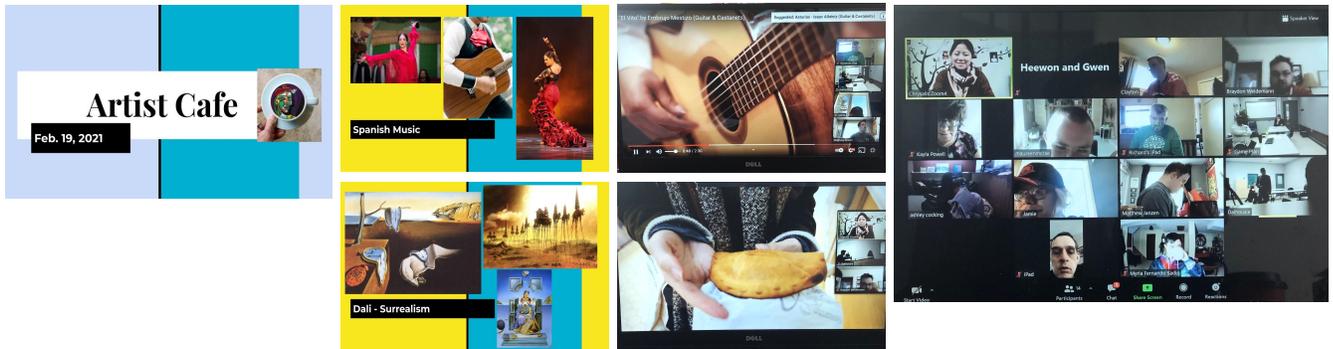
Virtual Program

- **Chrysalis Connects**, a program that allows our individuals to showcase their many interests, strengths and talents.

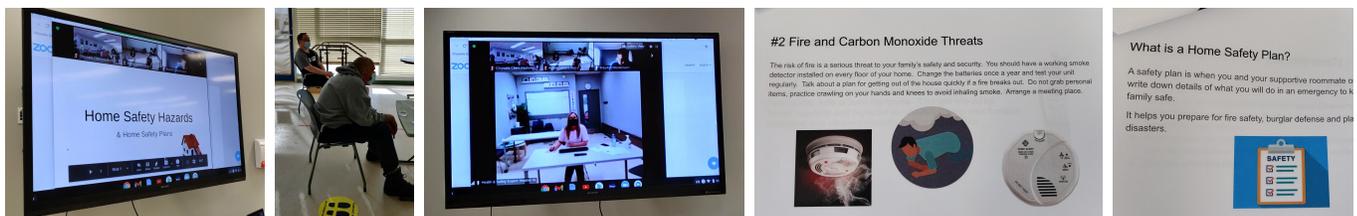


The happiest place on earth!
Thank you Matthew for sharing your "favourite vacation" with the Chrysalis team via the Chrysalis Connects virtual program.

- **Artist Cafe**, a new virtual program hosted once per month. All Chrysalis artists from both Studios are welcome to join. Artist Cafe will give individuals an educational experience to learn more about the culture, history, and artists that inspire the art projects on the virtual schedule! In February, the Artist Cafe will be all about the Spanish culture.



- **Health and Safety Toolbox**, a new monthly virtual program hosted by Kendra and Heather, Calgary HSEMS representatives sharing different Health and Safety topics to Calgary Individuals-back care and lifting, how to make you home safe and more.



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Pink Shirt Day (Anti-Bullying Day) is a day when people wear a pink shirts to make a stand up against bullying. It originated in Canada, and is now celebrated on various dates around the world. In the world where you can be anything Chrysalis Calgary is choosing to be KIND!!

