

#GOODNEWSSTORIES

June, 2021

Calgary

No. 26

“Diversity is what makes life interesting. Without diversity all is boring and pointless.”

- Alejandro Lubezki

Each of us is unique. Thru the Self Portrait art project, Calgary artists expressed how they think they look to the world. This project allowed the artists to be more imaginative, self reflective and have a greater sense of oneself. It further allows others to see other people’s views and respect our differences.



Stay tuned for upcoming “This is Me” art exhibition in the Calgary Wellness Gallery

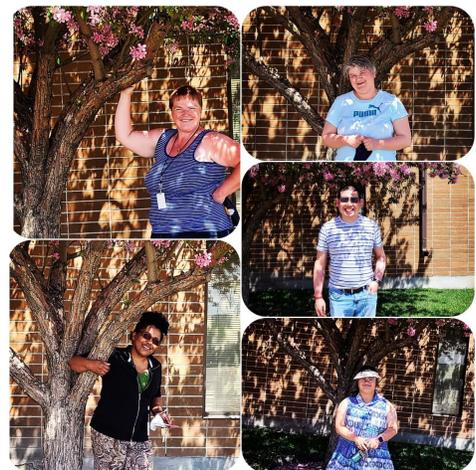
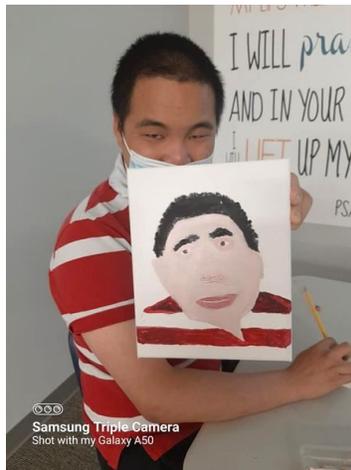
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Dalhousie Team came up with some really creative ways to learn about diversity, respecting their differences and loving each other. The group used a variety of beans with different textures, shades of color to provide a visual tool for individuals. The Dalhousie group created loving each other hearts, and My Friend and Me activities to complete their work on Diversity.



Southwood Team Book Club: Each week Southwood is reading a book from the “Spot Series” Learning a different skill to be a better peer. Everyone takes a turn to read a page and the group discusses ways they can put words into action. This week the Southwood group discussed “Respect”.



A Parachute game! Learning to count numbers in different languages, teamwork and getting in some much needed movement!

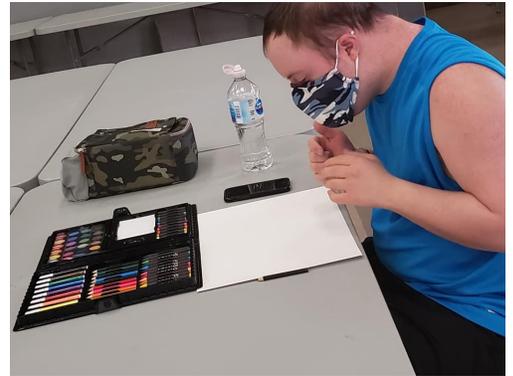
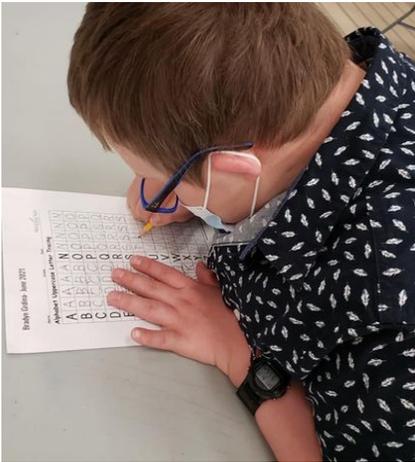
Master Heewon showcasing his Tai Chi moves to his peers.



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Deer Park Team, this is Calgary's newest remote location which Calgary is very excited for this summer to share lots of outdoor adventures with Calgary individuals! In June, Deer Park planted the Chrysalis Garden, worked a variety of academic programs and Matthew, co-hosted the Chrysalis Cooks-Healthy Snacks virtual program and provided the team with some much needed tech support.



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The **Calgary Gardening Program** has gone to a new level this summer! Calgary not only rented two community gardens, but individuals are learning what it truly means to be a gardener—talking about garden safety, rain barrel and compost bin, identifying weeds, and planting step by step, etc. The most exciting thing is the bi-weekly garden report when Calgary individuals provide updates on their gardens progress. We look forward to a harvest year!



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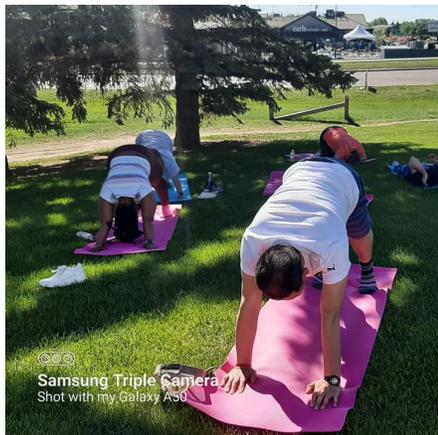
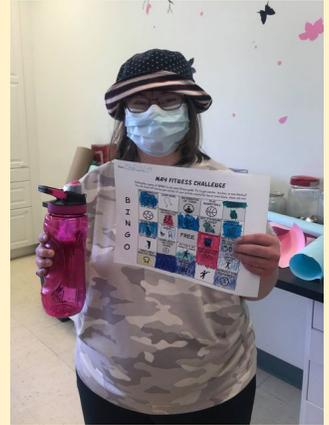
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Exercises can be done anywhere, any time and in any form. Small amounts of exercise could have an outsize effect on happiness!

Congratulations to May Fitness Challenge Winner Marissa!



Chrysalis introduced the new Emergency Response plan-Nathan and Eric with the help of CDSP, Shelley learned to identify the various fire exits, the muster points and the location of the fire extinguishers. Below Eric tackled a new HSEMS toolbox program learning about how to dress for different seasons. Great Job!



Happy Birthday, Adam, Colleen, Clayton, Ian M, Jamie, Gabrielle, Liam and Adeel!



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We celebrated Father's Day with some paintings, making tropical fruit jars and of course a "handsome" Father Day card!



Calgary celebrated National Access Ability Week – a time to celebrate the valuable contributions of people with disabilities and recognize the efforts of individuals, communities and employers working to remove barriers to accessibility and inclusion in our communities.



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Staff Training!



Calgary staff recently had a training and development day. The morning staff focused on First Aid and PBS training. Afternoon we welcome a special guest Founder & Director of Wymbin Yoga, Jenna Galloway, who shared with us techniques to help to cultivate a healthy workspace for ourself, our co-workers, and the individuals at Chrysalis. To end the day, the Calgary team worked together on Q2 Objectives & Key Results. Chrysalis strives to equip our staff the tools to provide the best service.

