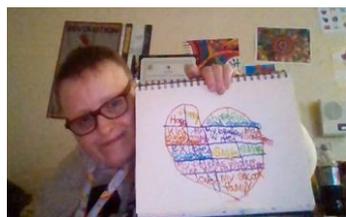
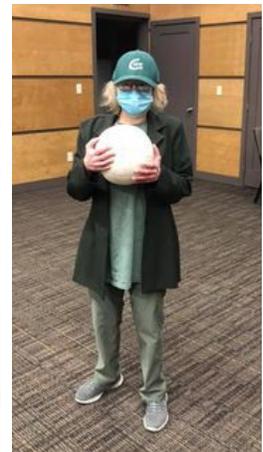
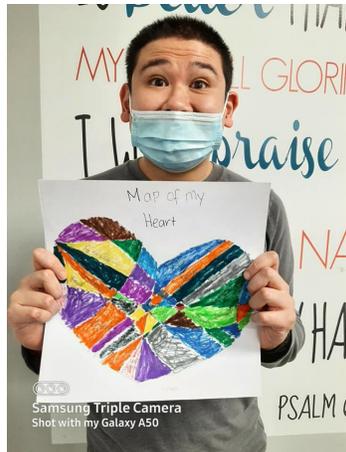
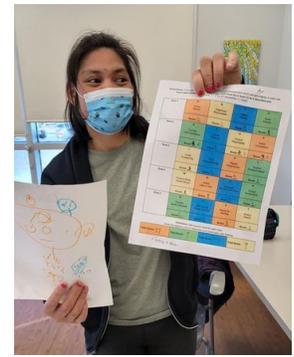


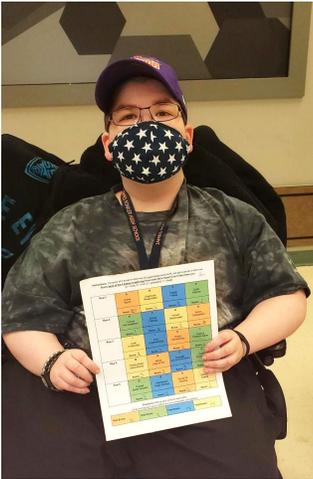
Calgary #GOODNEWSSTORIES

Self Awareness Week!

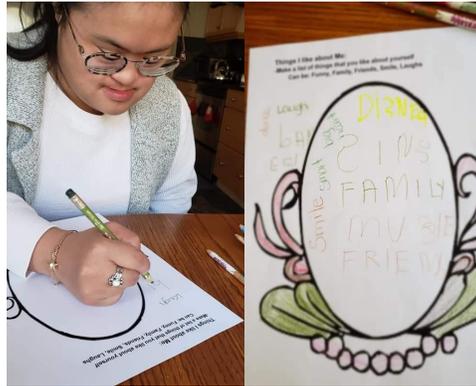
The Calgary team planned many activities in March to showcase Chrysalis individual's uniqueness. The week's focus was on programs that help those we serve to better understand their personal talents, values and interests. The programs were offered both in facility and through our virtual platform.



Self Awareness Week!



Zac did a personality test and found about his personality color.

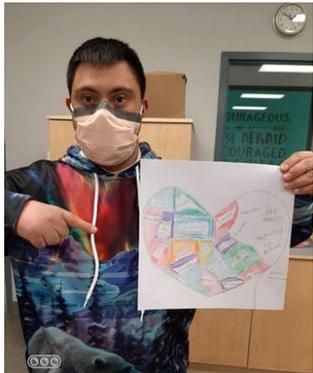


Amy focused on "Things I like about me" through a series of exercises to get to know more about herself.

Allison learned about different emotions and made a series of faces for her peers to recognize how she is feeling throughout the day.



Adeel and Amy created "Map of Their Hearts"



Kate and Ashley created art about self expression and empowerment!

Individuals at the Dalhousie Site, Liam, Vincent, Calvin and Heather, painted rocks to express their feelings



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March Fitness Challenge! This month the challenge was to walk or bike a 100km by the end of the month! Whenever the participants walked or biked, their distance was recorded in the corresponding number of footprints on their monthly tracker. At the end of the month, all individuals who participate will be entered into a raffle to win a prize! Good Luck and congratulations on taking on the challenge!



Tamara walked 5 laps per day; Zoe took the challenge and rode her bike to Chrysalis daily when the weather was nice; Kim power walked in her community; and Richard walked a whopping 45 km in the first week of March!



Big Congrats to Zoe-our February Fitness Challenge Winner!



Heewon was thankful for the trail mix bar he received for completing his February Fitness Challenge.

Mindfulness and Meditation

The individuals in the Southwood site are learning the importance and benefits of meditation. Led by Sandy CDSP, they practice proper breathing techniques and recognized different emotions. The group made Mindfulness Jars as a visual aid to use during meditation and to show individuals how our minds swirl and turn and become calm through meditation.



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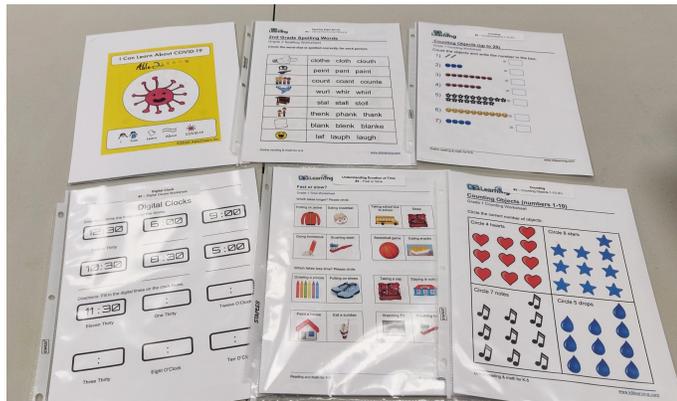
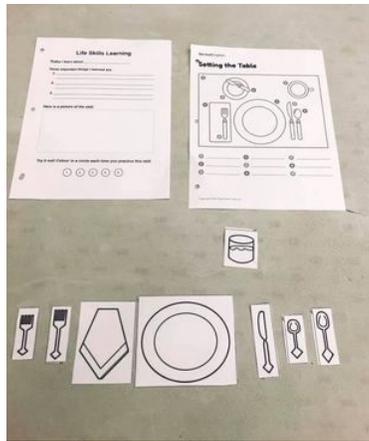
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Life Skills

The individuals are taking every opportunity to learn new life skills- from setting a table, sweeping the floor, counting money, to planning breakfast. The Chrysalis Calgary has been busy creating resources that meet the needs of our individual's goals and tasks identified through the HCD process.



Individualized projects and Welcome to two new individuals!

Maxwell in Bugland! Learning about spring and the little bugs

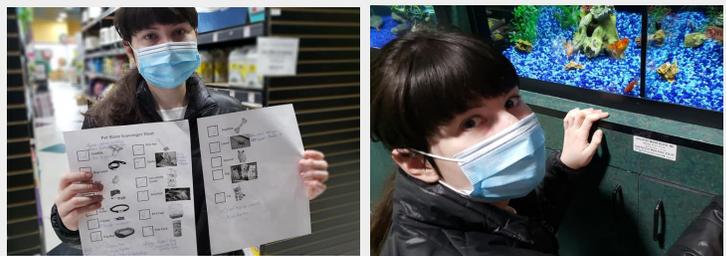


Warmest welcome to our newest individual, Iman. We had a fun "guess who is who" moment on Iman's first day. Iman was happy to meet a new friend, Amy, who looks almost identical to her.

Richard enjoyed making his own Mindfulness sensory bottle!



Danica learned about fish while doing a scavenger hunt in the Pet Store during one of her mobile visits



Big Welcome to Tina who also joined Chrysalis this month!



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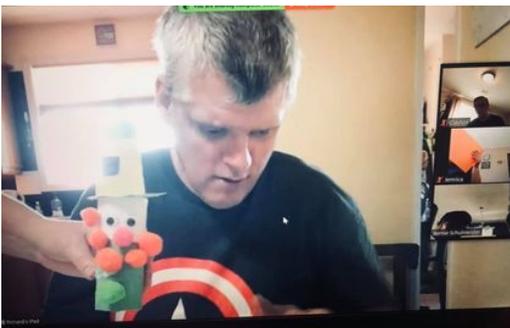
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St-Patrick's Day

In the virtual Artist Cafe, the individuals learned about Irish Arts and Culture, St. Patrick's day traditions and took a tour to Ireland. In facility Calgary individuals made a fun photo booth to celebrate the day. In the Chrysalis Craft program this month Calgary individuals painted shamrocks, made leprechauns and more.



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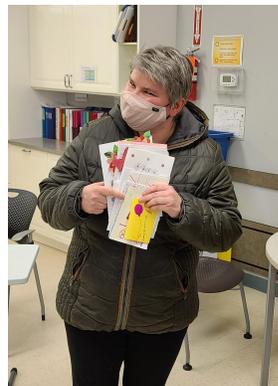
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Happy Birthday!

The best part of a birthday is celebrating with your friends, receiving a birthday card/gift, sharing some laughs and of course eating cake. Big Happy Birthday to Nathan, Jackie, Kasia and Kate! Hope you had a great day.



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Chrysalis Calgary underwent some Renovations

Welcome to Calgary's new Wellness Room—designed to help individuals relax, reset and escape the stresses of the day. The Calgary team is excited to start offering new mindfulness programs to the Calgary individuals—stay tuned!

