Calgary

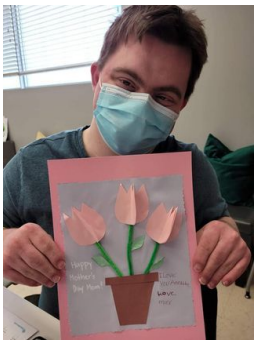
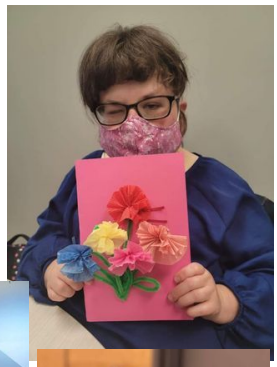
#GOODNEWSSTORIES

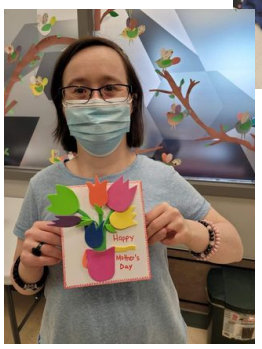
May, 2021 No. 25

Chrysalis
AN ALBERTA SOCIETY FOR CITIZENS WITH DISABILITIES

“We salute the spirit of mothers and thank them for being a constant source of hope and compassion.”

In May, the Calgary team focused on learning about how to build a healthy relationship and how to maintain meaningful connections with families, coworkers, friends and more. And we of course couldn’t forget about all the mom’s in our lives. Everyone was busy making that perfect Mother's Day gift!



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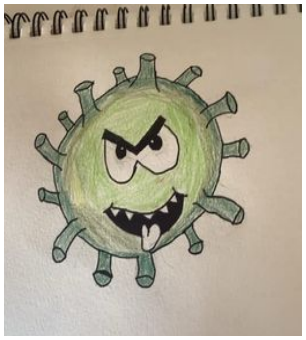
All About Me Poem

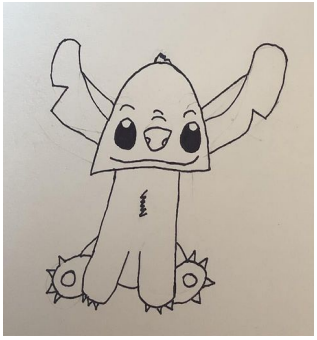
I am a lady who has a big heart
I feel awesome when someone buys one of my Christmas cards that I painted and learns about my business journey
I love butterflies, family and camping
I need to to speak up for myself and share ideas
I want to be a public speaker some day and make a difference in the world
I dream of being free as a bird flying in the sky
I fear of letting my support team and my peers down that is cheer me on
I think my parents did a great job making feel like a normal child even though I was born with a disability
I am a special person
This is me

By Kayla Powell

Kayla shared her "All About and Poem" with everyone. Her positivity, humbleness, persistence and kindness is inspirational.

Through ideation, Zoe expressed a love of art and wanted to fine tune her art skills this year. Zoe has incorporated her love of animals into her practice. To learn more and discover her more about her own style Zoe is planning to attend virtual art museum and research famous artists and their work. Zoe we can't wait to attend your art exhibition!





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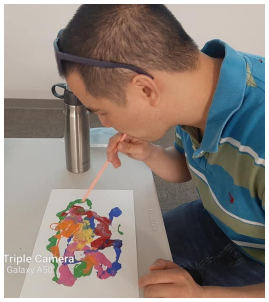
Community Partnership - Dalhousie team has built a relationship with their neighbour, a preschool who brought over three 4 day old ducklings, Sunshine, Fluffy and Brownie to visit. Everyone was so excited to meet and pet them.

Learning about emotions - Dalhousie team participated in a conversation about Anger- identifying signs that trigger your anger, how to manage your emotions, and how a negative friendship can drain your energy etc.
(Adeel co-hosted this program with CDSP Alice)

Creative arts - The Dalhousie individuals explored different methods of painting - blowing straw, paper collage and mixed media art.



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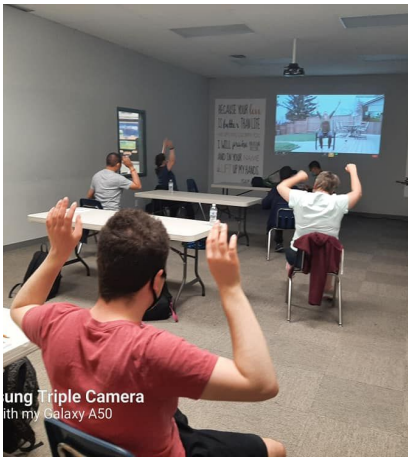
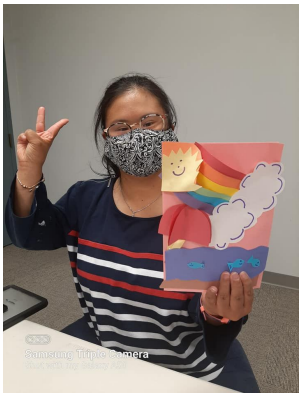
Enjoy the green space to play sports, games and explore the community



All sorts of indoor exercises, including chair yoga, music and movement, and restorative yoga.



Fun and Creative ways of learning: The clients played bingo game while practicing numbers; they also learned about weather and made a raining day card.

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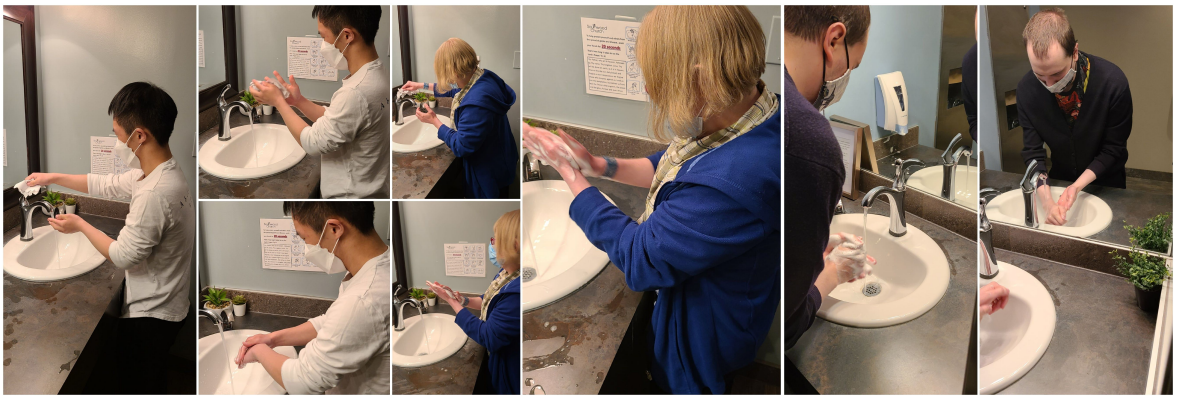
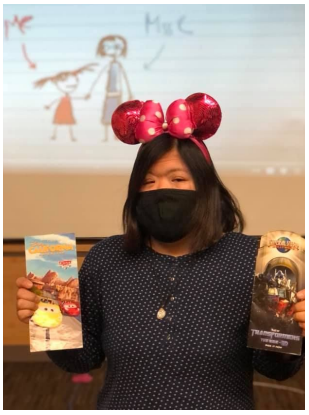
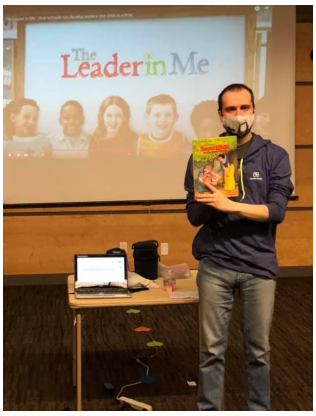
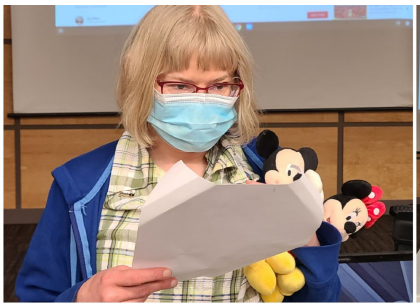


Southwood crew learned about personal hygiene and handwashing. They even did a handwashing exam to see how well everyone did.

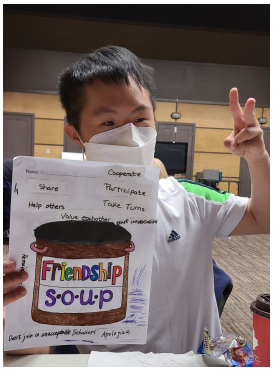
Leader in Me Presentations -
Paul shared and read Snow White
Adam shared a picture of his house
Kate shared that she loves to go kayaking
Lorra shared her fun memories of Disneyland Park trip
Heewon shared a battleship game picture from his phone
James shared his JBL headphones with microphone
Gabby shared a trophy she got from Maxwell's birthday party
An shared her Dragon and Monkey coloring paper
Thanks for sharing everyone!

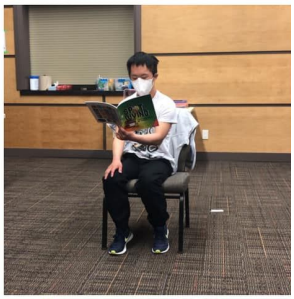


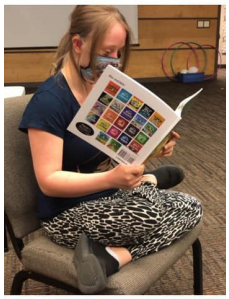


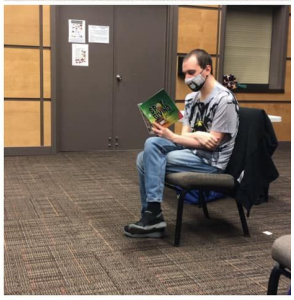


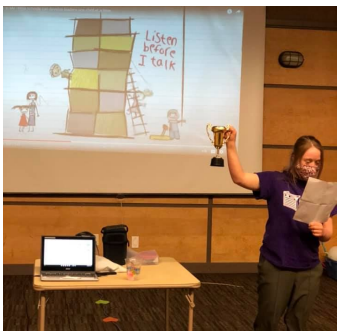
Book Club Time - reading books and discussing about Friendship, Giving and Kindness.

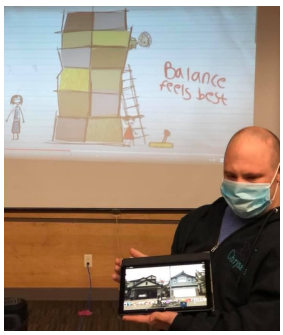












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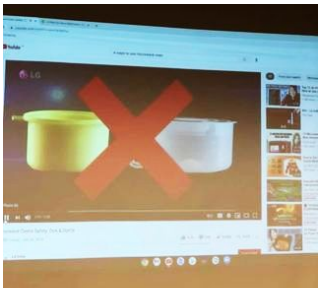
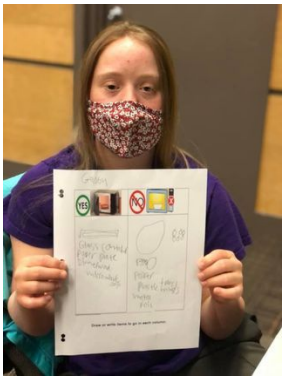
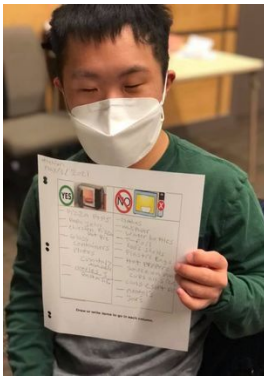
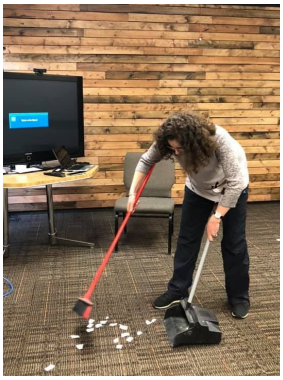
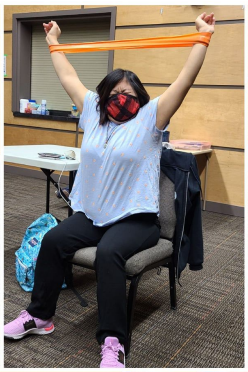
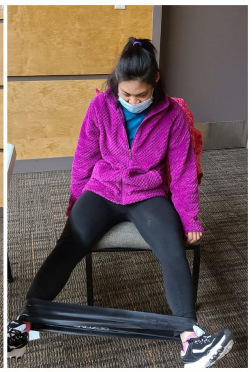
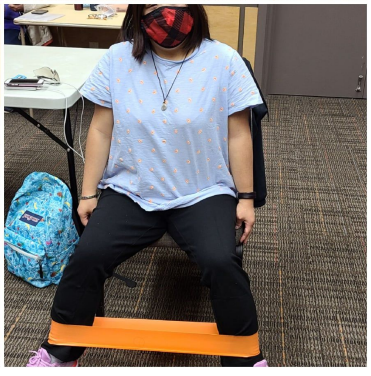
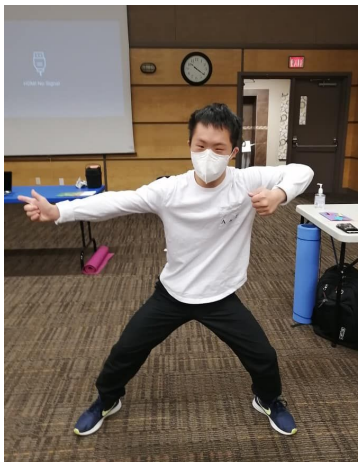
Life Skill learning and practicing - Individuals in Southwood location learned about what can be put in the microwave and what can't. They also practiced sweeping floor, setting up table, vacuuming and recycling.



Exercise Time: Southwood clients were doing Cat-Cow Yoga pose, tension band exercises, and "Archer Stance", a Tai Chi balance movement that they learned and practiced during the Mindfulness program.

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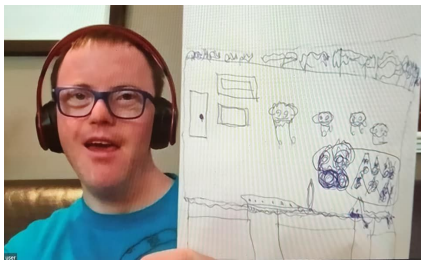
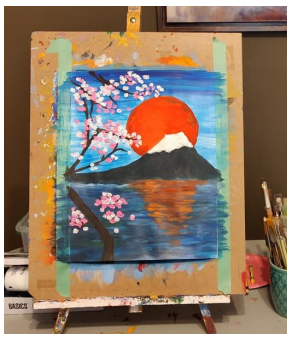
Art gives us the ability to express ourselves. Through that expression, we communicate by drawing on our own unique emotions, thoughts and experiences. When you see and study another's art, you're seeing the world through their eyes. When you create, you're letting the world see through yours. In May, we introduced a variety of style, theme and season, creating artworks of Mother's Day, Spring and a picture of Sydney landmark inspired by Australian artist Ken Done.





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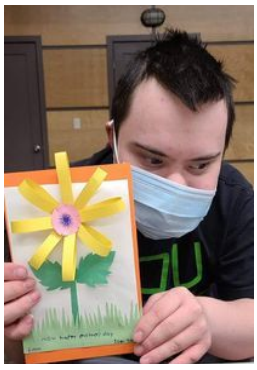
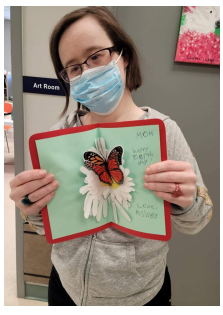
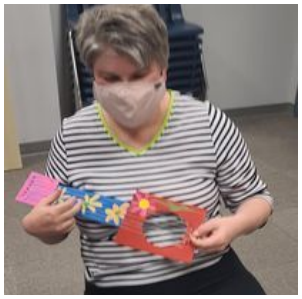
Crafting is much more than just an outlet for personal expression or a way to pass the time. Crafting can improve the coordination and fine motor skills, be more creative and productive, reduce anxiety, and increase happiness. We don't want to show off, but our individuals are really good at crafting.







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Andria joined the Calgary team in the role of Program Team Lead. Andria comes to Chrysalis with a strong recreation and disability services background. She recently Managed the Easter Seals Camp Horizon. She has experience in the congregate care setting, as well as a strong recreation and EMS background.

Robin joined the Calgary team in a new role for Calgary as the Art Assistant. Robin has a strong background of visual and performing arts. She has experience working with people with disabilities. Her skills will definitely benefit the art studio and the artists.

Happy Birthday….

Chera
Danica
Amy
Clayton
Amy Ann
Brandon
Allison

May all your wishes come true...

Introducing our newest virtual program **Off Broadway**!

To kick off the program, we had the opportunity to watch Calgary's Opera Production of Brothers Grimm **Hansel & Gretel.** It was like we were at the theatre!