

FEBRUARY 2024

# LET'S CONNECT

Official Newsletter of  
Central Alberta Sexual Assault Support Centre

## Staying active in the winter months

ALBERTA HEALTH SERVICES

Winter Health and Fitness Week runs from Feb. 14 to 20, which serves as a good reminder for all Albertans to bundle up, beat the winter blues, and discover a variety of ways to keep your body moving.

Maintaining regular physical activity reduces your risk of chronic illnesses such as heart disease, type-2 diabetes, stroke and certain types of cancer.

Enjoy the outdoors. Plan fun activities for yourself, friends or family! Go snowshoeing, skating, make a snow angel or try a new winter sport. Schedule time for new activities before or after school or work, during a lunch break or on the weekends.

Make **SMART** goals that are: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, **T**imebound.

Start with smaller, more achievable goals first and record and track your progress over time in a journal or activity record.



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# Moments Matter Campaign

Sexual harassment in the workplace costs billions annually and remains a problem in Canadian workplaces. In Alberta, 1 in 5 workers have been sexually harassed.

The Alberta Association of Sexual Assault Services (AASAS) says that research shows that a caring and inclusive workplace culture is an important primary defense against sexual harassment.

A positive and respectful workplace environment discourages people from sexually harassing others.

Most people understand that a positive workplace culture is important for personal well-being, team success, and job performance. But how to create positive cultures can be a bit of a mystery.

Existing programs, workshops, and training haven't made things better or changed much in 40 years.

So Albertans are engaging in a better way to help stop sexual harassment.

AASAS says that research indicates that 40 years of traditional—and often mandatory—training on sexual harassment has produced negative outcomes:

- increased worker disaffection and turnover
- fewer women in manager roles
- men more likely to:
  - blame victims
  - think women who report are making it up or overreacting
  - view harassing behaviour as acceptable



## Discover a better path to prevention.

[momentsmatter.info/betterway](https://momentsmatter.info/betterway)

## Negative framing leads to negative results.

Traditional programs that focus on the 3Ps approach (prohibition, policy, and procedure), often frame the audience as bad people who need fixing. As a result, people become defensive, resistant to change, and disengage from the issue altogether.

The three-year province-wide campaign is open to all Alberta organizations. It's inclusive, easy, and effective—plus, it's free.

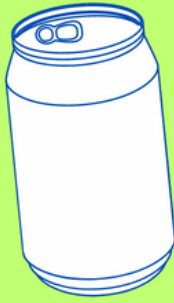
Here's how it works:

- Commit to our campaign values
- Use and share our free campaign assets
- Create and share your own moments that matter:
- Engage employees in the campaign
- Share stories weekly via intranet, newsletters, etc.

For more information or to sign up for workshops and classes visit: [momentsmatter.info](https://momentsmatter.info)

**Skip the  
Depot**

**FOR  
CASASC'S  
SAKE**



## Skip the Depot for CASASC's Sake

Drop your bottles/cans off at: #220 - 70 College Circle between 9 a.m. and 4 p.m. -- BEFORE February 19 and CASASC will do all the hard work of getting them to the depot!

All of the donations, will go back to CASASC's free programs and services for central Albertans and families affected by sexual violence and abuse.

## Her Brain Chose For Her

When someone's sense of safety is compromised, fear may trigger the body's flight, fight, fawn, freeze response.

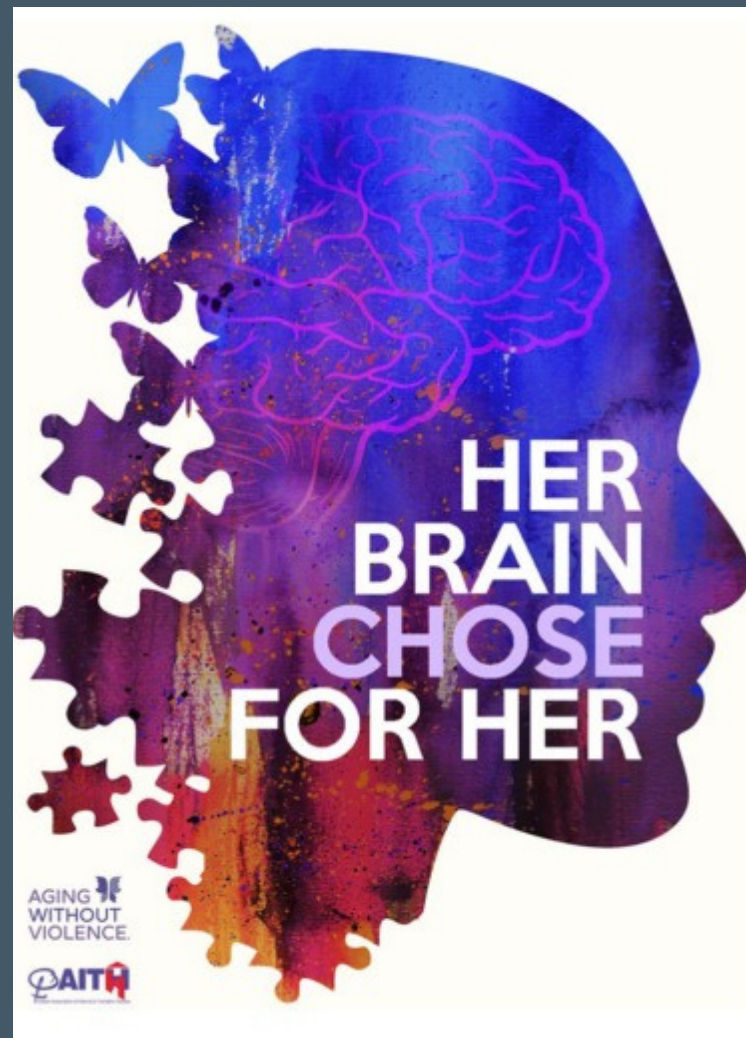
This is a neurobiological response to trauma which people do not have control over. During a situation of extreme threat, the brain gets flooded with stress hormones which can impair a person's ability to think clearly and rationally. A fight response is rare. A freeze response is much more likely.

Guided by a provincial advisory committee, the Aging Without Violence project (AWV) has created this Visual Training Tool (VTT) to help service providers across a wide range of sectors gain a deeper understanding of trauma-informed approaches and promising practices.

By visualizing the neurobiology of trauma and practices of trauma-informed care, they hope to disrupt the invisibility survivors of all ages may experience following trauma, in particular the invisibility of older women.

**Check out Her Brain Chose for Her:**

[herbrainchose.oaith.ca](http://herbrainchose.oaith.ca)





# Pink Shirt Day - February 28

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Throughout the month of February, the Central Alberta Sexual Assault Support Centre (CASASC) and other central Alberta agencies will be spreading messages of anti-bullying ahead of Pink Shirt Day on Feb. 28.

Pink Shirt Day aims to raise awareness of bullying behaviour and the unhealthy impacts it can have on others.

The original Pink Shirt Day was organized in 2007 by David Shepherd and Travis Price, from Berwick, Nova Scotia. The two Grade 12 students bought and distributed 50 pink shirts after a ninth-grade student Chuck McNeill was bullied for wearing a pink shirt on the first day of school.

Now every year on the last Wednesday of February, individuals across Canada show their support and spread awareness by wearing pink, hoping to create a more kind, inclusive world by raising awareness on the issue of bullying.

CASASC will be hosting a social media take-over on February 28 to shine a light on and bring awareness to the on-going issue of bullying and the unhealthy impacts it can have on others.

**You can also participate by showing off your pink shirt on social media using the hashtag #pinkshirtday.**

Cyberbullying  
is poised to  
turn into the  
biggest online  
concern,  
already  
affecting up to  
35% of all  
children

DR. MARTYN WILD





## Pink Shirt Day - education and resource packages

For the month of February, the CASASC Education Team has put together amazing resources and activities to assist your business or classroom in planning your own anti-bullying and pro-social messages.

Whether you are showing off your pink outfits, displaying pro-social and anti-bullying messages, or participating through the suggested activities and storybooks, we'd love to see them!

**Classes and business are invited to share any images and/or videos of your participation in February or on Pink Shirt Day** email ([education@casasc.ca](mailto:education@casasc.ca) or [calbers-manicke@casasc.ca](mailto:calbers-manicke@casasc.ca)) or tag us on social media using the hashtags **#CASASC**, **#PinkShirtDay** **#CultureofRespect**, **#iRespect**.



**Resource Packages can be downloaded at [CASASC.ca](https://casasc.ca)**

For more information or to apply:  
[rcmp-grc.gc.ca/en/troop-17-scholarship](https://rcmp-grc.gc.ca/en/troop-17-scholarship)

2024/2025

## TROOP17 SCHOLARSHIP

applicants must demonstrate they have made significant efforts in preventing bullying and harassment in their schools and/or communities.

A background image showing two students, a young man and a young woman, sitting at a desk in a library, looking at books and papers. Bookshelves filled with books are visible in the background.

## Troop17 Scholarship

The women of Troop 17 pushed through the challenges that come with working in a male-dominated career, and paved the way for many others who followed in their footsteps.

All applicants must:

- Be a Canadian citizen or permanent resident and enrolled in a full-time accredited Canadian college or university.
- Demonstrate they have made significant efforts in preventing bullying and harassment in their schools and/or communities.
- Explain how they continue to promote anti-harassment and anti-bullying principles in their schools and/or communities.

More information at:

[rcmp-grc.gc.ca/en/troop-17-scholarship](https://rcmp-grc.gc.ca/en/troop-17-scholarship)

## 2,000 push-ups in 23 days: Are you up for the Challenge?

This February, the Canadian Mental Health Association (CMHA) is encouraging Canadians to push for better mental health by participating in fitness-based mental health initiative, [The Push-Up Challenge](#).

Participants will take on 2,000 push-ups to represent the 20 per cent of Canadians who will suffer from mental illness in any given year.

Canadians from all ages and walks of life will participate in the event which engages people in mental health through connection, physical activity, and education.

"The Push-Up Challenge is a great way for Canadians to do something positive for their mental and physical health, while supporting those who experience mental illness each year," says Margaret Eaton, National CEO, CMHA.

"Everyone has mental health and it's likely we all will experience a mental health issue at some point in our lives. By pushing up and learning about mental health, we hope to break down the stigma attached to mental illness so that Canadians don't think twice about reaching out for help."

The Push-Up Challenge is a free event but participants can choose to fundraise and support the Canadian Mental Health Association.

February is one of the most challenging months for individuals living with Seasonal Affective Disorder (SAD).

Although SAD impacts a small percentage of Canadians, "the winter blues," on the other hand, are more common than you think.

Around 60% of people living in Canada report experiencing symptoms of sadness or unhappiness related to the dark, cold weather. Fortunately, there's a way to combat "the winter blues" that's within everyone's reach: just get your body moving!

By participating in The Push-Up Challenge, participants of all ages and abilities will push-up to promote their mental well-being while learning about mental health, with the number of daily push-ups changing to reflect a vital mental health fact. Alternatives to push-ups are also encouraged, such as sit-ups, squats, or other alternative exercises. Progress can be logged and tracked through a dedicated app which also allows you to easily fundraise and see how your mates are going with the event.

The Push-Up Challenge has been taking place in Australia for the past 7 years, 2024 marks the first time the event will take place Canada, run by the Canadian Mental Health Association.

You can register for The Push-Up Challenge at [thepushupchallenge.ca](https://thepushupchallenge.ca).



THE  
PUSH-UP  
CHALLENGE  
LE DÉFI PUSH-UPS



Canadian Mental  
Health Association  
Association canadienne  
pour la santé mentale



# Fitting in physical activity during the day

ALBERTA HEALTH SERVICES

Finding time to exercise during the day can be challenging, especially for the busiest of people with the most action-packed schedules.

You don't need to spend hours at the gym or on a treadmill to be healthy. Experts recommend at least 2.5 hours of moderate to vigorous activity a week, so with some planning and creativity, you can make physical movement a regular part of your daily life.

Being active for shorter periods of time, throughout the day and week, can add up quickly! A little goes a long way, and consistent, small steps often have the greatest impact on our health.

## Sit less, move more!

Moderate to vigorous activities elevate your heartbeat and increase the amount of oxygen that goes to the heart and muscles, which allow them to work longer. Many activities can improve aerobic fitness. If these activities are done regularly and long enough, they can help improve fitness.

Children as young as preschool age benefit from being active while it is best for teens and children (starting at age five) to do moderate to vigorous activity at least one hour every day.

Fitting movement into your busy life doesn't have to be complicated. Add variety and do things you enjoy. If your job or lifestyle includes a lot of sitting, try adding short bursts of activity to your day.



## Some examples include:

- Setting a “movement timer” to remind you to get up and stretch at least every hour.
- Use the stairs instead of the elevator, at least for a few floors.
- Suggest holding meetings with co-workers during a walk inside or outside of the building.
- Use a free smartphone app or online exercise video. These programs often have short interval training ideas or 15 minute workouts for all abilities and fitness levels.
- Use your morning and afternoon breaks to take a quick walk.
- Find a work buddy who you can do activities with. Being accountable to someone can serve as a reminder to incorporate movement into your day.
- Put it in your calendar! Whether it's 15 minutes, 30 minutes, or an hour, block off time for your activity or activities.
- Get your family involved. Combining family time with exercise is a fun way for busy parents and children to find time together and to live an active lifestyle. It's a win-win for everyone!

# EVENTS

## February 2024

February 2, 2024



## Healing Journeys Through Art

The Healing Journeys Through Art exhibition wraps up during Red Deer Arts Council's February First Friday event.

Join CASASC staff and volunteers for your final chance to bid on art-work. Proceeds go directly back to CASASC to help them keep all of their programs and services free!

February 2 - 5 p.m. to 7 p.m.

Red Deer Arts Council Community Gallery (#6 – 4919 49 Street)

## Comedy Night at Bo's

Help support of the Piper Creek Optimist Club and the Hockey Alberta Foundation!

Comedian and Battle of Alberta theme (Flames vs. Oilers.) Event will also feature a 50/50, heads N' tails game and silent auction

February 24- Doors open at 6 p.m. - Comedian at 7:30 p.m

Bo's Bar and Stage 2310 50 Ave)

\$40 (includes entry, a Troubled Monk beverage and an appetizer buffet.)

February 24, 2024



March 1, 2024

## MMIWG2S+ Healing Conference



The Âsokêwin Friendship Centre will be hosting a MMIWG2S+ Healing Conference on March 1 in Rocky Mountain House.

**To register or for more information:**

Kaylynn Goodrunning by phone 403-845-2788 or email [admin@asokewin.ca](mailto:admin@asokewin.ca)

## Rebels Community Corner

Join us on March 9, 2024 at the Red Deer Rebels home game against the Calgary Hitmen!

Wear something teal, green or grey to the game and remember to stop by the CASASC booth in Community Corner and get a free entry for our raffles (prizes include a signed Rebels stick) and colouring contest.

Puck drops at 7 p.m. at the Peavey Mart Centrum.

March 9, 2024

