

AUGUST 2024

LET'S CONNECT

Official Newsletter of
Central Alberta Sexual Assault Support Centre

Westerner Days 2024

CASASC volunteers helped kick off Westerner Days 2024 and showed up in style on July 17 to walk the parade route through downtown Red Deer.

A few days later on July 20, volunteers stationed themselves on the Westerner Ground where they spent time selling 50/50 tickets alongside Red Deer Rotary Sunrise.

Thank you to Rotary Sunrise for the opportunity to participate in the 50/50 and thank you to the volunteers that came out during Westerner Days.





Thank You **Red Deer Kinsmen Club**

Thank you for being a vital part of our mission and for your donation of \$17,000.

Your donation will impact the lives of central Albertans and help CASASC continue to provide free crisis support, education, counselling and therapy.



SUMMER CAMP

SAFETY TIPS



If you, your child, or someone you know needs support.

1-866-956-1099

Our 24-Hour Support Line is available, free of charge -- always.

AS YOU PACK YOUR KID'S BAGS...

...take the time to talk to your camper **about personal boundaries, consent, and recognizing inappropriate behaviour.**

Even if someone just **makes them feel uncomfortable** or creepy when they're nearby, **they need to report it.**

Empower your kids and remind them of their right to say "no" and **encourage them to speak up** if they feel uncomfortable or unsafe.



NO SECRETS....

Abusers ask their victims to keep the abuse between the two of them a secret, **teach your child that it's never okay to keep a secret...** ...and that they **need to tell you or another adult immediately;** and to keep telling until they get help.

Make it clear that no matter what another child or adult may tell them, they will never get into trouble for reporting.





AASAS 'Moments Matter' campaign wraps up

Content provided by Association of Alberta
Sexual Assault Services (AASAS)

AASAS has wrapped up their three-year Healthier and Safer Alberta Workplaces campaign funded by Justice Canada.

Staying true to their innovative roots, AASAS's approach to the anti-sexual harassment campaign didn't focus on the standard prohibition, policy and procedure. Instead, the #momentmatter campaign was about workplace culture with the understanding that positive, respectful workplace cultures not only boost personal well-being, team success, and job performance – they also help stop sexual harassment.

Eighty-three Alberta organizations became campaign partners, attending information sessions and downloading toolkits with practical items that would help them create positive workplace cultures.

All of the campaign partners who responded to a survey strongly agreed or agreed the campaign increased understanding of the connection between workplace culture and sexual harassment, and 94 per cent reported having intentionally modeled respectful workplace behaviours since partnering.

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88 per cent of respondents strongly agreed or agreed the #momentsmatter campaign had a positive effect on their workplace culture.

While the awareness campaign has been completed, AASAS will continue to provide and oversee the education program that was developed to help organizations prevent and address sexual harassment – Engagement Strategies Toward Ending Workplace Sexual Harassment.

Call 403-300-0205 for more information on courses and registration process.

Education program participants say they:

- have increased knowledge about what workplace sexual harassment is and the impact;
- have increased knowledge of ways to help stop sexual harassment;
- have increased confidence in responding to situations of sexual harassment; and
- are more inclined to support, intervene and get help in situations of sexual harassment.



New to the CASASC Team

BRENDEN MANDRUSIAK

CASASC
INTEGRATED CASE MANAGER

Prior to working at CASASC, Brenden was a Family School Counsellor at Notre Dame High School in Red Deer.

“During my time as CASASC I hope to leave a lasting positive impact within Central Alberta by helping support survivors of sexual violence and by helping raise awareness through advocacy and education. In addition, I hope to help meet survivors where they are and to provide supports in a way that is meaningful to them in their healing journey.”

When Brenden is not at CASASC, he enjoys spending time with his family and two dogs, cheering on the Edmonton Oilers, and enjoying a great cup of coffee.

“I value the importance of self-care, so I often use my free time to engage in some form of physical activity, meditation, or reading.”



Thank You Arbor Memorial Foundation

CASASC received a \$2,500 donation from the Arbor Memorial Foundation. This donation will support our 24-Support Line. Our Support Line offers anonymous, confidential support, information and referrals. Our trained volunteers are there to listen and support. We are here to connect with you where you are and empower you to your next steps towards healing.



Kin Canada
Red Deer
Kinsmen Club





Thank you for your votes!

CASASC is pleased to announce our **Silver** award for Community Votes Red Deer 2024 !



Sport and recreation safety

Content provided by: Alberta Health Services

Stay safe while taking part in sport and recreation activities. You can do your part in reducing chances of falling, getting hurt, or having a serious injury.

Teens and children are also at risk of injury as they take part in sports and summer recreation. In Alberta, getting hurt while playing a sport is the top cause of the emergency department visits related to injuries for youth ages 10 to 19.

Following these tips will lower everyone's risk of getting hurt while playing sports and enjoying recreation activities:

Check the environment to reduce or avoid hazards

To improve safety, look for hazards. A hazard is something dangerous that may not be obvious but that can cause serious injury.

Examples of hazards include thin ice on a frozen lake, broken equipment, or an icy sidewalk.

A risk is different. A risk is a situation where you can see the chance of an injury happening, think about the challenge, and decide what to do.

Your challenge is to learn to recognize, reduce, or avoid hazards, while having the chance to explore and accept the level of risk you're comfortable with.

For example, when you are out walking on a nature trail and see a hole, root, or wet section on your path (a hazard), you can:

- Prepare for the hazard by walking slowly and making sure you have the right shoes and equipment for your walk.
- Reduce the hazard by walking during daylight hours when the trail is well-lit.
- Avoid the hazard by walking on clean, well-maintained trails.



Develop skills

Prepare and plan before starting a sport or activity. This includes getting your gear together and warming up. Warm-up programs that include aerobic (activities that bring up your heart rate), balance, strength, and agility (being able to move quickly and easily) exercises may help reduce the risk of injury.

Training and practice help you learn how to do an activity and get better at it. They also help lower your risk of getting hurt by teaching you how to participate in an activity safely. If you don't know how to do an activity, start slowly to develop skills.

Think about taking lessons to learn or improve how you ski, skate, bike, or play a sport.

Take lessons from someone who knows how to teach the skills, like a trained coach or professional. They can help with both skill development and safety.

Wear protective gear

Wearing protective gear like a helmet, mouth guard, elbow pads, knee pads, or lifejacket (if participating in water-related activities) can lower your risk of an injury. No matter what the activity, make sure you use the right gear and equipment. The gear should fit and be worn properly every time.





Daily Intentions

Daily intentions can be used to help you start the day off in the right direction and tone. If you don't meet or complete your daily intentions, don't be too hard on yourself --- tomorrow is a new day and a new opportunity for intentions.

1. **Reflect on Your Goals:** Take a moment to think about what you want to achieve, both in the short term and long term. Maybe you're planning to conquer the world (or at least your inbox) or simply savor a cup of tea.
2. **Be Specific:** Instead of vague intentions like "be productive," try something more specific like "complete the project proposal" or "spend 30 minutes exercising."
3. **Write Them Down:** Putting your intentions on paper can make them feel more concrete. You could use a journal, a planner, or even sticky notes.
4. **Stay Flexible:** Life can be unpredictable, so it's important to be adaptable. If something doesn't go as planned, adjust your intentions accordingly.
5. **Review and Reflect:** At the end of the day, take some time to review your intentions. Celebrate your successes and think about what you can improve for tomorrow.



Today's Intention(s)

**Did I follow through
with my intention(s)?**

**Did my intention(s)
make a difference?**

What did I learn?



On the road with the CASASC Team



School might be out for the summer but the CASASC Education Team put on the miles in July visiting communities across central Alberta including (...but not limited to) Innisfail, Olds, Three Hills and Ponoka.

Seeking: Volunteer Puppy Raisers



Foster a puppy in training and support their initial skill development and socialization to become a future Assistance Dog.

Qualifications

- One adult must be at home during the day or be able to bring the puppy to work with them
- The puppy must live in the home as a member of the family
- Must be able to attend weekly obedience and socialization training classes
- No more than 2 resident dogs in the home



[DOGSWITHWINGS.CA/
HELPING-US/VOLUNTEER](http://dogswithwings.ca/helping-us/volunteer)

A photograph of a desk with a keyboard, a paperclip, and a yellow sticky note with the handwritten text "We Need You!".

- ▶ Support Line - Phone
- ▶ Support Line Online Chat/Text
- ▶ Special Events

403-340-1124
CASASC.CA / Volunteer



EVENTS

August 2024

Heritage Day Hootenanny!

Aug 5th 10 am - 4 pm

Red Deer Museum + Art Gallery,
4525 47A Avenue, Red Deer

Join the Red Deer Museum + Art Gallery on August 5, 2024 in celebration of Alberta's heritage with a vibrant community event featuring food trucks, live entertainment, a charming artisan market and old-time games and contests for all ages!

This all ages event is free to attend and will take place in Heritage Square next to the museum. In the event of inclement weather, activities will move indoors to the museum.

For full details, please visit reddeermuseum.com/heritage-day/.



Afro-Caribbean Festival

AUGUST 17 AND 18

The event features a variety of activities, such as music, performances, a fashion show, food vendors, children's activities and an array of African Caribbean heritage.



WEEKLY LADIES PADDLE

July - August

Every Tuesday at 10 AM

Dive into summer with our weekly Ladies Stand Up Paddle Board paddle session. An hour of fun on the water, perfect for all skill levels. Don't miss out on a great opportunity to paddle with like minded women within your community.

This is a free event.
Board rental is \$35.

**TO REGISTER TEXT
MOUNTAIN SURF CO:
403-391-1329**



Ross Street Patio Live Music Schedule

August 2024



Aug 1 - Open Mic Night
Aug 2 - Jeremy Doody
Aug 6 - Roy Card
Aug 7 - James Adams
Aug 8 - Open Mic Night
Aug 9 - Juke
Aug 13 - Country 23
Aug 14: Jed and Valentine
Aug 15 - Open Mic Night

Aug 16 - Taylor Drive
Aug 20 - River Talk
Aug 21 - Madison Olds
Aug 22 - Open Mic Night
Aug 23 - Wynter's Night
Aug 27 - McMillan's Camp
Aug 28 - Jordan Matchett
Aug 30 - Big Train

4:30 pm – 6:30 pm

More information at
downtownreddeer.com/events

