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New Patients Welcome

PRESIDENT'S MESSAGE

Hello again Copperfield!

On July 3, we will be hosting our annual Stampede in the Park. We will be posting more information in the coming months to our website and social media. If you own a business and would like to sponsor this event, please send an email to president@mycopperfield.ca to see how you could help make this the best Stampede in the Park yet.

Have you been thinking of volunteering for your Copperfield Community Association, but unsure on what volunteer opportunities exist? Sign up to receive email notifications on various volunteer opportunities as they become available at the link below. Our volunteers are amazing individuals, and we could not do any of this without them! <https://members.mycopperfield.ca/signup/Gw8KZFxQe>.

If you have any questions or would like to learn how you can help our community, please send me an email at president@mycopperfield.ca.

Important Links

Facebook: <https://www.facebook.com/cmcommunity.ca>

Website: www.mycopperfield.ca

Thank you

Jason Fiander



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Memberships

Copperfield memberships cost \$30/year and can be purchased online or in-person.



Having a membership helps support our community and also gives you access to our members-only groups and events! Stay tuned to our Facebook page for updates on these events and more!

Seniors Group - every Wednesday 11-1

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COMMUNITY ASSOCIATION

FACILITY RENTALS

The Copperfield Community Hall is available to renters for all sorts of events such as birthday parties, anniversaries, small weddings, baby & bridal showers, etc. The following general information will be useful in deciding if this is the place to host your event!

COPPERFIELD RENTAL INFORMATION

CMCA Members

- Main Floor: \$50.00 per hour + GST
- Basement*: \$55.00 per hour + GST

Non-CMCA Members

- Main Floor: \$75.00 per hour + GST
- Basement*: \$80.00 per hour + GST

*Please Note: The Basement does not have tables or chairs for use. This space is best suited for fitness classes or similar activities.

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Rental requests to be made a minimum 10 days prior to booking. To inquire on rental times available within less than 10 days, please call (403) 532-8864 or email info@mycopperfield.ca

Copperfield

COMMUNITY ASSOCIATION

STAMPEDE SAVE THE DATE

You won't want to miss this!
Mark your calendars and get
ready for some fun!

July 3rd, 2026



How Past Trauma Affects Our Romantic Relationships

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



All of us enter a relationship with a nervous system shaped by our past. If we have experienced trauma, whether from childhood, past relationships, or significant life events, our nervous system learned ways to protect us. These protective responses don't turn off automatically when we enter a loving relationship. They often show up most strongly in close relationships because intimacy involves vulnerability.

Trauma doesn't just live in our memories. It lives in our expectations, emotional reactions, and our body's sense of safety.

1. Trauma Shapes How Safe We Feel with Closeness

If we learned that people were unpredictable, hurtful, or unavailable, our nervous system may stay alert for signs of danger, even with a caring partner.

This can look like: Difficulty trusting fully, expecting rejection or abandonment, feeling uneasy when things are going well, and watching closely for changes in mood or tone.

This isn't intentional mistrust. It's the nervous system trying to prevent future pain.

2. Trauma Influences How We Respond to Conflict

Conflict can feel threatening to those of us with past trauma because it activates fears of loss, abandonment, or emotional harm.

Different people respond in different protective ways: Some pursue and seek reassurance, some withdraw and shut down, some become defensive or reactive, and some become overly accommodating to avoid tension.

These reactions are usually about protection, not rejection of the partner.

3. Trauma Affects Emotional Regulation

When we have experienced trauma, our nervous system can become more sensitive. Emotional reactions may feel stronger and harder to calm.

This can look like: Feeling overwhelmed more easily, difficulty calming down after an argument, shutting down emotionally, and feeling intensely hurt by situations others might handle more easily.

This is because the nervous system is responding not just to the present moment, but to past experiences as well.

4. Trauma Creates Protective Patterns in Relationships

Many behaviours that cause tension in relationships actually began as survival strategies.

For example: Withdrawing protects from rejection, controlling situations protects from unpredictability, seeking reassurance protects from abandonment, avoiding vulnerability protects from emotional pain.

These patterns are attempts to stay safe, even if they unintentionally create distance.

5. Trauma Can Lead to Misunderstandings Between Partners

Without understanding trauma, partners may misinterpret each other's protective responses.

One partner may think: "They don't trust me, they're too sensitive, or they're emotionally unavailable."

The other partner may actually be feeling: "I don't feel safe, I'm afraid of being hurt, or I don't know how to calm my nervous system."

Understanding this difference is essential.

6. Trauma Often Shows Up Most Strongly in Close Relationships

This can be confusing for couples. We may function well in other areas of life but struggle emotionally in our relationship.

This happens because romantic relationships activate vulnerability, emotional dependence, fear of loss, and deep attachment needs.

These are the same areas where our past wounds often exist.

7. We Can Help Each Other Heal

Healthy relationships can help reshape our nervous system over time.

Healing happens through consistent experiences of; emotional safety, reliability, calm responses during conflict, repair after misunderstandings, and feeling seen, heard, and understood.

Over time, our nervous system learns that closeness can be safe.

8. The Most Important Thing for Us to Understand

Most difficult reactions in our relationships are not

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intentional attempts to hurt each other. They are usually protective responses rooted in our past experiences.

When couples shift from asking "What's wrong with you?" to asking "What happened to you?" it creates space for understanding instead of blame.

And when we both understand that these responses come from protection, not rejection, we can begin working together instead of against each other.

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CAN YOU HELP?

Copperfield Community Association is seeking a volunteer treasurer for our board. If you would like more information about this role, please email!



PRESIDENT@MYCOPPERFIELD.CA

GAMES & PUZZLES

Guess the Book!

1. Calgarian Danielle L. Jensen wrote this New York Times bestselling fantasy novel in 2018.
2. This 2020 bestselling novel by Mexican Canadian author Silvia Moreno-Garcia follows a debutante in 1950s Mexico.
3. This novel by J.R.R. Tolkien follows the adventures of Bilbo Baggins.
4. This book is a record of Charles Darwin's journal entries during his first voyage.
5. This literary fiction was Nigerian author Chinua Achebe's debut novel.
6. Yann Martel wrote this philosophical novel with protagonist Piscine Molitor Patel.



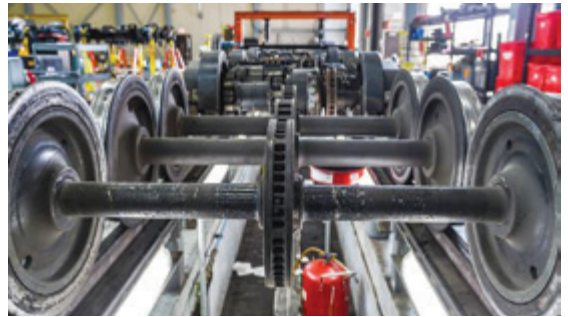
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YOUR CITY OF CALGARY

Green Line's Light Rail Vehicle Manufacturing is Underway!

by *The City of Calgary*



Manufacturing of the light rail vehicles (LRVs) for the Green Line LRT has begun. These will be the first low-floor LRVs used in Calgary and the first time the Urbos 100 model will be used in Canada.

The decision to use low-floor LRVs comes from the numerous benefits they offer, including improved accessibility, enhanced vehicle and pedestrian safety, and increased community integration.

The vehicles are manufactured by Construcciones y Auxiliar de Ferrocarriles (CAF), a Spanish company that was awarded the contract in 2019 to supply the Green Line vehicles. The initial fleet will consist of 28 vehicles, which will be stored, serviced, and maintained at the maintenance and storage facility near the future Shepard Station.

The shells of each module are currently being built, while the wheels, suspension set, motors, and passenger seats are already assembled. Thorough quality inspection and testing of these components are also taking place as installation continues.

Further testing of train functionality will occur once the trains are delivered to Calgary, including acceleration, braking, and the ability to pass through tunnels and pull up to station platforms. Additional cold weather testing will help to ensure trains perform optimally in snowy and icy conditions. This will be combined with general testing of their technological systems.

For more information on the Green Line's LRVs, please visit calgary.ca/green-line/trains.

A recruitment poster for the Copperfield Community Association. The top left shows a photograph of the association's building at night. The top right features the 'Copperfield COMMUNITY ASSOCIATION' logo. Below the building photo are three circular inset images: one showing three people in a park, one showing a person in a blue shirt working at a table, and one showing a person in a blue shirt working at a table. The text 'JOIN OUR VOLUNTEER COMMUNITY' is prominently displayed in the center. At the bottom left, it says 'Signup to join our volunteer group and receive emails on volunteer opportunities in Copperfield as they arise.' Below this is the contact information: 'Contact Us President@mycopperfield.ca'. At the bottom right is a QR code with the text 'SCAN ME' above it.

2026

COPPERFIELD COMMUNITY STAMPEDE EVENT SPONSORSHIP REQUEST

Friday July 3rd

Copperfield

Community Association

Support the 2026 Copperfield Community Stampede Event!

With thousands of attendees, the Copperfield Community Stampede Event brings together family, friends, and neighbours for an unforgettable evening of celebration and fun. In 2026, we're aiming to make the event bigger and better than ever and we need your help to make it happen!

We are seeking sponsors to help us continue offering engaging community events that bring joy to the residents of Copperfield and surrounding areas. Your sponsorship will not only support a beloved community tradition but also showcase your commitment to building a vibrant and connected neighbourhood.

Your monetary sponsorship helps fund things like: live music, a petting zoo, a roving magician, and more! We are also accepting raffle prize donations.

president@mycopperfield.ca





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September	25	41	24	\$469,500	\$478,500
August	25	34	38	\$529,950	\$519,250
July	25	39	36	\$541,944	\$535,500
June	25	46	35	\$550,000	\$540,000
May	25	55	33	\$459,900	\$450,000
April	25	53	35	\$575,000	\$579,000
March	25	45	31	\$564,900	\$562,500

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