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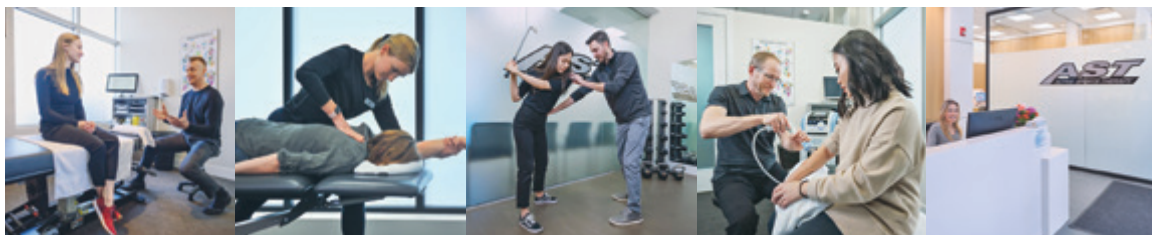
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New Patients Welcome



Community Association

The Copperfield Community Association is an organization formed to: manage and direct recreational activities, act as a liaison with all levels of government, and develop and maintain community facilities and amenities.

President:

Jason Fiander president@mycopperfield.ca

Vice President:

Jason London vicepresident@mycopperfield.ca

Treasurer:

Jeannie Stace-Smith treasurer@mycopperfield.ca

Secretary:

Regan Forsyth secretary@mycopperfield.ca

Rink Coordinator:

Matt Wright copperfieldrink@gmail.com

Rentals, Programming, Memberships:

Maggie Hampton info@mycopperfield.ca

Communications Coordinator:

Allison Nette newsletter@mycopperfield.ca

Sponsorships:

Kari Pukin sponsorships@mycopperfield.ca

Neighborhood Watch:

Leigh Pukin neighborhoodwatch@mycopperfield.ca

Members at Large:

Hayley Bell, Dennis Agbegha, Justin Huseby, Paula Lanh



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		Listed	Sold	Listed	Sold
December	24	10	14	\$452,450	\$446,700
November	24	15	25	\$429,900	\$428,700
October	24	36	26	\$472,450	\$455,500
September	24	25	30	\$477,450	\$466,250
August	24	37	32	\$439,950	\$444,950
July	24	37	32	\$521,450	\$518,750
June	24	34	29	\$449,000	\$459,500
May	24	42	36	\$449,950	\$470,500
April	24	28	42	\$542,400	\$557,700
March	24	51	39	\$499,800	\$552,000
February	24	28	26	\$475,450	\$474,000
January	24	20	13	\$494,900	\$518,000

To view more detailed information that comprise the above
MLS averages please visit copp.mycalgary.com

MEETINGS AND MEMBERSHIP INFORMATION

The Copperfield Community Association meets on the third Thursday of every month at 7:00 pm (except July and December), and residents are welcome to join us as a visitor and find out what is happening in the community firsthand! You are also welcome to join the board, as certain roles are still open.

Copperfield Community Association Memberships

Community associations are run by residents in our neighbourhoods; they bring us together as friends, they are a voice for our community, and they offer many exciting opportunities right here:

- Community-wide events like Stampede Picnic in the Park and Movie in the Park
- Committee work (planning and development, special events, safety, etc.)

Other Benefits Include:

- Discounted rates to most programs that operate through the Copperfield Community Hall
- Discounted rates on Copperfield Community Hall rentals
- Members only events
- And so much more!

Community Associations are dedicated to making sure our communities are a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways our neighbours work to ensure you love where you live.

Memberships are valid for one year from the date of purchase, allowing you to purchase one at any time of year. You can set up an online account for your family at www.mycopperfield.ca and use this to purchase and renew memberships, as well as register for programs held at the Copperfield Community Hall! Memberships are good for up to two adults per household and their children up to 17 years of age. Membership is a voluntary \$30 per household. You also get a vote at the yearly AGM (October/November), and it entitles you to hold a position on the Board of Directors.

Show support for your community and purchase your membership today!



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Volunteers Needed

We have vacant positions on our board just waiting for someone like you to step in! Please email if you are interested in more information. In addition to the vacant positions, we are also always looking for volunteers to help with events and planning.

Vacant Positions

- Events Coordinator
- Facilities
- Planning and Development



Contact: president@mycopperfield.ca

PRESIDENT'S MESSAGE

Hello again Copperfield!

While the weather outside might be getting colder, things around Copperfield are starting to heat up! Recently Mahogany has started their own Community Association, which means for the first time ever, Copperfield is its own CA! We will still partner with Mahogany for some things and are excited for what is to come!

Starting soon we have some members only events at the hall. Events like a book club, gaming groups, and seniors club are coming to Copperfield. More details to come on our Facebook page at <https://www.facebook.com/cmcommunity.ca>. Also, in February, we're having a Family Skate Day at the outdoor rink. Skates and helmets will be available to borrow for free during the event. We'll post more details on our Facebook page as we get closer to the date.

With the colder weather, more and more people are starting their vehicles to warm them up before heading out from their homes. To prevent vehicle theft, please remember to never leave your keys in your vehicle unless you are there with them! Use a remote starter or remain in your vehicle while it is running to prevent someone from driving away in your freshly warmed vehicle!

If you have any questions or would like to learn how you can volunteer either for events or other ways to help our community, please send me an email at president@mycopperfield.ca. Our volunteers are amazing individuals, and we could not do any of this without them!

Thank you.

Jason Fiander

**BRAIN
GAMES**

SUDOKU

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	3		1	2	7			
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**EMAIL
PRESIDENT@MYCOPPERFIELD.CA**

How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
 - 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
 - 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
 - 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
 - 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
 - 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
 - 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
 - 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?
- If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.
- The following are some signs that couples therapy could be unproductive or even counter-productive:
- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
 - 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
 - 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
 - 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
 - 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
 - 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
 - 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
 - 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
 - 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.
- Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

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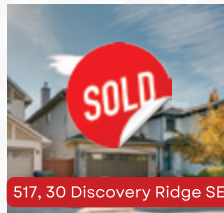
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