

OCTOBER 2024

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#### News, Events, & More



#### Crime Statistics



#### Real Estate Statistics



## Harvest and Thanksgiving Time in Alberta

by Our Student Correspondent, Nicholas N.

As fall sweeps across Calgary, the city and its neighbouring farmlands fill with the colours and flavours of the harvest season. This time of year is particularly special to many in Calgary, and the harvest season leads to many celebrations. Fresh produce is available everywhere and this is the perfect time for Calgarians to connect with the land and appreciate how lucky we are.

Calgary's surrounding farmlands are the backbone of the city's harvest celebrations. Local farms like those in the nearby towns of Okotoks and Airdrie offer a variety of seasonal produce, from pumpkins and corn to radishes and zucchini.

In the city, you can find farmers selling fresh produce and vendors showcasing their freshest goods. Alongside large farmers' markets, there are many small businesses throughout Calgary selling fresh produce year-round at good prices.

Thanksgiving around the world is a time for families and friends to gather and share a meal. However, what sets Alberta apart is the huge farmer population we have. With all our farmland, harvest season comes with a flood of fresh produce into many markets around our province. This includes everything from free-range turkeys to freshly harvested vegetables, making the meal not just a celebration of gratitude but also of Alberta's agricultural heritage.

In Calgary, the harvest season is more than just a time to enjoy the fruits of the land—it's a celebration of community and a thanks to our hardworking farmers and ranchers. Whether you're visiting local farms, buying from local farm retailers, or saying grace at your Thanksgiving feast, Albertans come together to appreciate the richness of their local agriculture and the shared spirit of the season.



# You Can Make a Difference in Calgary Traffic

We see our city growing, with more and more people from other provinces moving into our beautiful communities. We see our traffic getting busier and we know every single one of us can make a difference for the better. Please give a thought about the following good habits and let's make our roads safer.

**Use Your Signals** - How do you "tell" the car next to you that you want to change lanes, direction, or you want to stop? How do you "talk" with people in traffic? Simple, by using your signals. Using light signals should be imbedded in the fabric of every driver. How many times have people cut you off and stepped on your nerves? But when you see a signal, you are aware and informed of the change/move that the driver wants to make. How many times has someone slammed the brakes for no reason and then turned, endangering everyone around? If every driver uses their signals, it will make a big difference for our traffic.

**Merge Lines** - When you are on the highway and you race a car that is trying to merge, where do you think the merging car can go when the merging line ends? Have you ever wondered why most of the accidents you see on the highway are at the merging lines? Please adapt your speed and be courteous and mindful at the merging lines, make sure your speed is different, and that the merging car can safely get into main traffic.

**Turn Your Lights On** - Our cars have a lot of automatic futures, but please, get into the good habit of turning on the switch for your lights every time you are driving. When all your lights are on you are visible and safer, as we all know the weather in Calgary can change in a split second. There are countries that have made it mandatory to have the lights on when driving, justifying that even if there's strong daylight outside, when you have the lights on you are visible and if other cars are parked around, people know your car is moving (we are talking about crowded residential streets here and in some places, we are not far from that). We've all seen cars with no lights driving at dawn, at dusk, and even more dangerous, in the middle of the night - don't be that driver.

"Talk" to everyone in traffic, be visible and respectful, and don't use merge lines as a racetrack, there's enough space for everyone on the streets. Let's all get home safe.

## GAMES & PUZZLES

### Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



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## Keeping New Brighton Clean

We have awesome parks, walking and biking paths, and public spaces in New Brighton. We won't say the garbage is a big issue, we've improved a lot over the years, but we can do better. Now with the school year in full swing, we can see that in the areas where our kids are more present there is more garbage flying around, so it is something preventable to a certain extent.

We all know "kids will be kids" but this topic should be part of the conversation in our homes. Keeping our public grounds cleaner will make us feel better and prouder. Cleaning around our houses and beyond our property boundaries can go a long way – imagine how clean New Brighton would be if everyone did a bit more.

It does not have to be a sensitive conversation, as kids we were always doing seasonal cleaning with school or with the neighbourhood association, and man, it was fun. Kids were playing games and having fun while gathering garbage that the entire community produced, and the adults were socializing while repairing all kinds of common area use things like equipment in kids' parks and fences. A few companies in the area donated cleaning supplies and repair materials; and that was a nice day in the village. We know times have changed, but we can still organize cleaning events with our neighbours and have fun... just give it a thought.



**Allan Dawood**  , EPC

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# Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

**Prep Time:** 15 minutes

**Cook Time:** 30 to 40 minutes

**Servings:** 4

## Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tps. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

## Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!



The New Brighton Clubhouse is now accepting facility bookings and has a variety of rental packages available to meet the needs of all ages, party sizes and budgets! For more information and availability on rooms, please contact 403-781-6613 ext. 1 or email [rentals@nbra.ca](mailto:rentals@nbra.ca).

## Room Rental Hourly Rate

### Banquet Room (Capacity of 100)

1,350 Sq Ft

Resident Rate: \$85 plus GST hourly

Brookfield Rate: \$90 plus GST hourly

Non-Resident Rate: \$95 plus GST hourly

### Studio Room (Capacity of 35)

462 Sq Ft

Resident Rate: \$50 plus GST hourly

Brookfield Rate: \$55 plus GST hourly

Non-Resident Rate: \$60 plus GST hourly

## Rental Packages

### Deluxe Birthday Package (Banquet Room)

#### Banquet Room (Capacity of 100)

Resident Rate: \$295 plus GST for 2 hours

Brookfield Rate: \$305 plus GST for 2 hours

Non-Resident Rate: \$315 plus GST for 2 hours

#### The Deluxe Birthday Package includes:

- 2 hours in our Banquet Room
- Your choice of a bouncy castle, pinata, or craft during your party
- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)
- Set-up and tear down of the room

### Essential Birthday Package (Studio Room)

#### Studio Room (Capacity of 35)

Resident Rate: \$115 plus GST for 2 hours

Brookfield Rate: \$125 plus GST for 2 hours

Non-Resident Rate: \$135 plus GST for 2 hours

#### The Essential Birthday Package includes:

- 2 hours in our mid-size Studio Room
- Party supplies (banner, tablecloths, balloons, napkins, plates, cups, and cutlery)
- Set-up and tear down of the room

### Dazzling Baby Shower Package (Banquet Room)

#### Banquet Room (Capacity of 100)

Resident Rate: \$210 plus GST for 2 hours

Brookfield Rate: \$220 plus GST for 2 hours

Non-Resident Rate: \$230 plus GST for 2 hours

## The Dazzling Baby Shower Package includes:

- 2 hours in the Banquet Room
- Party supplies (banner, tablecloths, balloons, napkins, plates, cups, and cutlery)
- 2 Baby Shower games
- Set-up and tear down of the room

## NEW BRIGHTON CLUBHOUSE

2 New Brighton Drive SE, Calgary, AB, T2Z 4B2

Open 9:00 am to 9:00 pm Monday to Sunday

[www.newbrighton-connect.com](http://www.newbrighton-connect.com)

## FIND IT FAST!

### NEW BRIGHTON RESIDENTS ASSOCIATION (RENTING/PROGRAMS)

C/O New Brighton Clubhouse

2 New Brighton Drive SE, Calgary, Alberta T2Z 4B2

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[www.newbrighton-connect.com](http://www.newbrighton-connect.com)

## NEW BRIGHTON RESIDENTS ASSOCIATION



2 New Brighton Drive SE

Calgary, Alberta T2Z 4B2

Phone: 403-781-6613

Fax: 403-781-6611

Office Hours: 9:00 am to 9:00 pm

Park Hours: 9:00 am to 9:00 pm

Statutory Holiday Office and Park Hours: 11:00 am to 6:00 pm

### CONTACT US AT:

#### General Manager

Clare Lovely • [gm@nbra.ca](mailto:gm@nbra.ca)

#### Facility and Amenities Leader

Andrew Brown • [maintenance@nbra.ca](mailto:maintenance@nbra.ca)

#### Customer Service Leader

Claire Lee • [rentals@nbra.ca](mailto:rentals@nbra.ca)

#### Recreation Leader

Jennifer Strickland • [programs@nbra.ca](mailto:programs@nbra.ca)

#### Special Events Coordinator

Danny Markle • [events@nbra.ca](mailto:events@nbra.ca)

## Sponsorship Opportunities

Becoming a sponsor is a great way to get your business noticed throughout the community of New Brighton. There are a variety of sponsorship opportunities available to meet the needs of all businesses! If you are interested in becoming a valued sponsor, please contact the Special Events Coordinator by emailing [events@nbra.ca](mailto:events@nbra.ca) or calling 403-781-6613, ext. 3.

The detailed catalogue can be found on [www.newbrighton-connect.com](http://www.newbrighton-connect.com).

A very special thank you is extended to our current sponsors: NAIAD, Rachel Mah Poy Desjardins Insurance Agent, Kilt and Caber, C Can Store, Find Your Nook YYC, and connectFirst at 130 Ave.

## Special Events

### Halloween Spooktacular

**Saturday, October 26, 2024**

Do you have what it takes to walk through the haunted halls of the New Brighton Clubhouse?

The NBRA is calling all goblins and ghouls to join in on the fun at the Clubhouse on October 26. There will be two time slot options - morning (10:00 am to 12:00 pm) or afternoon (1:00 to 3:00 pm) to enjoy scares, a photobooth, games, crafts, and lots of candy!

RSVP for this event will open on October 1 at noon and will be completed by a Google Form on the New Brighton connect website.

### Grand South Christmas Market

**Saturday, November 16 from 10:00 am to 3:00 pm**

The NBRA is proud to be a part of the Grand South Christmas Market again in 2024! A wide variety of vendors will be at the NBRA Clubhouse to help get holiday shopping done early while supporting local artisans, home-based businesses, and crafters of all varieties!

Admission to the public is free! The NBRA encourages customers to bring a non-perishable food item to be donated to the Calgary Food Bank! There is also an ATM on-site as some vendors may only be accepting cash. RSVP is not required for this event.

### Christmas in the Clubhouse

**Saturday, December 7 from 9:00 am to 4:00 pm**

On December 7 Santa will be making a special appearance at the New Brighton Clubhouse! Little residents and their families are invited to Santa's workshop to get their picture taken, share their Christmas wish, participate in holiday-inspired activities, and receive a specially wrapped gift just for them! There will be two time slot options - morning or afternoon.

RSVP for this event will open on November 6 at noon and will be completed via a Google Form on the [newbrighton-connect.com](http://newbrighton-connect.com) website.

## Children and Adult Programs

### Multi-Sportball

#### Various ages

**Fall Session 2: October 19 to December 21**

- Parented (2 to 3 years) - 9:15 to 9:55 am
- 3 to 5 years - 10:05 to 11:00 am

In Sportball's Multi-Sport classes, children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.

EKCP Rate Residents: \$100 | Non-Residents: \$115

### Little Veterinarian School – Marine Biologists Sea Turtles

#### Various ages

**Fall Session 2: November 7 to December 19**

- 4 to 6 years - 5:30 to 6:30 pm
- 7 to 11 years - 6:45 to 7:45 pm

Immerse in Sea Turtle Magic: Learn, Protect, Release! Dive into the world of marine biology on this extraordinary expedition! The Little Vets program gives participants a hands-on, dynamic introduction to sea turtles. Each participant will become the caretaker of a plush sea turtle, conduct health checks, explore the diversity of sea turtle species, and learn about team efforts to rescue and release a plush Leatherback sea turtle back into the wild. The journey to become a marine biologist concludes with their own graduation ceremony, where

*continued on next page*

# NEW BRIGHTON CLUBHOUSE NEWS - *CONTINUED*

participants are equipped to be advocates for the protection of sea turtles.

Residents: \$175 | Non-Residents: \$190

## **Sound Healing and Yoga Workshop**

**Ages 18+**

**Fall Sessions: October 16 or November 27 from 7:00 to 8:30 pm**

Unwind from a stressful day with our Expansion Sound Healing and Restorative Yoga Night. This unique experience offers a path to relaxation for the mind, body, and soul. Set intentions and focus on positive affirmations to calm your mind. Release blockages stored in your chakras from suppressed emotions or physical injury to alleviate tension in your body. Allow the soul to purify itself through sound, breath, and vibrational release. By participating in this session, you can align with a sense of peace, positivity, and self-care. Join us and discover how sound therapy and restorative yoga can provide a peaceful way to relieve stress.

Residents: \$65 | Non-Residents: \$80

## **Spill the Beans Workshop**

**Fall Session 1: October 5 from 1:00 to 2:00 pm**

Join this free workshop to learn practical ways to save money on food and reduce waste.

Discover practical solutions to curb food waste, save money on groceries, and combat global warming. Dive into easy meal planning strategies and uncover secrets to sourcing affordable and local produce.

Free to all Residents and Non-Residents.

For more information on these programs, and all programs at the New Brighton Clubhouse, please visit [www.newbrighton-connect.com](http://www.newbrighton-connect.com).

## **Value Added Activities**

### **New Brighton Seniors Card Club**

**October 3, 10, 17, 24, and 31 from 1:30 to 3:00 pm**

The NBRA is excited to host the New Brighton Seniors Card Club, offering a variety of different card games and great conversation each week. Spend the afternoon enjoying new games, meeting new friends, and exploring everything that the NBRA has to offer.

\$2 drop-in.

### **Tot Time**

**October 2, 9, 16, 23, and 30 from 1:30 to 3:00 pm**

Bring your little ones and take part in a fun afternoon of socialization and unstructured free play, all while parents enjoy coffee and great company!

This program is a \$2 drop-in!

### **Tween's Night Out**

**10 to 14 years**

**October 4 from 7:00 to 8:30 pm**

Calling all New Brighton tweens and teens. You are invited to the Clubhouse for a night of fun games, competitions, and good times. Doors open at 7:00 pm, grab your friends and let's have a great night together! The \$2 drop-in fee will include a snack and refreshments!

Please remember to RSVP for this program.

### **Movie in the Clubhouse**

**October 18 from 7:00 to 8:30 pm**

Join the NBRA this month for an exciting evening of family fun with movies curated just for you! Indulge in freshly popped theater style popcorn, pop, and a hit movie, all for the low price of \$5 for the entire family!

\$5 per family includes fresh theatre style popcorn and drinks.

### **Babysitting Night**

**Ages 2 to 10**

**October 19 from 5:00 to 8:30 pm**

Want a night out without the kids? Let the NBRA look after your little ones while you enjoy some quality time. Pizza, a light snack, and a drink will be offered during the evening. Please feel free to pack a nut-free snack/drink for your child(ren) should they need more.

Resident Rate: \$25 | Non-Resident Rate: \$30

### **Canvas Creations (18+)**

**October 11 from 7:00 to 8:30 pm**

Participants learn the technique behind different painting styles and get in touch with their inner artist while visiting with friends and meeting new ones!

Residents: \$35 | Non-Residents: \$45

**Jr. Canvas Creations**  
**October 5 from 10:00 am to 12:00 pm**

Come for a morning of painting and fun! Children let their imaginations run wild while creating a masterpiece to bring home to show off.

Residents: \$30 | Non-Residents: \$40

**Teen Canvas Creations**  
**October 5 from 1:00 to 3:00 pm**

Gather friends together for a fun afternoon of creating and painting in this workshop tailored for teens.

Residents: \$30 | Non-Residents: \$40

**Also Available at the NBRA**

**Popcorn Packs**

To place your order for the Popcorn Pack option, please call 403-781-6613, ext. 1 or email [csr@nbra.ca](mailto:csr@nbra.ca). All orders must be placed by 5:00 pm on October 17. Packs will be available for pick up at the Clubhouse on Friday, October 18 from 5:30 to 8:30 pm.

**Take Action on Radon**

Did you know that radon is an invisible, radioactive gas that come from the ground? The NBRA is excited to announce that Radon Test Kits are now available in the main office for \$42.95 + GST.

If you would like more information on the kits or radon, please call 403-781-6613 ext. 1 or email [admin@nbra.ca](mailto:admin@nbra.ca).

**Good Food Boxes**

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary where you can purchase a box of fresh fruits and vegetables at a very low cost! The boxes are put together and delivered to the Clubhouse by dedicated volunteers.

Interested in getting a box? Please call 403-781-6613, ext. 1 or email [csr@nbra.ca](mailto:csr@nbra.ca) before the order due date listed below. You will be contacted by an NBRA team member on the delivery day once the boxes are available for pick up at the Clubhouse!

**Price List**

Small \$30  
Medium \$35  
Large \$40

Order Due Date	Delivered to the Clubhouse
October 15 by noon	October 25
November 12 by noon	November 22
December 3 by noon	December 13

**One Stop Boxes: A Night of Fun Where the Planning is Done for You!**

Looking for a fun family night, where the planning is done for you? The NBRA is excited to offer quarterly “One Stop Boxes” suitable for families of all sizes! The Family Fun Night box is only \$25 and all you have to do is place your order and get ready to unbox your night of fun! The best part about the NBRA’s “One Stop Boxes” is that, unlike other box service no subscription is necessary. You can just order the box prior to the order due date.

Boxes are now offered quarterly.

To purchase your box, please call 403-781-6613, ext. 1 or email [programs@nbra.ca](mailto:programs@nbra.ca) today!

**Family Fun Night Box:**

Inside the October Family Fun Box you will find games, activities, and recipes to complete with the family to celebrate Halloween!

October Theme	Order Due Date	Pick Up Date
Halloween	October 17	October 25

**Tool Shed**

No need to purchase and store tools that you may only need to use once a year; come and check them out from the tool lending library instead! The New Brighton Residents Association and New Brighton Community Association have joined together in efforts to bring you a library full of over 60 tools to meet your landscaping, snow removal, home improvement, DIY, and automotive needs! This is a service for all New Brighton Residents over the age of 18, with more perks available to those who also have a valid NBCA membership. Purchase an NBCA Membership for only \$20! With the NBCA you can enjoy additional Tool Shed perks such as borrowing a maximum of five tools at one time, same-day reservation and more. For borrowing details,

*continued on next page*

# NEW BRIGHTON CLUBHOUSE

## NEWS - *CONTINUED*

to set up your online account, and to browse the catalogue, visit [newbrighton-connect.com](http://newbrighton-connect.com)! No need to make an appointment, the NBRA Tool Shed is open Monday to Sunday from 9:30 am to 8:30 pm, come by during those times to borrow the tool of your choice.

The New Brighton Residents Association is happy to host "The New Brighton Game Hub", which is a board game lending library consisting of over 50 games that can be borrowed by residents for a fun game night! The library hosts a diverse selection of games suitable for a variety of age groups, interests, and difficulty levels. This is a free service for all New Brighton Residents over the age of 18 who are in good standing. Residents aged 12 to 17 years old may also borrow games; however, they must play the game on-site while visiting the NBRA Clubhouse. Please visit [www.newbrighton-connect.com](http://www.newbrighton-connect.com) for additional borrowing details, to set up your online account, and to browse the catalogue (be sure that you select "the New Brighton Game Hub" as the location from the drop-down menu). There is no need to make an appointment as all games will be lent on a first-come, first-serve basis. The New Brighton Game Hub is available between 9:30 am and 8:30 pm, so come by during those times to borrow the game of your choice!



## Stay Connected with the NBRA

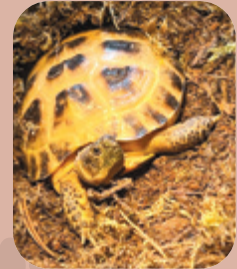
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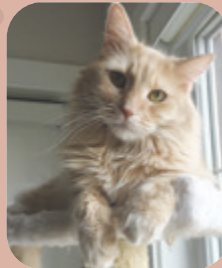
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Buck, *Montgomery*



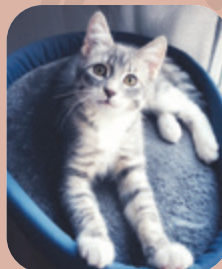
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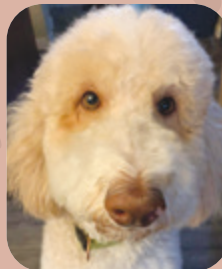
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Jasper, *Mahogany*



Josie, *Springbank Hill*



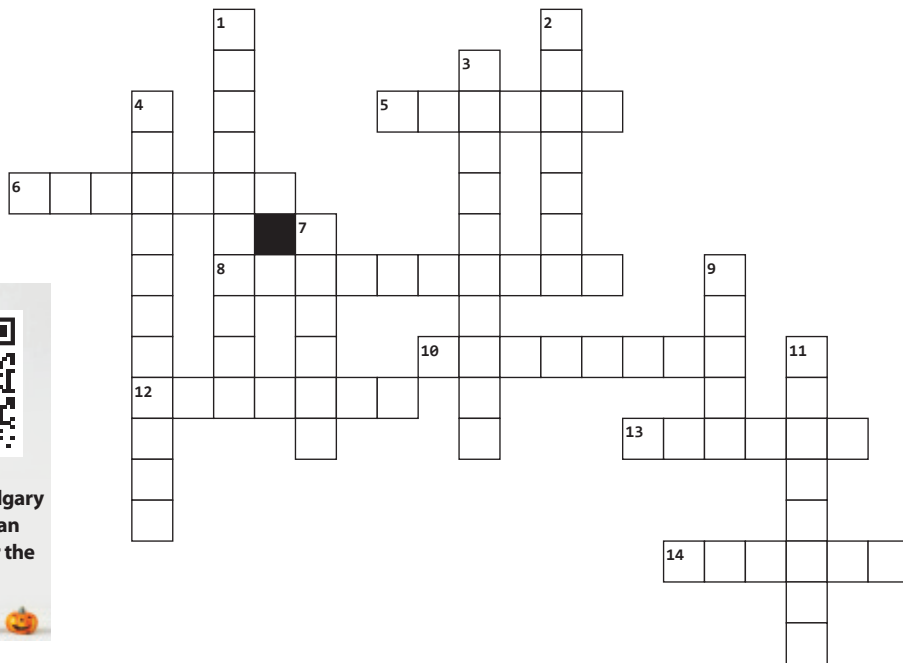
Leo, *Panorama Hills*



Percy, *Evanston*

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# October Crossword



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## Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World \_\_\_\_\_ Day.
6. In October, Canadians commemorate Women's \_\_\_\_\_ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League \_\_\_\_\_'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian \_\_\_\_\_, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, \_\_\_\_\_ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance \_\_\_\_\_, was born on October 29, 1998.

## Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for \_\_\_\_\_ on October 13, 2016.
2. *Joker*, starring Oscar-winner \_\_\_\_\_ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. \_\_\_\_\_, was first published on October 14, 1926.
11. October's birth flower, the \_\_\_\_\_, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

# Eight Reasons Why You Should Leave a Toxic Workplace

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

**1. Mental Health:** Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

**2. Physical Health:** The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

**3. Emotional Well-being:** Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

**4. Career Growth:** Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

**5. Relationship Strain:** The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

**6. Reduced Productivity and Job Satisfaction:** It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

**7. Ethical Considerations:** Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

**8. Long-Term Happiness:** In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

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