

AUGUST 2024

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# RIVERBEND



CONNECTS

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



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- West-facing corner unit with unobstructed river views
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RIVERVALLEY CRESCENT



RIVERSIDE CIRCLE

**Riverbend Fall Parade of Garage Sales**  
**Saturday, September 14<sup>th</sup> | 9am to 2pm**  
Register at [TarrynHamilton.com](http://TarrynHamilton.com)



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\*Not intended to solicit property currently listed for sale.



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- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
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## Volunteer in Your Community!

In the Lead is a leadership program for youth who may struggle to believe in their leadership abilities. We match youth with adult volunteers to support their leadership journey while evolving your leadership skills.



[volunteer@cyjs.ca](mailto:volunteer@cyjs.ca)

[cyjs.ca](http://cyjs.ca)



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Each Package Includes:

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Select Packages when booking

# Key Things to Know About in August

Stay connected to all things Riverbend at [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca), and Facebook, X (Twitter), and Instagram @riverbendyyc

## Riverbend Community Fall Programs

Please see page 8 for our complete list of fall programs.

## Upcoming Events

### Throwback Edition: September Dinner and a Movie Vote for Our Next Film!

Facebook Poll! Voting starts August 1, 2024, at 12:00 pm

We will be conducting a Facebook poll where you can vote for our next movie. Poll closes on August 9, 2024, at 12:00 pm.

Nominations are: *The Land Before Time*, *An American Tail*, *The Rescuers Down Under*, and *Honey I Shrunk the Kids*.

More information is available on our website at [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca).

### Fall Parade of Garage Sales September 14 from 9:00 am to 2:00 pm

The spring Parade of Garage Sales will take place on Saturday, September 14 from 9:00 am to 2:00 pm. Registration opens on August 1.

Thank you to our event sponsor, the Tarryn Hamilton Real Estate Team. For more information, please visit [www.riverbendcommunity.ca/events/parade-of-garage-sales](http://www.riverbendcommunity.ca/events/parade-of-garage-sales).

### Fall Fair Vendor Applications Open September 1

We will be accepting vendor applications starting September 1 until September 30 for our Annual Fall Fair which will take place on November 2.

More information is available on our website at [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca).

### Good Food Box Program

The content varies monthly, due to seasonal availability. The boxes contain the maximum produce to ensure our clients are getting the most value for the price.

- \$30 Small Box (20 to 25 lbs.)
- \$35 Medium Box (30 to 35 lbs.)
- \$40 Large Box (40 to 45 lbs.)

Ordering opens September 3.

Order deadline is Monday, September 16.

Pick up is on September 26 between 5:00 and 7:00 pm at the community centre.

[www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen](http://www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen).

### 55+ Cards and Coffee

Please note there will be no Seniors Cards and Coffee in July and August.

### RCA Casino Fundraiser

Volunteers are needed for our 2024 Casino Fundraiser for Monday, September 23 and Tuesday, September 24. Fundraiser to be held at the Deerfoot Inn & Casino.

The RCA relies heavily on the funds raised at this event. About 25 volunteers in various roles are required for this event.

### Be Part of It! Join the RCA Board!

We are looking for enthusiastic residents to join our board of dedicated and talented directors. Volunteering is a powerful way to make a difference and strengthen the bonds within our community. Consider volunteering with RCA to:

- Allow you to learn something new, explore new interests, and acquire new skills.
- Connect with people across generations.
- Bring ideas forward.
- Use board experience toward your annual professional development hours.

Join RCA, leave a positive mark in our community, and be part of the collective effort to create a stronger, more vibrant Riverbend!

We are currently seeking a:

- Vice President, Business Operations see page 9 for details.
- Board Secretary, see page 10 for details.
- Director of Memberships and Partnerships, see page 10 for details.

Visit <https://www.riverbendcommunity.ca/volunteering> and sign up today!

## Updates From Your RCA

### Membership Supports our Community! Become a RCA Member Today!

Being a member of the Riverbend Community Association (RCA) comes with great perks and is a good way to support your local community. What does an RCA membership get you? Great discounts from our partners and 15% off community centre rentals for starters.

The cost of RCA membership is \$25 for families/individuals or \$15 for seniors per year (plus GST). There are three ways to sign up:

1. Fill out the online form at [www.riverbendcommunity.ca/membership](http://www.riverbendcommunity.ca/membership).
2. Via mail by cutting out and completing the Membership form in this issue of *Riverbend Connects*. Mail to Riverbend Community Association: 19 Rivervalley Dr SE, Calgary, AB T2C 3S1.
3. In person at the Riverbend Community Centre (exact cash or cheque only).

### Partnering with Us Comes with Great Perks!

Are you a local Riverbend business that is looking for a great way to promote your business?

Partnering with us comes with great perks while giving our members discounts and offers. It's a win-win for everyone involved!

In recognition and appreciation of the member benefit offered for the RCA Members, RCA agrees to:

- Provide a listing on our website under the 'Memberships' page with a hyperlink. Our webpage ([www.riverbendcommunity.ca](http://www.riverbendcommunity.ca)) is visited by about 1,000 visitors every month.
- Provide a listing in the *Riverbend Connects* newsletter on the Memberships page. Our printed newsletter is delivered to over 4,000 households and enjoys over 80% readership.
- Create a new benefit announcement post with your logo that will be posted on our social media platforms. Our Facebook page has 2,400+ followers, X (formerly Twitter) page 700+ followers, and Instagram page 900+ followers. Our posts often reach a few thousand people.
- Create one additional post on RCA social media platforms per year.

Visit our website to sign up at <https://www.riverbendcommunity.ca/membership>.

### We Love Riverbend

Show off your love of Riverbend by purchasing our community association branded Spirit Gear merchandise! Visit our official online shop to grab some great quality clothing and winter gear made by brand-name manufacturers.

We've got everything from quality hoodies, joggers, t-shirts, jackets, sweatshirts, and even toques, for the whole family. Best of all, you can fully customize many of our items with your name, favourite colour, or lucky number. No minimum order quantities required. Free shipping on orders over \$75! Support the Riverbend Community Association today.

Visit <https://riverbendcommunity.entripyshops.com/>.

### Host Your Next Event with Us!

Looking for a spot to host your next event? Look no further than your own community!

The perfect spot for a wedding, family celebration, birthday party, or business meeting.

- Main level with two rooms to serve your needs, 175 or 64 banquet seating capacity.
- Bluetooth, Wi-Fi, and AV capabilities.
- Fully accessible kitchen with commercial fridge, commercial dishwasher, and warming ovens.

Book your event today! [www.riverbendcommunity.ca/facility-rentals](http://www.riverbendcommunity.ca/facility-rentals).





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# RIVERBEND FYI

## Riverbend Community Association Contacts

✉ info@riverbendcommunity.ca ☎ 403-236-7270 🏠 19 Rivervalley Dr SE, Calgary, AB T2C 3S1  
🌐 riverbendcommunity.ca 📘 facebook.com/riverbendyycc 🐦 twitter.com/riverbendyycc 📷 @riverbendyycc

### Directors

President	Ryan Munday	ryan@riverbendcommunity.ca
Vice President, Business Operations	Amit Khare	amit@riverbendcommunity.ca
Board Secretary	Vacant	
Treasurer	Daniel Wolfe	daniel@riverbendcommunity.ca
Capital Projects	Ken Schultz	ken@riverbendcommunity.ca
Memberships and Partnerships	Vacant	
Traffic, Safety, and Crime Prevention	Brenda Pereira	brenda@riverbendcommunity.ca
Communications	Nichole Wyatt	nichole@riverbendcommunity.ca
Volunteer Resources	Natalia Gonzalez	natalia@riverbendcommunity.ca
Community Projects and Partnerships	Olga Maciejewski	olga@riverbendcommunity.ca
Director at Large	Alina Cotovanu	alina@riverbendcommunity.ca
Director of Community Beautification	Ilona Dorst	ilona@riverbendcommunity.ca

### Other

Community Manager	Delby Auktor	delby@riverbendcommunity.ca
Communications and Marketing	Anthony Murdoch	communications@riverbendcommunity.ca
Maintenance	Terry Martineau	terry@riverbendcommunity.ca
Softball League	Cody Halleran	cody.halleran@shaw.ca
Volleyball League	Clayton Bischoff	claytonbischoff@shaw.ca

### District Representatives

Calgary Police Community and Liaison Officer	Cst. Sue Bennett	403-266-1234
To report an emergency or crime in progress please call 911		
To report a historical crime or if there is not an immediate need for police, please call the Calgary Police non-emergency line at 403-266-1234		
For online reporting please visit calgarypolice.ca		
Councillor Ward 11	Kourtney Penner	Ward11@calgary.ca
MLA Calgary Peigan	Tanya Fir (UCP)	Calgary.Peigan@assembly.ab.ca
MP Calgary Shepard	Tom Kmiec (PC)	Tom.Kmiec@parl.gc.ca
School Board Trustee (Calgary Public School Board) Ward 11 and 13	Nancy Close	neclose@cbe.ab.ca
School Board Trustee (Calgary Catholic School Board) Ward 11 and 12	Cathie Williams	cathie.williams@cssd.ab.ca
Girl Guides Riverbend	Holly Sweeney	hollysweeney6@outlook.com
Scouts 77th East Glenmore Scout Group	Rose Martin	rose_m@shaw.ca



**We Proudly Follow the Alberta Dental Association Fee Guide**  
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\*some restrictions apply

**ACCEPTING NEW PATIENTS!**

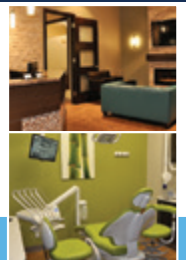
- Early AM, Evening, & Saturday Appointments
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\*all services performed by a licensed general dentist



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**Riverbend**  
Community Centre

LOOKING FOR A SPOT TO BOOK YOUR NEXT EVENT?  
LOOK NO FURTHER THAN YOUR OWN COMMUNITY!

- The perfect spot for a wedding, family celebration, birthday party or a business meeting!
- Main level with 2 rooms, 175 plus 64 banquet sitting capacity
- Bluetooth and AV capabilities
- Fully renovated patio
- Minutes away from picturesque Carburn Park
- Listed as one of the best Community Centres in Calgary
- And so much more!!



[WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS](http://WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS)

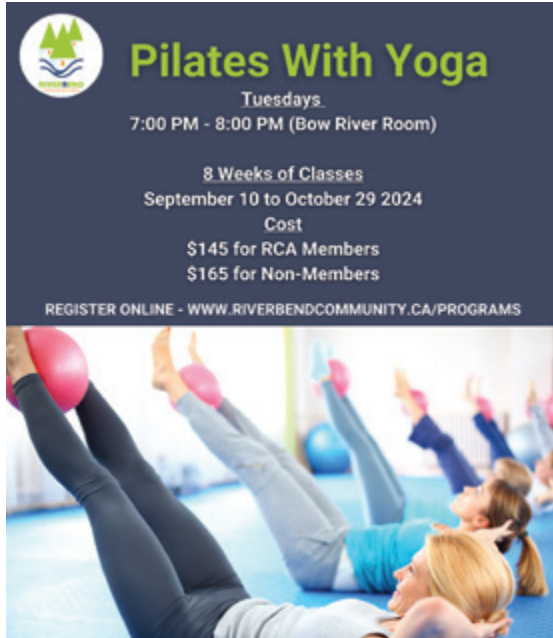



# RIVERBEND FALL PROGRAMS

## September to December 2024

Register online at [www.riverbendcommunity.ca/programs](http://www.riverbendcommunity.ca/programs).

### Pilates with Yoga




 **Pilates With Yoga**  
Tuesdays  
7:00 PM - 8:00 PM (Bow River Room)

8 Weeks of Classes  
September 10 to October 29 2024

Cost  
\$145 for RCA Members  
\$165 for Non-Members

REGISTER ONLINE - [WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS](http://WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS)



**Tuesdays from 7:00 to 8:00 pm (in the Bow room)**  
**For eight weeks, September 10 to October 29**  
**Registration Opens September 3**

Each class will include a flowing series to warm the body, hold postures to build strength, and balance postures to increase stability. Classes will end with gentle stretches and relaxation. If you are new to physical activity, please check with your physician prior to starting a new exercise routine.

Cost \$145 for RCA members | \$165 for non-members

### Dance Fitness

**Mondays from 7:30 to 8:30 pm**  
**(in the Bow Room)**

**For six weeks, September 9 to October 28**  
**No class on September 30 or October 14**  
**Registration Opens September 3**

Dance Fitness is an easy-to-follow cardio dance class



 **Dance Fitness**

Mondays  
7:30 PM - 8:30 PM  
(Bow River Room)

6 Weeks of Classes  
September 9 to October 28, 2024  
No class September 30 or October 14, 2024

Cost  
\$125 for RCA Members  
\$145 for Non-Members  
\$20 Drop-In Classes

REGISTER ONLINE - [WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS](http://WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS)



with a mix of popular and international rhythms guaranteed to make you sweat! A portion of the class is dedicated to toning choreography with the use of light hand weights.

Cost \$125 for RCA members | \$145 for non-members | Drop-in price \$20

### Adult Volleyball 2024/25

**Start Date: Wednesday, September 11 from 7:00 to 8:30 pm**  
**Registration Closes September 1**

The league is composed of players of a variety of ages and skill levels but is generally an easy-going league. Games are mostly Wednesday nights at the Holy Angels Elementary School from September to April with a break off in December/January for the holiday season. Registration fee includes a wind-up party.



 **ADULT VOLLEYBALL 2024/25**

START DATE: WEDNESDAY  
SEPTEMBER 11, 2024 7:00-8:30 PM

REGISTER NOW!

COST \$185





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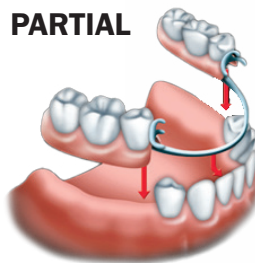
# We provide life-changing solutions for those with missing teeth



## Dentures

Dentures are artificial replacements for your natural teeth and gums. If an accident, a disease or poor oral health care has left you with only a few healthy teeth or none at all, your dentist might suggest dentures to replace your missing teeth. There are 2 types of dentures: partial and complete. Contact us today for more information on tooth replacement options for you!

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**FULL**



## We Follow the ADA&C Fee Guide!

Code	Treatment Description	ADA&C Fee Guide Pricing	SAME FEE
			Embrace Dental Care's Pricing
01103	New Patient Exam	\$116.66	<b>\$116.66</b>
02144	4 X-Ray Bite Wings	\$100.36	<b>\$100.36</b>
11113	3 Units Scaling	\$240.90	<b>\$240.90</b>
11101	Polishing	\$71.54	<b>\$71.54</b>
12112	Fluoride Treatment	\$34.66	<b>\$34.66</b>
02601	Panorex	\$101.53	<b>\$101.53</b>

# Family and Cosmetic Dentistry

Whether you're looking for a simple cleaning and check-up for your family or more advanced Cosmetic work, we can help. We offer a full range of services, from Dental Cleanings and Fillings to Cosmetic Procedures such as Dental Implants, Veneers, Crowns & Bridges, Tooth Coloured Fillings, Teeth Whitening, and more. Oh, and did we mention we're great with kids?



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## Dental Implants

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# services



**TEETH WHITENING**



**DENTAL IMPLANTS**



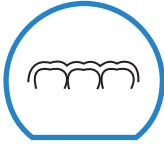
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## LOCATION

**DOUGLASVIEW CENTRE**

**#12, 20 Douglas Woods Dr SE**

## CONTACT US

**P 403.723.2273**

**E [info@embracedentalcare.ca](mailto:info@embracedentalcare.ca)**

**W [embracedentalcare.ca](http://embracedentalcare.ca)**



All services performed  
by a general dentist

The league is inclusive and accepts individuals and teams as space is available.

Please note: You need to purchase an RCA membership first before being able to register for this program.

Cost: \$185

### Kids and Youth Girl Guides of Canada

Girl Guides of Canada is the largest organization for girls and women in Canada. Meetings: every Wednesday at 6:30 pm, September to June. Sparks (ages: 5 to 6) Elbow River Room; Brownies (ages: 7 to 8) Bow River Room; Guides (ages: 9 to 11) Carburn Park Room; Pathfinders (ages: 12 to 14) Heritage Room. Contact [ggcinfo@calgarygirlguides.com](mailto:ggcinfo@calgarygirlguides.com) or [www.girlguides.ca](http://www.girlguides.ca) for more information.

### Calgary Young People's Theater

CYPT provides professional caliber mentorship, training, and performance opportunities to youth ages 4 to 18. Our extensive year-round programming includes productions, camps, classes, workshops, and new play development. Register online at [www.cypt.ca/classes/](http://www.cypt.ca/classes/). For more information, please email [ad@cypt.ca](mailto:ad@cypt.ca).

### Little Steps Before and After School Care Out of School Care

For children ages 5 to 12 years attending Riverbend Elementary School and Holy Angels. Open Monday to Friday, from 7:00 am to 6 pm, September to June. Closed all statutory holidays, open all PD days.

Contact [littlestepspreschool@telus.net](mailto:littlestepspreschool@telus.net), 403-554-3605, [www.littlestepschildcare.ca/riverbend-preschool/](http://www.littlestepschildcare.ca/riverbend-preschool/), or [www.littlestepsbac.ca](http://www.littlestepsbac.ca) for more information.



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**JOIN OUR  
RCA TEAM!**

**VICE- PRESIDENT  
BUSINESS OPERATIONS**

As a Vice President, Business Operations, you will help our facility operations and assist the President.

**Key Responsibilities:**

- Support business administration needs of the RCA
- Assist in project management
- Help with tenant contracts and Human resources
- Help with overall facility operations and assist the President/RCA Community Manager as needed

**RCA Board Roles:**

- Time commitment of approximately 10 hours per month
- 2-year term
- Open to Riverbend Residents only

**\*\*Board experience can be used towards annual professional development hours for many professions\*\***

To Apply visit  
[www.riverbendcommunity.ca](http://www.riverbendcommunity.ca)



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**News, Events,  
& More**

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Statistics**

**Real Estate  
Statistics**



## JOIN OUR RCA TEAM!

### DIRECTOR - MEMBERSHIPS & PARTNERSHIPS

As a Director of Memberships and Partnerships, you can help to add value for residents purchasing memberships in Riverbend!

**Key Responsibilities:**

- Suggest strategies to boost memberships
- Organize membership sales at community events and fundraising activities
- Foster partnerships with local businesses
- Securing sponsorships and donations

**RCA Board Roles:**

- Time commitment of approximately 10 hours per month
- 2-year term
- Open to Riverbend Residents only

**\*\*Board experience can be used towards annual professional development hours for many professions\*\***

To Apply visit -  
[www.riverbendcommunity.ca](http://www.riverbendcommunity.ca)





# VOLUNTEERS NEEDED!

## FOR CASINO FUNDRAISER

Monday, September 23, 2024  
 Tuesday, September 24, 2024

TO VOLUNTEER VISIT:  
[RIVERBENDCOMMUNITY.CA/EVENTS/RCA-CASINO-FUNDRAISER](http://RIVERBENDCOMMUNITY.CA/EVENTS/RCA-CASINO-FUNDRAISER)

## JOIN OUR RCA TEAM!

### SECRETARY

The Secretary of the RCA is primarily responsible for records management, meeting coordination and compliance.

**Key Responsibilities:**


- Participate in Executive Team meetings and discussions
- Completing/filing the Annual Societies return before May 31 of every year
- Filing of Special Resolutions passed at the AGM and any change in Directors or Officers
- Ensuring all records of the Association, other than financial records, are properly maintained, including the by-laws and the policies and procedures
- Give secretarial support for board and Annual General Meetings

**RCA Board Roles:**

- Time commitment of approximately 10 hours per month
- 2-year term
- Open to Riverbend Residents only

**\*\*Board experience can be used towards annual professional development hours for many professions\*\***

To Apply visit  
[www.riverbendcommunity.ca](http://www.riverbendcommunity.ca)




## TRAFFIC & SAFETY AWARENESS COYOTES

*Coyotes are small, dog-like animals that look like a cross between a fox and a German Shepherd. They can be found all over our city, as they adapt well to both park environments and urban areas.*

*Citizen safety is the number one priority.*

- To report coyote sightings and for non-emergency situations, please call 311 (or 403-268-2489 outside city limits), or report online.

311 ONLINE REQUEST  

[WWW.CALGARY.CA/PARKS/WILDLIFE/URBAN-COYOTES.HTML](http://WWW.CALGARY.CA/PARKS/WILDLIFE/URBAN-COYOTES.HTML)



**RIVERBEND FALL FAIR**

SEEKING

**Vendors**

ONLINE APPLICATION  
OPENS SEPTEMBER 1 2024  
[WWW.RIVERBENDCOMMUNITY.CA](http://WWW.RIVERBENDCOMMUNITY.CA)

SATURDAY, NOV 2  
RIVERBEND COMMUNITY CENTRE

## RCA MEMBERSHIP FORM

*Memberships are valid for one year from the date of purchase.*

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email: \_\_\_\_\_

Spouse/ Partner Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Number of Children: \_\_\_\_\_

✂ Ages of Children: \_\_\_\_\_

Please let us know what communications you would like to receive from Riverbend Community Association!

- Volunteer Opportunities
- Special Events & Community Surveys (as occurring)
- General Riverbend Community Communications (monthly)

Membership cost:

- \$25 +GST (\$26.25) - Individual/ Family or Associate
- \$15 +GST (\$15.75) - Seniors Household



*Please mail completed form with appropriate payment to Riverbend Community Centre, 19 Rivervalley Dr SE, Calgary AB T2C 3S1, or drop it off at the Riverbend Community Association's office.*

**THROWBACK DINNER & MOVIE**

SEPTEMBER 20 @ RCA

**YOU PICK THE SHOW!**

Vote for one of the following movies, Land Before Time, An American Tail, The Rescuers Down Under, Honey I Shrunk the Kids Movie with most votes plays at our September 20 Throwback Movie event!

Vote by replying to our social media posts or send your movie preference to: [info@riverbendcommunity.ca](mailto:info@riverbendcommunity.ca) by 5 pm on August 9

[www.riverbendcommunity.ca](http://www.riverbendcommunity.ca)

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- School or playground zones
- Trucks / Commercial vehicles
- Pedestrian safety issues
- Intersection safety issues
- Motorcycle issues
- Illegal turns

TRAFFIC SERVICE REQUEST 



[WWW.CALGARY.CA/CPS/TRAFFIC/TRAFFIC-SERVICE-REQUESTS.HTML](http://WWW.CALGARY.CA/CPS/TRAFFIC/TRAFFIC-SERVICE-REQUESTS.HTML)

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# How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.



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YOUR CITY OF CALGARY

Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
• Look through your home and gather any reusable items that you no longer need.
• Mark them with a "Free" label and place them at the curb on the designated event days.
• Treasure hunters rejoice! Anyone can come and pick up these items for their own use - it's like a free garage sale right at your doorstep!
• If it's still on the curb, let's keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It's a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

RCA 50/50 DRAW Coming Soon! Proceeds will go towards 18th Street "Makeover project" www.riverbendcommunity.ca

international Left-Handers Day August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.



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