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PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	26	3	4	\$722,500	\$709,000
April	26	4	10	\$397,450	\$390,500
March	26	8	2	\$612,450	\$592,500
February	26	4	4	\$494,900	\$486,000
January	26	5	2	\$294,900	\$282,500
December	25	0	1	\$539,987	\$510,000
November	25	1	0	\$0	\$0
October	25	2	4	\$612,450	\$595,000
September	25	6	11	\$412,000	\$400,000
August	25	8	7	\$417,900	\$412,500
July	25	9	6	\$525,000	\$515,000
June	25	8	8	\$832,000	\$813,750

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

PUMPHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	26	0	2	\$1,507,000	\$1,432,500
April	26	8	2	\$1,327,500	\$1,307,500
March	26	4	0	\$0	\$0
February	26	1	2	\$1,774,950	\$1,588,750
January	26	1	1	\$2,888,777	\$2,600,000
December	25	0	1	\$1,449,999	\$1,275,000
November	25	1	2	\$1,344,394	\$1,388,750
October	25	2	1	\$1,699,900	\$1,600,000
September	25	2	1	\$1,750,000	\$1,850,000
August	25	4	2	\$1,770,000	\$1,746,750
July	25	1	3	\$1,425,000	\$1,375,000
June	25	3	0	\$0	\$0

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

PRESIDENT'S MESSAGE

Summer is in full swing and it's a great time to unplug and unwind a bit from the daily grind while the city is quieter. Hope everyone is enjoying lots of outdoor activities. The PBPCA Board takes some quiet time too, we won't meet again until early September.

We do stay active year-round when we hear about concerns in the community so don't hesitate to let us know what's happening. This fall we will be looking at new ways to communicate and reach everyone in PBP. Although we try to keep everyone up to date with the website, Facebook, Instagram, and this newsletter; the only way we can reach out with any breaking news, issues, or event notices is to email members. So, once again I urge you to join if you haven't already. There is no obligation to do anything, but you will be more up-to-date on events and any concerns we are working on at the community level.

The Calgary Plan is one such concern – please watch and listen for news as the plan develops, we all need to pay attention to this one.

Email me anytime with comments, questions, or concerns at president@pbpccommunity.ca

Gill Basford

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

PALLISER



BAYVIEW



PUMP HILL



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PBP BOARD MEETINGS



The next PBP Board meeting will take place in September.

Looking forward to seeing you!

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VISION AND MISSION



Vision

Palliser-Bayview-Pumphill is a welcoming community where safety, pleasant surroundings, and diversity inspire friendships among residents.

Mission

One of our primary objectives is to create opportunities for connection amongst the residents of Palliser, Bayview, Pumphill. We do this by:

- Offering community run programs that bring neighbours together.
- Advocating for thoughtful, aesthetically appropriate, environmentally appropriate, and positive development.
- Preserving our communal and natural spaces to maintain the character and beauty of our community.
- Providing useful facilities that serves the diverse needs of all residents.
- Establishing and maintaining effective communications with our residents in-person and through both printed and digital media.
- Creating strong partnerships with all our stakeholders.
- Managing the business of our community association well, with transparency, accountability, and care.



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8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services.
www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services.
www.ab.211.ca.

Telephone language interpretation service available on all lines.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

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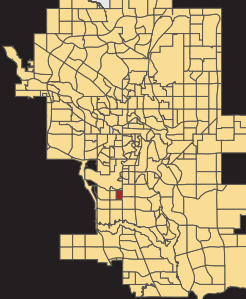
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District

6

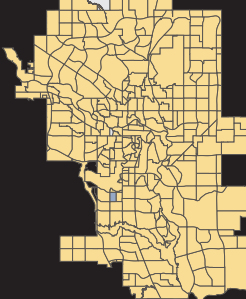
Difference from Average by Community



District

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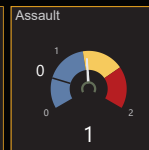
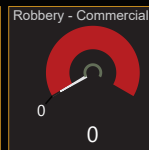
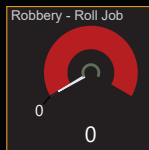
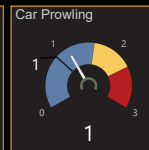
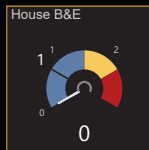
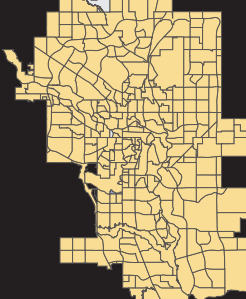
Difference from Average by Community



District

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Difference from Average by Community



Assault

Auto Theft

Car Prowling

Home Invasion

House B&E

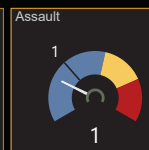
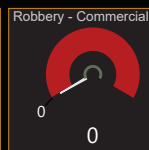
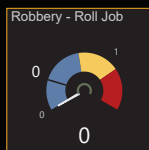
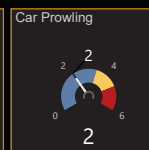
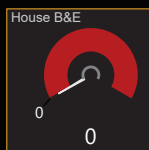
Robbery - Commercial

Robbery - Roll Job

Shop B&E

At the bottom - Number of occurrences for that crime type.
The line - is the 5 year average with the big white number on close to the line showing the actual 5 year average.

Blue - Below or close to the 5 year average
Yellow - One standard deviation above the 5 year average
Red - Two standard deviation above the 5 year average



Assault

Auto Theft

Car Prowling

Home Invasion

House B&E

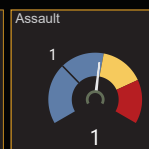
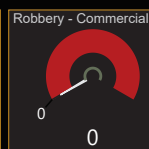
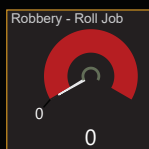
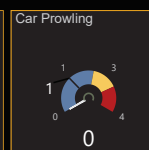
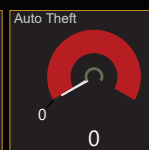
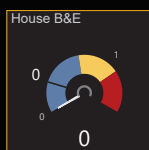
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Finding the Right Therapist: How to Search for the Help You're Actually Looking For

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

Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing.

For example:

- Depression counselling
- Couples counselling
- Trauma therapist
- ADHD therapist
- Grief counsellor
- Intimate betrayal trauma therapist
- Addiction therapist

Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to:

- Their areas of specialization
- Their experience treating your concerns
- Additional training or certifications
- Whether their approach resonates with you

Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with situations similar to mine?

Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself:

- Do I feel understood?
- Does this therapist seem knowledgeable about my concerns?
- Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

- Did I feel heard?
- Did I feel comfortable enough to be honest?
- Did this therapist seem to understand what I'm going through?

Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

- Have you worked with concerns similar to mine?
- What is your experience with this issue?
- What does therapy usually look like?
- How often do clients typically attend sessions?
- Do you offer virtual or in-person appointments?

You are interviewing the therapist just as much as they are assessing whether they can help you.

Trust Your Gut

Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.



Palliser – Bayview – Pumphill Community Association 2025 / 2026 Board of Directors

COMMITEE POSITION	NAME	CONTACT
President	Gill Basford	president@pbpccommunity.ca
Vice President	Anna Kaufman	vicepresident@pbpccommunity.ca
Secretary	Leslie Farrar	secretary@pbpccommunity.ca
Director, Civic Affairs	Sushma Mahajan	
Treasurer	Colin Crawford	treasurer@pbpccommunity.ca
Director, Membership and Activities	Norman Bunn	pbpsocial@pbpccommunity.ca
Director and Facilities	Irwin Rajesky	
Director	Jayda Rosenthal	
Director	Mike Krayacich	
Director	Derek Giles	
Facility Coordinator/ Office Admin	Jen Sherstabetoff	pbpcam@pbpccommunity.ca
Community Resource Officer	Cst. Neil Hewitt	NHewitt@calgarypolice.ca
Councillor, Ward 11	Rob Ward	403-268-2430

pbpcam@pbpccommunity.ca | 403-281-1908

Contact: Palliser – Bayview – Pumphill Community Association

Community Association Address: 2323 Palliser Drive SW
 Parking: Use west parking lot of Nellie McClung School
 Phone: 403-281-1908
 Hall/Boardroom Bookings: pbpcam@pbpccommunity.ca

For the latest news, programs, and events, please visit our official Community Association Website at www.pbpccommunity.ca.

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Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

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First Name – Children: _____

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☐ Communications/Newsletter

☐ Garden Maintenance

☐ Seniors' Programs

☐ Membership Drive

☐ Fundraising

☐ Social Activities

☐ Facilities Repair & Maintenance

☐ Community Cleanup Day



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Amy Brooks and Emily Sudermann

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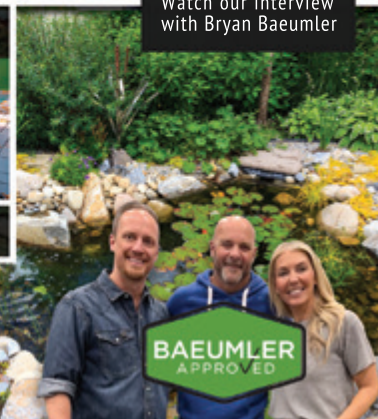
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March	26	2	2	\$1,849,900	\$1,886,750
February	26	0	0	\$0	\$0
January	26	0	0	\$0	\$0
December	25	0	0	\$0	\$0
November	25	1	1	\$1,249,900	\$1,467,000
October	25	0	1	\$2,195,000	\$2,025,000
September	25	2	1	\$3,950,000	\$3,950,000
August	25	0	0	\$0	\$0
July	25	1	3	\$1,625,000	\$1,640,000
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