

The Challenger

September 2021

Potential Place



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A Tough Goodbye



As this season changes, we say goodbye to Jordan Fazio who is leaving Potential Place and is off to Vancouver where his future endeavours await him. Jordan has been with us as a Mental health Worker at and has also spent considerable time and effort specializing in grant-writing. He has been a colleague since July 4, 2017. We will surely miss him.

Jordan is well qualified to work in the mental health/human services field based and his future employer will be very fortunate!

Jordan has been an invaluable asset to the personnel team of Potential Place, by aiding the agency to achieve many of its financial goals through his grant writing efforts but also because he has truly striven to be supportive to his colleagues in all aspects of the necessary work at Potential Place. Jordan has understood well - and commitment to - the Clubhouse International Standards and values of the agency. He was also instrumental in keeping management posted on the changes to COVID and the protocols we put in place.

Our very best wishes as we say goodbye to our colleague!

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For Jordan

Bart C.

You make my morning feel good. And bring hope for the day. Like each day is a new day. I appreciate all the fundraising work you have done. I have never seen you get upset. You showed me an important thing - that to be at Clubhouse is a great thing. The more you do, the better you get. Thanks for your vibrant spirit. Going to miss you a lot.



Left to Right: Ryan and Jordan at the August BBQ

Potential Place BBQ Picnic at Edworthy Park

Laura P.

We met at the clubhouse around 9am and then headed out to catch the number #1 Bus towards the park. We then walked from bus along the path towards the bridge over to the park. Then we continued the path around the park to the South parking lot and to picnic site #1. We arrived and had some nice coffee and muffins to start us off.

We helped to setup the picnic area with the BBQ while others played games until hamburgers and hot dogs were ready! The weather was beautiful with some clouds but mainly sunny. By the time we left at two o'clock we had forty-eight members show. Along with the members we had eight staff and one visiting staff, two parents and four visitors attending the picnic during the day.

Overall, we had a great time and got home before any rain that came down around 5:30pm. We are already looking forward to next year's BBQ!!





Our Trip to Banff

Megan C.

Banff was a fantastic experience and a great memory as well. It started on an early morning, it was hot out, but not like it was in previous days that we had up until the trip. I arrived at the Clubhouse, and soon went in, checked in, hung around and before loading into a bus. It was a bit bumpy at times, but a great ride out to Banff. Once at Banff, we unloaded, receive our lunch then some went on there way to explore the town, some went on a hike & a small group went to Bow Falls - which I participated in. Looked around there for about half an hour then came back to the main part of town, had walked around a bit, looked in some shops and got some ice cream from McDonald's. Continued looking around in a bit, then headed back to the bus to head back to the Clubhouse. We also got a second lunch to have on the way home, and saw the start to a forest fire, plus stopped off by Canmore. We arrived back at the Clubhouse safely and soon headed home after a fun-based day!



Megan at
Bow Falls!





Our intrepid hiking group, and the view from the top of Tunnel Mountain!





Having fun in downtown Banff

We drove right by the Canmore forest fire on our way back. Scary!



Frank's Blog - Preparing for Autumn and Mental Wellness

Frank Kelton



With the pending arrival of autumn, we begin to notice the beauty in the shifting leaves outside and the crisp chill that signifies the end of summer. We may even take note of the seasonal arrival of pumpkin flavored treats in our local coffee shops. But, as we shift from shorts and swimsuits to sweaters and scarves, it is important to recognize the ways in which our bodies adjust to the seasons internally. Bare branches and orange leaves scattered about the grass make the changes in our external environment obvious, but our physical response to the shift in seasons is often much more subtle.

Exercise helps boost a sluggish metabolism. Another consequence of seasonal changes that many people experience is increased weight. Like many other mammals, humans are known to store fat during the winter months. On a scientific level, this is due to the fact that, during the seasonal change between late summer and early fall, our bodies increase their insulin resistance. This causes our livers to increase fat production so that we can store fat in our tissues and be better prepared for the winter. The best way to combat fat build-up is through diet and exercise. Aerobic exercise, like swimming and running, is especially effective at stimulating the metabolism and burning calories.

Shining a bright light on Seasonal Affective Disorder

Unfortunately, the changing of the seasons can have even more serious repercussions than dry skin and weight gain. For example, seasonal affective disorder, or SAD, can cause major depressive episodes, usually beginning in late fall or early winter. Seasonal Affective Disorder causes individuals to secrete the hormone melatonin for longer periods during winter nights than during summer nights. SAD drives people to sleep more during the winter even when their bodies are fully rested. Similarly, the Journal of Psychosomatic Research published a study in which participants slept nearly three hours more each day in October than any other time of year. They linked the results of this study to the fact that hypersomnia, the medical term for excessive daytime sleepiness, sometimes occurs when the air starts to crisp up as it does in the fall. Depressive episodes and excessive amounts of sleep can severely impact one's daily function and inhibit our ability to accomplish essential tasks. For this reason, it is important to remain attentive to changes in your general well-being during winter months. If you feel you have SAD, speak to your doctor about using a light-therapy box. It's important to be sure that the light therapy approach will help your condition and not negatively affect any other disorders.

Be prepared for foul weather, - be sure you have enough medications, living in the cold north as we do, storms sometimes affect our routines. Be sure to check that you have all your medications for up to 10 days and that your physician has given you renewals that you may need. And come to Clubhouse! Just when you think you're too tired, or, it's too cold get to Clubhouse, you are needed, wanted and expected!

MENTAL HEALTH PLAN

Build your mental health plan for the upcoming fall season

How do you want to **feel** this fall?

- *Cozy
- *Healthy
- *Safe
- *Free
- *Fresh
- *Inspired
- *Fun
- *Present

What can I **do** right now to support me preparing for the fall months?

- *Spend as much time outside to make sure daily walks and outdoor adventures happen, no matter the weather
- *Get politically involved
- *Brainstorm indoor games/hobbies/movies/projects
- *Schedule daily movement & meditation rituals through the Centered in the City platform
- *Dream of yummy fall recipes I get to cook up
- *Restock on Vitamin D and Vitamin B12 supplements
- *Have open conversations with my partner about fears and wants

What can I **plan** now for the future?

(knowing outcomes get to be flexible)

- *Weekend getaways with another pod of "covid-19 negative" friends
- *Romantic time
- *Solo meditation retreat
- *Sunny respite in the winter
- *Create a holiday plan
- *What candies to buy for the house
- *Sunrise alarm clock

How do I want to **connect** to my community?

- *Pod up with a select few and create agreements on how we want to collectively stay safe
- *Revamp my love for Zoom calls with friends & family - virtual dinner parties, group workouts, weekly walk & talks

**POTENTIAL PLACE CASINO FUNDRAISER - OCTOBER
9TH & 10TH
AT COWBOYS CASINO**



On October Friday 8th and Saturday 9th, Colleagues, Board members and friends of Potential Place will be volunteering in various positions to assist with this important fundraiser!

If you have time to fill a shift 11 am -7pm or from 6pm to 3:15am on either Friday October 8th or Saturday October 9th, please call Andrea Taylor at **403-216-9253**. Training for all positions will be provided on site. No experience necessary!

Clubhouse International World Seminar

Registration is OPEN! The first 10 colleagues to sign up will attend The Clubhouse International World Seminar 2021 - Oct 4-8



2021

A VIRTUAL EVENT | OCTOBER 4-8, 2021



Multiple time zones



Networking Opportunities



Education Sessions



Inspiration & Collaboration

Our Seminar will include inspiring presentations, interactive discussion, a fun social event and networking opportunities with colleagues across the globe. (See the full agenda on page 12)

NEW THIS YEAR! We're excited to introduce a series of unique, participatory forums to explore topics including:

- *Decision-making in the Clubhouse*
- *What is a Work-Ordered Day?*
- *The Clubhouse Standards*
- *How to create a vibrant, collegial, welcoming Clubhouse culture*
- *Attracting, Welcoming, Engaging New Clubhouse Members*
- *Employment: Why having a job matters so much to members, and how Clubhouses can best support that goal*
- *The Post-Pandemic Clubhouse: Rebooting your Work-Ordered Day*
- *Clubhouse Boards and Advisory Boards*
- *Making the case for your Clubhouse*
- *The Dimensions of Wellness, the Clubhouse Way*
- *The Clubhouse Employment Continuum*
- *The Clubhouse Education Function*
- *The Clubhouse Recovery Journey*
- *Why have a Clubhouse in our community? The perspective of a community's mental health administrator*
- *Clubhouse: Our place in the fast-changing global perspective on mental health*

We look forward to seeing you in October from anywhere in the world!

Housing Updates

Brianna & Trent

Norman, a long-time tenant of building one, has moved out. We now have a two-bedroom unit available for rent starting September 1st. Please connect with Trent if you are interested!

We are happy to welcome our new tenant, Jamie, into building two.

Housing meeting will continue to occur bi-weekly. Our meeting will be held on September 2nd, 16th, and 30th. All tenants in buildings 1 and 2 can attend either in person at the Clubhouse or via zoom.

We have our Housing BBQ for buildings 1 & 2 will be on Friday, September 10th. It will be held from 12:00pm-2:00pm at building one. Potential Place will be providing the burgers, hotdogs, and buns. Tenants are free to bring a side dish.



Transitional Employment Update

Enitan

OEB Breakfast Bridgeland

We are delighted to let everyone know that Potential Place secured dishwashing TE position at OEB Breakfast Bridgeland located at 825 1 Avenue NE. Ben Advincula was selected for the TE placement.

He started work on Monday August 17th. Ben work hours are Monday -Thursday from 10am -3pm

Congratulations to Ben!



Namo Café Bistro

We are happy to let everyone know that Potential Place secured dishwashing/ Kitchen helper TE position at Namó Café Bistro located at 824 Edmonton Trail. Diego Balzan was selected for the TE placement. He started work on Thursday August 26th. His work hours are Thursday - Monday from 10am -4pm

Congratulations to Diego!



Staples Signal Hill

We are delighted to announce that Potential Place, secured 4 temporary TE positions at Staples Signal Hill for the position of Sales Representative. Selected members for the placement are,

Trevor Kerr, Alex Chang, Alison Crerar, Jessica Wilson

Congratulations to Trevor Kerr, Alex Chang, Alison Crerar, Jessica Wilson!

For more information on employment opportunities, please contact Enitan at 403-216-9252.

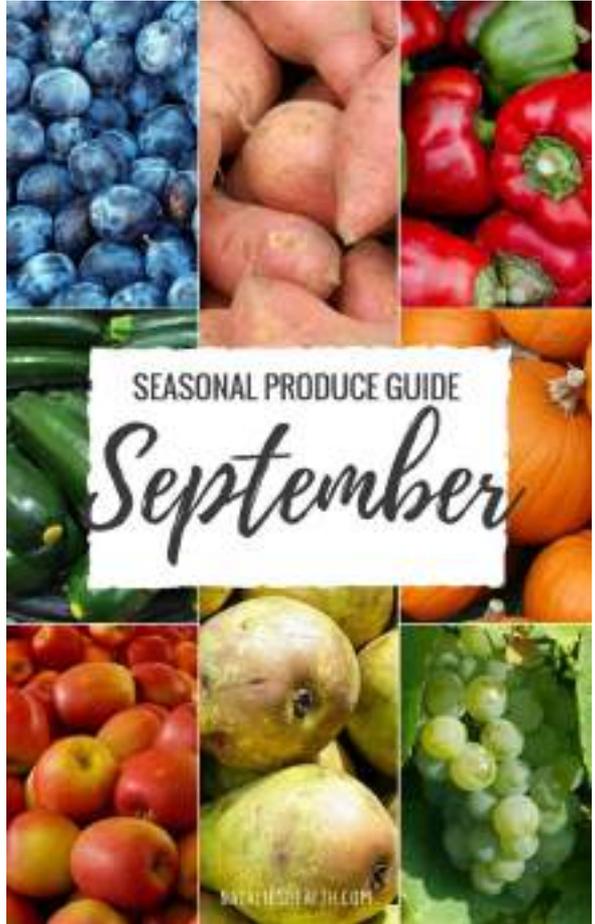


Health & Wellness

Megan & Brianna

What is in season this September?

- Apples
- Grapes
- Cranberries
- Blueberries
- Pumpkins
- Melons
- Pears
- Plums
- Corn
- Artichokes
- Broccoli
- Cauliflower
- Beets
- Shallots
- Tomatoes
- Fresh Garlic



There are lots of great farmers' markets in and around Calgary! Some year round markets you can find in-season fruits and vegetables are:

1) Calgary's Farmers Market

Address: 510 77 Ave SE

Hours: Thursday to Sunday, 9 a.m to 5 p.m

2) Crossroads Market

Address: 1235 26 Ave SE

Hours: Friday to Sunday, 9 a.m to 5 p.m

3) Fresh and Local

Location: 9250 Macleod Trail

Hours: Thursday to Saturday, 11 a.m to 8 p.m & Sunday 11 a.m to 5 p.m

4) Hillhurst Sunnyside Farmers' Market

Location: 1320 5 Ave NW

Hours: Wednesday 3 p.m to 7 p.m

Health and Wellness Calendar

September 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			H & W @ 1:30PM GOAL Planning	Wellness Walk @ 3:00PM		
5	6	7	8	9	10	11
			H & W @ 1:30PM Drawing with Chester	Wellness Walk @ 3:00PM		
12	13	14	15	16	17	18
			H & W @ 1:30PM Healthy Cooking	Wellness Walk @ 3:00PM		
19	20	21	22	23	24	25
			H & W @ 1:30PM Affirmation Posters	Wellness Walk @ 3:00PM		
26	27	28	29	30	1	2
			H & W @ 1:30PM Sleep Hygiene	Wellness Walk @ 3:00PM		
3	4	Please Note H & W Meeting: 1:30pm at the Clubhouse or via Zoom. Wellness Walks: Subject to cancellation or time change.				

News from Clubhouse International



CLUBHOUSE NEWS

a newsletter for the worldwide
Clubhouse community

Seacoast Pathways Becomes the 1st Accredited Clubhouse in New Hampshire, USA!

Seacoast Pathways, New Hampshire, USA recently had its first Accreditation visit.

Clubhouse International Accreditation provides support for Clubhouses to strengthen their mission and vision, and develop a strategic plan for continued growth.

The Clubhouse found the process to be supportive, helpful, and collegial:

"This has been a good process of self-reflection and accountability for our Clubhouse. Our association with Clubhouse International has been strengthened and the Accreditation visit brought greater clarity to our Clubhouse community, which has been very helpful." -Ann Strachan (Clubhouse Director) and the Seacoast Pathways community



From Vision to Reality: Startup group becomes a Clubhouse

Connections Place, Victoria, BC, Canada is now almost three years-old, with 210 members.

Jackie Powell, a mother with family members living with mental illness, envisioned a Clubhouse in her community so she contacted Clubhouse International to help start a Clubhouse. The Startup group attended the Canadian Clubhouse Conference hosted by Pathways Clubhouse, Richmond, BC. Shortly after, they attended Clubhouse International New Clubhouse Development Training at The Carriage House, IN, USA and then on to Fountain House, NYC, USA for a tour.





Jackie, now Board Chair, and the rest of the passionate Startup group was fortunate to receive funding from the Sisters of St Ann and it has been non-stop success ever since!

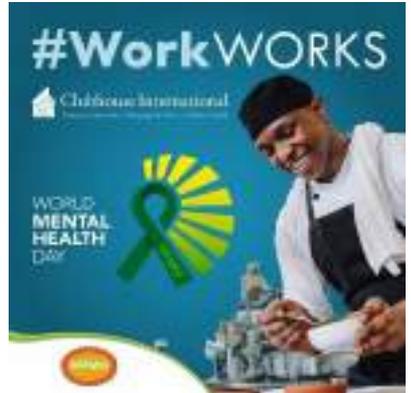
Interested in starting a Clubhouse in your community?
Contact Jack Yatsko, jyatsko@clubhouse-intl.org

Pictured Above: Drawing of the Clubhouse by member, Robbie, and Clubhouse food drive.

Announcing World Mental Health Day campaign: WorkWORKS!

We're excited to launch our World Mental Health Day campaign, Work WORKS! highlighting the tremendous impact that Clubhouse Employment Programs have on mitigating inequality for people living with mental illness.

World Mental Health Day, recognized annually on October 10, aims to raise awareness of mental health and mobilize efforts to eliminate stigma and discrimination. This year's theme is 'Mental Health in an Unequal World'.



In partnership with the World Federation for Mental Health please join us in recognizing the positive impact of employment on the path to recovery.



Special Guest Speaker, Dr. Ingrid Daniels!

We are honored to be joined by Dr. Ingrid Daniels, President, World Federation for Mental Health & CEO Cape Mental Health

Dr. Daniels will share her perspective on the changing global mental health landscape regarding needs, opportunities and concerns; and the Clubhouse Model as an important component of mental health service systems worldwide.

 Clubhouse International World Seminar
MEETING THE CHALLENGE OF CHANGE

2021

A VIRTUAL EVENT | OCTOBER 4-8, 2021

Creative Corner

Friends

Bart C.

As you slip into a bunch of the trees of life, do take notice: it is for friends of life. I know friends come and friends go the true balance a seed do sow was it that man is a social animal, one that thrives. Look at him what's he about how did he survive.

All alone in a material world, I have plenty while we, my friends, do count our blessings. Welcome to my land your stay is free not trespassing, no conditions are put on our peace. Shake my hand, what a release!

A family of friends is what everyone needs. Yes, we do feel the joy of our freedom by deeds. Come on over whenever you want. Happiness is the core to our group, all is set in place covered by truce.



Photography by
Alison M.



Photography
by Becky W.



Artwork by
Jennifer W



Health and Wellness: Learning How to Draw Panda's with Chester

Chester & Brianna

We've been learning to draw with our colleague Chester over the last couple of months! Below we have a few colleagues' practice pandas from our last drawing session.

Check our Health & Wellness calendar every month for more drawing fun!



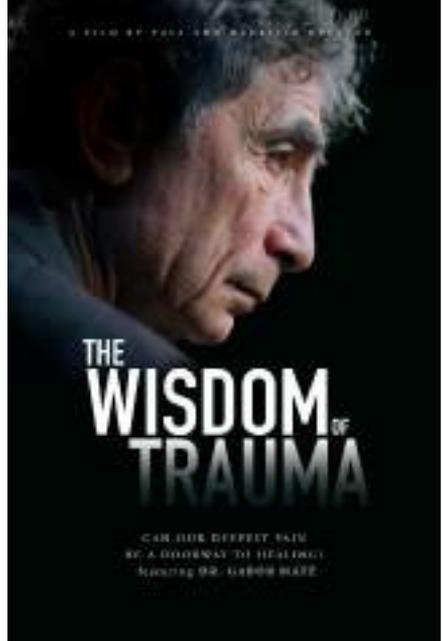
Movie Review - The Wisdom of Trauma

Wesley R

Have you ever been feeling perfectly fine only to moments later have feelings of intense anger coming out of nowhere? Or maybe you've spent your entire life people-pleasing and being in service to others so often that you've lost your own identity in the process? Or maybe you woke up one morning feeling so bad inside that the only way you could make yourself feel better was to relapse once again into your chosen addiction?

In *The Wisdom of Trauma* movie, Dr. Gabor Maté explains how early childhood trauma is very much at the root of our human condition. Throughout the film, he illustrates how the stress created by these early incidents is very much at the core of our mental health issues, addictions, relationship problems, and also plays a major role in the chronic disease process.

Dr. Maté goes on to explain how our early childhood experiences set the stage, for better or worse, for how we will relate with and cope in our world. And depending upon how things went for us could mean the difference between growing up feeling well adjusted, self-reliant and secure in life, or growing up feeling anxiety ridden, filled with shame and emotionally dissociated.



Another important issue discussed in the movie is the deep sense of loneliness, alienation, isolation as well as the feeling of being fundamentally broken and damaged inside due to these early childhood experiences. Those people who have experienced high levels of persistent physical, mental, emotional and or sexual abuse in childhood cannot help but feel a very profound sense of being cut off from the rest of the world and feeling that there is not one person on the face of the planet who could possibly relate to all that they have been through. And sadly, most of these individuals feel they have no other recourse but to suffer in silence and to very likely end up spending the majority of their lives in and out of psychiatric hospitals, addiction centres, in jail, on the streets, in homeless shelters, and wandering around in a world they are simply unable to cope in.

Maté also touches on the ineffectiveness of modern psychiatry and how it has shifted from a psychotherapy centred model into a medication centred one, and how the

treatment has been relegated to a ten-minute appointment in the doctor's office followed by a prescription to fix a supposed chemical imbalance. He doesn't pan the drug centred model outright, mind you, as he does see it's place in our society; however, he does feel that there has been altogether too much reliance upon them as opposed to actually dealing with the underlying trauma that is the very reason for the prescribing of these medications in the first place.

He then goes on to talk about how important it is to try our best to get to the root of these early childhood traumas by using an approach he terms—Compassionate Enquiry. He has found it to be a very effective method of exploring these early memories. The essence of Compassionate Enquiry is the belief that the truth is inside all of us and we only have to ask the right questions to be able to access these wounded places hidden away in us. And as we are able to find these wounded places, they finally get to come out into the light of day and be released.

Dr. Maté also mentioned something about this method of healing that really hit home for me. He says that when a person is able to release these early trauma's they have been holding onto since forever—the energy of that trauma is transformed into the energy of life!

I highly recommend watching this movie to gain a much greater understanding about early childhood trauma. To find out how to view, go to:
<https://thewisdomoftrauma.com/>

Dr. Maté also has a number of YouTube videos containing much of the same information discussed in the movie—perhaps even more! He has also written many books, his most popular one being: *In the Realm of Hungry Ghosts*. At any rate, no matter which of his resources you use, you will, no doubt, receive a great amount of wisdom and insight in regards to your own issues as well as those of your friends and loved ones who are going through their own struggles with early childhood trauma.

And the way I see it, the more we can get in touch with all of that pain inside that weighs us down and keeps us prisoner, the more we will be able to be freed from it—forever!

Comfort Zone - Bravery: A Short Story

Becky W.

In a diary, Athenal wrote -

“Comfort zone, comfort zone. I am comfortable with you and feel my safest here in my hidey hole. No one can touch me. No one can see me. I am alone here forever. I have no desire to leave you and I am in full commitment to our relationship. I shall live like this forever with you. I have created my comfort zone in pretty colors of the rainbow with dancing neon glow. At night, you sparkle up like fireworks touching the sky. I have my comfy bed with lots of pillows and harmonious melodies whispering in the background. On the table, I have freshly cooked comfort foods to help sooth my battle-weary body, after dealing with the devastating horrors of my life’s trauma. I chose to maintain a comforting life - away from any harmful risks and scary things that deeply drive fear into my soul.

I can’t bear the thought of leaving you because you have been so good to me and my wellbeing. I dare not venture away from you because I believe bad things will harm me and it would cripple me deeply. I could not cope without you. Life would be just too overwhelming to exist. I am weak without you. I don’t want to be seen or noticed and just want the world to leave me completely alone. I don’t want to be near people because they are funny and dangerous to be around. Unpredictable and sometimes violent. The world is a very ugly and nasty place to be.... Oh, but, Comfort zone, you won’t harm me and always protect me.

You are my first and only true friend that I have ever had in my life - after others have abandoned, neglected and abused me, relentlessly. I am bound in you, soulmate. You’re all that I have in this world. The only thing that has greatly mattered to me is being in you, Comfort Zone. I dare not move.

I love you.”

After decades in terrible isolation away from the world, locked away from the world to see - Athena struggles to exist in life. Being cut off and disconnected with the rest takes its toll...we all need unconditional love and acceptance along with connection to others. Locked away and living on the outside with no sense of belonging, one starts to feel like a space alien.

Those harsh feelings that nobody cares. Those harsh feelings with being hated and ostracized from it all. Being branded the problem in a world that seems never to understand. So many questions well up like, Why was I born? Why do I exist? What am I doing here? What is the point of everything?

Those intensely oppressive vibrations stir deeper than the Pacific trench. Ingrained as a dark stain upon an innocent soul, which entered the world as a bright shining

light to all. For the Spiritual, the call the entering Lights, wonderful miracles. A deeply cherished and admired being. A being that strikes awe and wonder in the world. A sign that life is progressing and moving forward with rebirth, transformation and renewal. Universal joy of the great Spirit.

After many, many years of extreme darkness and the great injustices and inhumanity of it all - somewhere within, the Athena begins CRIES out... within the depths of the great darkness a small flicker of light still exists. For the longest time, feeling dead and not existing. When the soul came back into light, the questions started to slowly seep out. Upon regaining consciousness, is when the worst pain was felt and remembering the horrors of years past.

Flashbacks from the fiery battles that were lost a thousand times over. The Vile wanted the Athena dead and never to bother them ever again. The Vile made Athena regret ever coming to life. They heinously lashed out in great hatred and projected all evil out onto light. They took great pleasure in watching this soul slowly die a painful and agonizing death - like a lion jaws clenching into the neck of its prey, slowly and deliberately choking the life out of it. Years later, throwing Athena away like rubbish and cast away from society - in permanent and total exile.

Isolation is crippling but within solitude, without interruption, it gives a chance for the soul to process and work through things. In a quiet place, a soul learns to find themselves amongst the rubble and ruin that echoed what existence was.

Part Two in the October Challenger...



Photography
by Becky W.

Fall is Coming

Amy O.

As the days shorten there are many telltale indications that autumn has begun to arrive. The changing color of the leaves is always bitter sweet to me as I love the colorful palette of warmth of the colors that our precious deciduous trees present though I am always sad to see the end of summer. Every year it starts out with a few leaves changing and before you know it they have all changed to make a beautiful autumn bouquet. Our furry friends are seemingly everywhere to accumulate their stores for winter or fatten up to last them through months of hibernation. The gardens and fields ready to harvest and the abundance of produce is evident by the many roadside offerings of BC fruit, Taber corn and so much more! Pumpkin spice everything though I prefer mine in a pumpkin pie! So, begins the canning, freezing, jams, pies and pickling to preserve the abundance to enjoy through the year.

The evenings and mornings begin getting cooler, as fall progresses the need to protect some of the plants that have yet to be harvested is necessary with our very unpredictable weather. Considering that here in Calgary we not only have four seasons but also the possibility of a mini season that can bring snow in any month or t-shirt weather in the middle of winter with our Chinooks. As the leaves start to fall off the trees and dry out there is something very satisfying to hear the crunch of the leaves as you walk on them or better yet jump on a big pile of leaves what fun! The unmistakably smell of fall with the leaves and other vegetation beginning to break down returning their essential nutrients to the earth. The slow almost lazy way the insects move as they come to the end of their life cycle so watch out for those grumpy wasps and hornets because their stingers still work. As the earth starts to prepare for the coming winter we reap the abundance of the harvest, the beauty of the leaves and the benefits of all four seasons.



Photography
by Becky W.

Getting to Know You - Ian M.

Hi there my name is Ian Mahalingham. I've been a member at PPS since July 20th, 2021. My experience at PPS has been very positive. The areas where I have worked have been in the Café where I have done kitchen duties and also, I have done clerical work and filing. One of the best parts at the potential place so far was when we went to the Banff Trip!

What I do outside of PPS is a Virtual Support Group and peer support at the Carnet Center.

I find this is very helpful in helping me with my mental health.

My education is a Bachelor of Science at U of A in Edmonton. I did well within a four-year Program. My best memories are making friends with other students.

Finally, my goal for myself is to work on my social skills at PPS.

*Welcome to
Potential Place!*

More August Social Recreation!



Young Adult
Spa Night!



September

2021

Join us for Unit Meetings Every Day at 9:30AM @ 1PM!

Zoom Link: <https://zoom.us/j/9084483817>

Meeting ID: 908 448 3817

Call-In Number: 1 (587) 328-1099

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30 Café Meeting at 1:30PM	31 Community Meeting at 1PM	1 Health & Wellness Meeting at 1:30PM	2 Housing Meeting for Tenants at 2PM WMHD Planning Meeting at 3PM	3 Clubhouse Movie Night 4PM-8:30PM	4 Bingo at Clubhouse! 10 AM - 3 PM
5	6 Camping Trip Labour Day Lunch & Movie 10AM-3PM *CLUBHOUSE CLOSED TODAY*	7 Camping Trip Community Meeting at 1PM	8 Camping Trip Health & Wellness Meeting at 1:30PM Career Dinner 4PM-6:30PM	9 Arts Committee Meeting at 2:30PM	10 YACOP Night: Bridgeland & Made by Marcus 4PM-8:30PM Cost: ½ of Price	11 Lunch at OEB 5 th Avenue Place 10 AM - 3 PM Cost: 5!
12	13 Café Meeting at 1:30PM	14 Community Meeting at 1PM Marketing Meeting at 2:30PM	15 Health & Wellness Meeting at 1:30PM	16 Housing Meeting for Tenants at 2PM	17 Clubhouse Games Nights 4PM-8:30PM	18 Art Workshop: Card Making 10 AM - 3 PM Cost: 55
19	20 Café Meeting at 1:30PM	21 Community Meeting at 1PM	22 Health & Wellness Meeting at 1:30PM	23 WMHD Planning Meeting at 3PM	24 YACOP Night: Marvel Movie & Snacks 4PM-8:30PM	25 Free Day at Studio Bell 10 AM - 3 PM
26	27 Café Meeting at 1:30PM	28 Community Meeting at 1PM	29 Health & Wellness Meeting at 1:30PM Operations Meeting at 2:30PM	30 Housing Meeting for Tenants at 2PM	1	2

Please Donate to Potential Place

Charitable # 895282358RR0001			
Your Donation Will Support			
<p>Non-Restricted Funds - Can be applied to any one of our current programs</p> <p>Program Supports - Community Connection - Cafe/Bistro - Marketing</p> <p>Continuing Education Supports</p> <p>Transitional Employment Program</p> <p>Social Recreation Supports</p> <p>YAOP Supports - Young Adults of Potential</p> <p>Housing Supports</p>			<p>Please Check One</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
Donation Amount			
One - Time		Monthly - Until MM / DD / YYYY	
Enter the Amount	<input type="text"/>	<input type="text"/>	<input type="text"/>
Message/Instructions for Potential Place Society			
Payment Information			
			Credit Card Type <input type="text"/>
Card Number	<input type="text"/>	<input type="text"/>	<input type="text"/>
Expiry Date	Month <input type="text"/>	Year <input type="text"/>	
Card Holder Name	<input type="text"/>		Telephone <input type="text"/>
Address	City	Province	Postal Code
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Please Print and fax to 403-216-9251 or scan and e-mail to navi.schota@potentialplace.org Address - 210, 308 - 8 th Street SE Calgary, Alberta T2G 0Y2			