

SUMMER 2023

# lotuslink



Connecting the **Genesis Centre** and Surrounding  
**Northeast Calgary Communities**

## All About the Genesis Centre

*An Inspired Community*

Saddle Ridge Community Association

YardSmart Gardening

Green Calgary

Active Transport

Academy of Learning Career College

Finding Success in Canada

Northeast Addiction and Mental Health (NAM)

Centre for Holistic Recovery

Programs & Services

Dashmesh Culture Centre

Women & Children's  
Transitional Housing

Ward 5

Summer Update



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SUMMER 2023

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**GENESIS CENTRE**  
An Inspired Community

## Outdoor Fields

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**Lotus Link** is published four times per year by the Genesis Centre. To submit stories and photos or inquire about advertising, please email our editor, **Jonah Ardiel**, at [jardiel@genesis-centre.ca](mailto:jardiel@genesis-centre.ca).

### Genesis Centre

#10, 7555 Falconridge Blvd. NE, Calgary, AB T3J 0C9  
(403) 590-2833 • [info@genesis-centre.ca](mailto:info@genesis-centre.ca) • [www.genesis-centre.ca](http://www.genesis-centre.ca)

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Genesis Physiotherapy	(403) 453-2420
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### For Hours of Operation, Visit



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



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Calgary, AB T3J 3M7

Ph. 403-453-9210



**NOW OPEN!**

### Genesis Centre Location

#30 7555 Falconridge Blvd NE  
Calgary, AB T3J 0C9

Ph. 403-300-1995



## Message from the President

### Calgary 311

In our ongoing commitment to making our neighborhood an even better place to live, we want to remind you of the power you hold as residents. One simple action can have a great impact on the quality of our lives. Whether it's a pothole that needs fixing, a streetlight that needs attention, a missing tree, garbage in the park, or any other city-related issue, remember that the Calgary 311 helpline is just a call away. Their dedicated team is here to assist you, ensuring that our community thrives. What's more, accessing their services has never been easier with the convenient Calgary 311 mobile app. It puts the power of connectivity right at your fingertips.



### Bring Your Skill

We are also thrilled to introduce our new program, "Bring Your Skill." It is a platform for the members of our community to share their unique talents and knowledge with fellow residents. We firmly believe that by embracing the diversity of skills within our neighborhood, we can foster a stronger sense of belonging. Our recent events, such as the clay art on canvas for kids (Jayati), the discussion on mental health among South Asians in Canada (Reyme), and the indoor gardening session (Janet @Calgary Horticultural Society), have showcased the immense talent and passion our community possesses. We invite you to join us on our Facebook page to stay connected and be the first to know about our upcoming events and skill-sharing sessions.

## Saddle Ridge Community Association

### OFFICE

27 7555 Falconridge Blvd NE  
Calgary T3J 0C9  
Phone: (403) 590-2833

### WWW.YRSCA.CA

To contact the board please email [president@mysrca.ca](mailto:president@mysrca.ca). Or connect with us on [facebook.com/mysrca](https://www.facebook.com/mysrca).

### BOARD OF DIRECTORS

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### BECOME A MEMBER TODAY!

Visit [www.mysrca.ca/  
become-a-member/](http://www.mysrca.ca/become-a-member/)  
or scan the QR code.



## SRCA Membership

In order to continue the incredible work we do, we encourage you to become a member of our community association. For a nominal fee of only \$10 per family per year, you gain access to a host of benefits that promote a vibrant and thriving community. By becoming a member, you contribute directly to the initiatives that make our neighborhood a better place for all. Together, we can build a future filled with support and endless possibilities.

## Community Clean-Up

Mark your calendars for September 10th, as we will be hosting our annual community clean-up.

It's an event that brings us together to create a cleaner, more beautiful environment for everyone. Keep an eye on our Facebook page and the bold signs that will be displayed closer to the date. We invite you to gather with your friends and neighbors for a day of community spirit and teamwork. It is a great opportunity to clean your garages and back alleys.

We hope that this summer is filled with laughter, joy, and cherished moments with your loved ones. 🌸

**Asim Baig**

*President, SRCA*

# BECOME A MEMBER TODAY!

*Proceeds from SRCA memberships get reinvested back into the community and members receive exclusive benefits.*



**SADDLE RIDGE  
COMMUNITY  
ASSOCIATION**

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or

**SCAN THE QR CODE**

below using your phone camera.





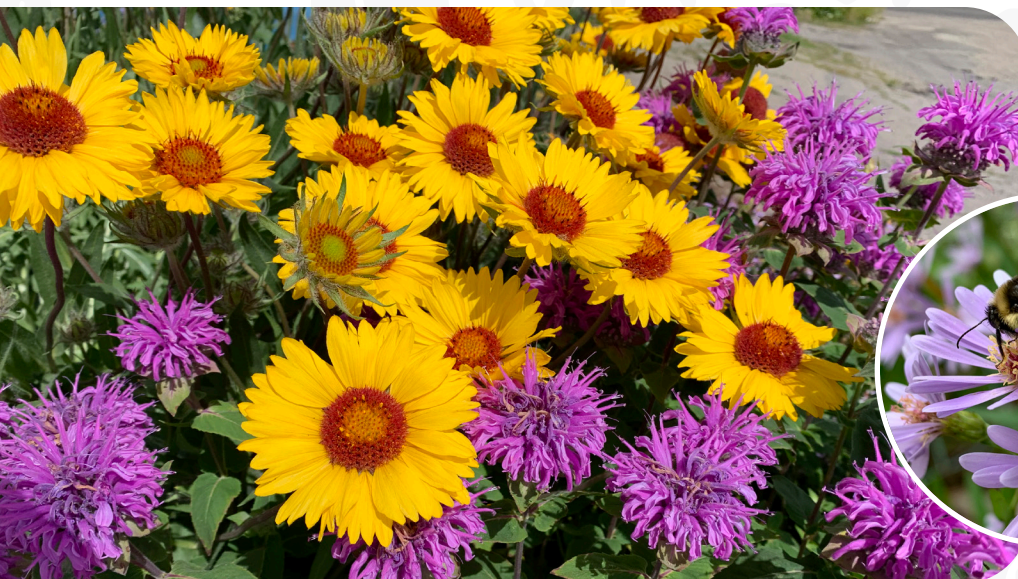
# Gardening for the Planet: Going **YardSmart** with Native Plants

When people envision a garden, they may think of a carefully manicured, rigorously maintained, formal garden, with fussy flowers requiring around-the-clock care and attention. However, none of this is true! A low-maintenance native meadow can be just as beautiful as a “traditional” formal garden and offer not only an homage to our prairie landscapes, but also come with other benefits.

Last year, in July, the Calgary Horticultural Society planted a native plant garden at its Richmond Green home. The garden makes use of hardy native plants that tend to thrive in sunny areas and poor soils.

Once the plants are established, after about two to three years, they are all drought tolerant and require minimal attention and watering. Native plants are resilient, hardy, and attractive to the almost 200 species of bees that call Calgary home.

Elaine Rude, a Master Gardener, garden designer, instructor, and writer, is the designer behind the YardSmart Design – Garden Bed for Native Wildflowers that was used to create the garden. Because she gardens on an acreage on the northwest edge of Calgary, Elaine is acutely aware of gardening challenges.



**LEFT:** Blanket flower and beebalm.

**INSET:** Bumble bee on aster.





**RIGHT:**  
Golden currant.

The garden design includes tall, ornamental native grasses such as *Schizachyrium scoparium* (little bluestem) and *Festuca saximontana* (rocky mountain fescue), plants that are often used for revegetation and erosion control. They provide vertical interest because of their height, textural interest because of their leaf form and seed heads, and visual interest when they change colour in the fall. Native perennials such as *Solidago rigida* (stiff goldenrod), *Geranium viscosissimum* (sticky purple geranium), *Pulsatilla nuttalliana* (prairie crocus), *Symphyotrichum laeve* (smooth aster), and *Gaillardia aristata* (blanket flower), among others, add pleasing colour to the meadow from early spring to fall, providing both year-round beauty for humans and a wide variety of nectar-filled flowers for pollinators to enjoy.

Also included in the design and planting was a *Ribes aureum* (golden currant) shrub, which produces edible, black berries, enjoyed by both birds and humans. Additionally, the tubular yellow flowers of the golden currant, which bloom in the spring, have a pleasant aroma like cloves or vanilla, making them a nice addition to any garden, not just a native meadow.

Many of the native plants in the design are veritable pollinator magnets, not only attracting bees but butterflies, hummingbirds, and other beneficial pollinators.


Some of the plants, such as *Lupinus argenteus* (silvery lupine) and *Thermopsis rhombifolia* (buffalo bean), are nitrogen fixers and add plant available nitrogen to the soil.

The plants in the native garden bed grow harmoniously, supporting each other as they do naturally when they grow wild. Many are also deer and rabbit resistant. Because this is their native environment, many of these plants will spread and self-seed easily, but this can be managed by removing immature seed heads.

The garden was planted using plugs (a small plant started from seed). Elaine recommends gently “tickling” the roots to remove some soil and separate them slightly, and to plant the plugs with the roots fanned out. This encourages the roots to spread outwards into the soil of the garden bed.

While the design guide provides a recommended arrangement for the plants, part of the beauty of the native meadow is it is adaptable and, despite changes to fit a location, will result in a garden that is both beautiful and beneficial.

If you are interested in planting your own native plant garden, come see the Society's garden. It's grown a lot in a year!

For more information about creating a native flower garden, see the *YardSmart Design – Garden Bed for Native Wildflowers* guide on [calgary.ca](http://calgary.ca) or visit [Resources](http://Resources) on the Society's website [calhort.org](http://calhort.org). 

**Emilie Charette**  
*Calgary Horticultural Society*

# What to Wear When Gardening

Gardening is a popular hobby with a lot of benefits for the environment and personal health. Gardens help foster biodiversity, and gardening keeps people active and healthy with homegrown food. Gardening is also popular in Canada, with around three-in-five Canadians cultivating plants in their home, either indoors or outdoors. With so many taking up this activity, proper protection is needed to keep your body safe. It's easy to encounter rain, dirt, mud, bugs, UV light, and more in your garden, so wearing the right attire and accessories can keep you covered and comfortable outside. Here's what to wear when gardening:

## Eyewear

When you're spending long hours in your garden, it pays to keep your eyes protected from the sun's harmful UV rays and any dirt and debris you might encounter. Sunglasses are crucial for keeping your eyes and vision safe while you're gardening. A pair that offers 100% protection from UVA and UVB rays or is rated UV400 is optimal for sun protection, and wearing them when gardening can prevent you from developing vision issues like photokeratitis or cataracts. Wraparound styles also ensure your eyes are covered from all angles. If you need glasses to see clearly and find flip-up lenses or contact lenses inconvenient, wearing prescription sunglasses can help you get the protection you need. Many retailers offer sunglasses eligible for prescription and progressive lenses, so your choices aren't limited. You can even opt for a stylish and timeless style like the Ray-Ban Original Wayfarer Classic that will fit any situation, whether you are in the garden or out and about.

## Sun Hats

Gardening involves a lot of crouching and bending to ensure every plant is taken care of, which means you're exposing your skin to the sun's rays for prolonged periods. Like sunglasses, sun hats are essential for gardening to keep the UV light away from your skin and vulnerable parts of your face and head. A wide-brimmed hat is one of the best and most stylish options, as it provides coverage for your ears and neck, where skin cancer is likely to develop. The wider the brim, the better. If you're looking for practicality, a shade cap is also a viable option; it's a baseball cap style that comes with a bit of fabric that drapes over the ears and neck. You can also tuck the fabric into the cap when it's not needed.

## Garden shoes

You may be working with your hands in the garden, but protection for your feet is also a must. Any old pair of sneakers or slippers may not do the trick for keeping your feet comfortable or preventing slips, so it's best to get yourself



© Zoe Schaeffer / Unsplash



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a pair of garden shoes. These shoes are meant to keep your feet clean, comfortable, and safe while you're gardening. You may encounter some bugs or pests or have to deal with muddy ground, so getting a close-toed shoe that's waterproof and provides good traction gives you good protection from any mishaps. Boots and clogs are typically popular options, but when looking for gardening shoes,

it also pays to consider your needs and preferences. If you work for longer and encounter a lot of dirt and water, boots may be a good choice for more coverage. Clogs may be a good option for more casual gardeners who don't want to think too hard about footwear. These shoes should also be easy to slip on so you can quickly get in and out of them before and after your garden. 🌸

**BELOW:** Sunglasses, a hat and boots are popular garden attire.




# Meet the Waterwise Garden: **Xeriscaping**

Xeriscaping is a type of landscaping or gardening that reduces or eliminates the need for irrigation. A lawn requires a huge amount of water, fertilizer, and attention to keep it lush and green. With the possibility of draught-like conditions in Calgary this year there are great alternatives to having a lawn. You might want to consider removing a portion or all of your grass and replacing it with Xeriscaping.

There are a variety of plants and shrubs that do not require much water and can be a great substitute for grass especially if the yard only acts as a focal point; like many front yards in Calgary. There are lots of colourful perennial flowers that bloom at different times. Sun-loving plants like Peonies,

Salvia, Coneflowers, Blackeye Susan, as well as sun-loving grasses like Karl Foerster Feather Reed Grass or Blue Fescue can add definition and interest to the yard. Or shade-loving plants like Hostas, Astilbe, or Solomon's Seal that do fairly well under evergreen trees. Or add fruiting bushes like gooseberry and honeyberry to create more height and coverage. There are many options to fill your yard with other interesting plants that require less water.

Installing a rain barrel and using the water collected from the rain will also reduce water usage and your utility bills! Consider the possibilities! You can find more information about this at [www.greencalgary.org/garden](http://www.greencalgary.org/garden). 



**LEFT TO RIGHT:**  
Xeriscaping with sun-loving plants;  
A rain barrel can help reduce water usage.



# 3 Energy Efficiency Tips

... for the Summertime!

1. Close your window coverings during the day to block the sun rays from coming through your windows and heating your home.
2. Turn on your furnace fan (without the heat!) to circulate the cooler air from your basement into the rest of your house.
3. Use an indoor drying rack or an outdoor clothes line instead of your clothing dryer.

Find more energy efficiency help at [www.greencalgary.org/energy!](http://www.greencalgary.org/energy!) 🌱



## Active Transport

Makes You Feel Good!

It's no secret that activity is good for the body and mind. Riding your bike to work or walking to the store for a few grocery items can not only lift your mood, but you get to experience your neighbourhood or city from a different vantage point and reduce the greenhouse gasses in your community!

Don't let summer pass you by, or, more accurately, don't pass by summer behind the wheel of your vehicle. Grab a friend, the kids, or take yourself on a bike, scooter, long-board, or walking date to explore the beauty of the city at a different pace. 🌸





# Finding Success in Canada

How 3 ladies were supported by the Academy of Learning Career College



Farzanna, Mehran, and Manpreet all met and became friends after taking a class together at the Academy of Learning – Calgary NE Genesis location. The Academy of Learning and the Genesis Centre have been helpful and supportive, and these ladies are taking their success to the next level! They want everyone to know what is possible here in Canada.

English is not a first language for these students. Punjabi, Hindi, Sindhi, Urdu, Saraiki are some of the languages that they are more familiar with, but the language barrier did not stop them from integrating

into the culture and improving their life here in Calgary. Farzanna was only level 4 English and is taking the Educational Assistant Diploma, as she was a teacher back in her home country of Pakistan. Halfway through her program and she is so confident in her English conversation skills. Mehran came next, she is taking a short course, building credits towards a Diploma in Business Administration. Manpreet is in the Software and Web Developer Diploma program as her passion is Information Technology.

All three women met at the NE Campus Learning Centre where they sit in the same space working on individual courses. Manpreet loves the tools provided. “Everything you need is here. The school provides computers, internet, headphones, and everything a student needs for success”. Mehran appreciates the speedy support. “You get immediate help, right away!”

Referring to the learning coaches, specifically, the resident Success Support Coach Yvette who is on site every day. Learning coaches’ goal is to help students to get the best marks possible. Farzanna feels blessed to have leadership and advice. “You have never let us down”

talking about the Admissions Advisor, Lance who has guided her and the finance department who helped her get the maximum funding to take the courses.

*The school provides computers, internet, headphones, and everything a student needs for success.*

Manpreet, AOLCC Student



As they make the most out of their lives, these ladies compare how life was before Canada. They feel Canada has been much more supportive than what they were exposed to in their home countries, as the Genesis Centre provides support to their personal lives as well. They go to the YMCA to work out and learn all the proper fitness techniques to stay healthy. They use the library, where the kids play games and play with the toys in the Children's area. In the Community Wing, where the campus is, there is support with many charities who offer FREE services and activities to help with learning the Canadian culture. They are learning computers, English language, fitness, and health, and even taking driving lessons!

Farzana, Mehran, and Manpreet have become friends! Another great thing about Canada is everyone is welcoming and helpful. They now have each other and all of the community to support them. The learning location is convenient, and you can come and go to school as you please. Most of the diploma programs are on-line and flexible but with the support of the learning coaches you can't go wrong. A Canadian Success story! Thank you, Academy of Learning Career College and the Genesis Centre.

## **AOLCC will make it Easy!**

Come to Genesis and ask about the Grants, Scholarships, and Bursaries you will qualify for!

- Up to \$2,000 for instant scholarships on some of our most popular Diplomas.
- Bring a friend: WE PAY STUDENTS \$1,000! for referrals.

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@myaolcc



/myaolcc.genesis

# COMMUNITY Genesis Centre



## What is the Genesis Centre All About?!

The Genesis Centre is a 225,000 square foot recreational facility dedicated to enriching the health, wellness, and unity of NE Calgary. Its guiding mission is, “A hub for the community bridging people in shared celebration, learning, and play”. It achieves this by catering to the diverse interests of the community, wherein it supports drop-in based sport and recreational programming, but also a wide variety of other functions, such as weddings, tournaments, concerts, cultural events and performances, tradeshows, and business-oriented events such as conferences and corporate team building events.



# Rental Opportunities

The Genesis Centre operates a number of multi-faceted spaces suitable for a wide variety of different functions.

## ITS SPACES INCLUDE:

### Feature Gymnasium & Event Centre (17,100 sq. ft.)

Host practices, games, tournaments, or events of any size including graduations, galas, dinners, trade shows, meetings, and concerts. Other features include dividable courts, spectator seating, reception lobby, dressing rooms, catering prep area, built-in stage, parking lot, loading dock, and customizable floor plans. Capacity 1650+.

### Two Outdoor Fields (each field is 106m x 96m)

Home to northeast Calgary's only outdoor class-A artificial turf, plus another class-B natural grass field. The outdoor fields include access to power, portable score clocks, nets, spectator bleachers, and floodlights. These fields are open for private rentals as well as drop-in and membership usage, and even allotted times for open community usage.

### Two Indoor Field Houses (14,400 sq. ft.)

Suitable for a variety of sports including (but not limited to): soccer, lacrosse, tennis, arena football, field hockey, cricket, lawn bowling/bocce ball, rugby, fencing, ultimate frisbee, and baseball training. Each field house has regulation lines for soccer, lacrosse, and field hockey as well as a score clock and dedicated lacrosse shot clocks. Capacity 800 (each).

### Community Gymnasium (Oversized) (9,800 sq. ft.)

Highly versatile space suitable for a variety of sports and special events. The gymnasium has a durable pulastic floor, the ability to divide the gymnasium into thirds with ceiling drop-down curtains, and two score clocks. The gymnasium is marked with lines for basketball, badminton, volleyball, and futsal/soccer. Capacity 800.

### Multi-purpose Rooms

Pulastic multi-purpose flooring suitable for fitness programming as well as meetings or presentations with tables and chairs. The room has the ability to be broken into two spaces with a pull across sound barrier wall. Suitable for a wide variety of activities including fitness, meetings, birthdays, youth groups, and much more. Capacity 300 (or 150 per side).

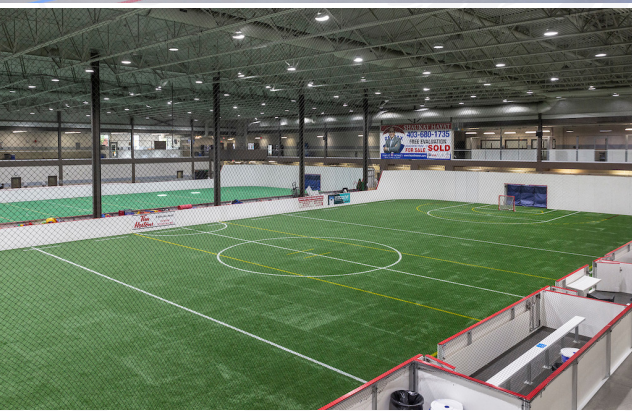
Beyond these spaces, the Genesis Centre also houses several smaller spaces available for rent, including dozens through its community wing, three boardroom-style meeting rooms, a community kitchen, and a catering prep room for large-scale rentals requiring catering. Genesis Centre also provides access to a number of preferred vendors to support rentals' clients.

## How do I rent space?

**Genesis Centre** offers affordable rates and subsidy opportunities for non-profits and grassroots organizations. To receive a quote at our facility, please contact our rentals' department through the following ways:

- Online Quote: [www.genesis-centre.ca/venue](http://www.genesis-centre.ca/venue)
- Phone: 403-930-6185 (ext. 113)
- Email: [bookings@genesis-centre.ca](mailto:bookings@genesis-centre.ca)

# COMMUNITY Genesis Centre



**TOP TO BOTTOM:** The Genesis Centre gymnasium; indoor field house; community meeting room.

## North of McKnight Community Hub

The Genesis Centre is one of six City of Calgary recognized Community Hubs. Community Hubs are welcoming neighbourhood gathering places that local residents visit to connect with each other and their community. They are places to relax, chat, meet up or work. Community Hubs provide residents with a central access point for a range of health and social services. This includes social, cultural, recreational, and green spaces that promote a strong and vibrant community.

## Drop-in & Memberships

The Genesis Centre opens its facility spaces for monthly and annual members to utilize during dedicated drop-in times. Rates are based on type of membership and age. For a full listing of our drop-in and membership rates, as well as our drop-in calendar, please visit [www.genesis-centre.ca/drop-in](http://www.genesis-centre.ca/drop-in).

## Fee Assistance

Families who qualify for the City of Calgary Fair Entry program are eligible to receive a subsidized Genesis Centre Family Pass (50% off the regular rate). Those wishing to make use of this program must first acquire a “Fair Entry” approval letter from the City, which can be found on the City of Calgary website.

## Attention AdvertisERS!

Genesis Centre offers a range of different advertising options for business to promote their products and services to the 2.2 million annual users of the Genesis Centre. Our media kit outlining demographics, options, and rates, can be downloaded at <https://genesis-centre.ca/wp-content/uploads/2022/12/GC-MediaKit-2023.pdf>.

## Programs

The Genesis Centre is proud to partner with the following community agencies to provide free programs and services to the community:

### Active Adults

Anyone 18+ is welcome to join this free program including exercise classes, open walking, and other benefits including blood pressure testing and an on-site nurse. Must be registered. Sign up on-site at the mosaic table outside Field House 1.

- Monday - Thursday 9am - 4pm, Friday 9am - 12pm. Field House 1 and track.

### Active Toddlers

A space for caregivers and toddlers to come play and enjoy many fun activities including bouncy houses, parachutes, balls, toys, mats, and more on a drop-in basis.

- Monday - Thursdays 10:00am-2:00pm. Field House 1.

### YouthPlay

Free drop-in for youth under 18. Supported by Saddle Ridge Community Association.

- Monday - Thursday 11:30am - 2pm. Any open playable facility space.

### Best Beginnings

Class-based program for expecting moms or new moms.

- Wednesdays 12-3:30pm in the multipurpose rooms (A is the class and B is the child minding).

Emergency Food Hampers: Emergency Food Hampers for those in need. Recipients must register in advance at [www.calgaryfoodbank.ca](http://www.calgaryfoodbank.ca).

## CONTACT INFORMATION

### GENESIS CENTRE (NECCS)

(403) 590-2833 | [info@genesis-centre.ca](mailto:info@genesis-centre.ca)

[www.genesis-centre.ca](http://www.genesis-centre.ca)

 @GenesisCentreYYC

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### SADDLETOWNE YMCA

(403) 237-2393

[www.ymcacalgary.org](http://www.ymcacalgary.org)

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### SADDLETOWNE LIBRARY


Centralized Info: (403) 260-2600

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

 @calgarylibrary

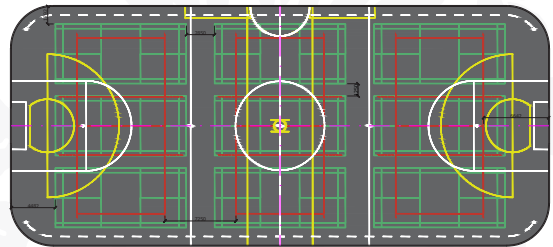
 @calgarylibrary

 @calgarylibrary

The **Genesis Centre** is also home to the following Community Associations: Saddle Ridge, Martindale, and Taradale Community Association. For community association-related inquiries, please contact our central info line at **403-590-2833** or [info@genesis-centre.ca](mailto:info@genesis-centre.ca) or speak with a representative at the front desk. 



## Upcoming Field House Closure: Fall 2023



IMAGES: Schematics of Field House 2 with pulastic flooring.


We would like to inform you that our two field houses will be closed for renovations and maintenance from August 8 to mid-October. During this time, we will be taking the necessary steps to improve the quality of our facilities and provide you with an even better experience when we reopen.

The decision to upgrade our facilities was driven by the evolving needs of our community, as well as our commitment to providing high-quality services to our clients. We understand that our clients expect nothing but the best from us, and we are dedicated to meeting and exceeding those expectations. Additionally, regular maintenance upgrades are required to ensure that our facility is always in top condition.

We are excited to announce that as part of these renovations, we will be upgrading both of our Field Houses. Field House 1 will have artificial turf for the Fall/Winter seasons (October-March) and a concrete pad for the Spring/Summer Season (April-September) which is currently in Field House 2, providing you with a more comfortable and consistent playing surface. Field House 2, on the other hand, will have a new pulastic flooring that is designed to reduce the risk of injury while providing excellent traction. The flooring in Field House 2 will

be comparable to those used in our Community and Feature Gymnasiums. Both fields will also have 8-foot boards, compared to the original 4-foot boards. This will provide more containment for equipment and make for a more enjoyable playing experience. The outer area of the boards will also be made of glass. Thus, creating a quality viewing experience for those enjoying from outside the Field Houses.

We understand that this may cause some inconvenience for our clients, and we apologize for any disruption this may cause to your plans. However, please note that the rest of our facility will remain open during this time. You are welcome to continue to enjoy our other amenities. We are confident that the upgrades we will be making during this time will be well worth the wait.

We encourage you to follow us online for updates and progress reports on our social media pages and website. Thank you for your understanding and continued support. We look forward to welcoming you back to our improved facilities soon. 

[www.genesis-centre.ca](http://www.genesis-centre.ca)

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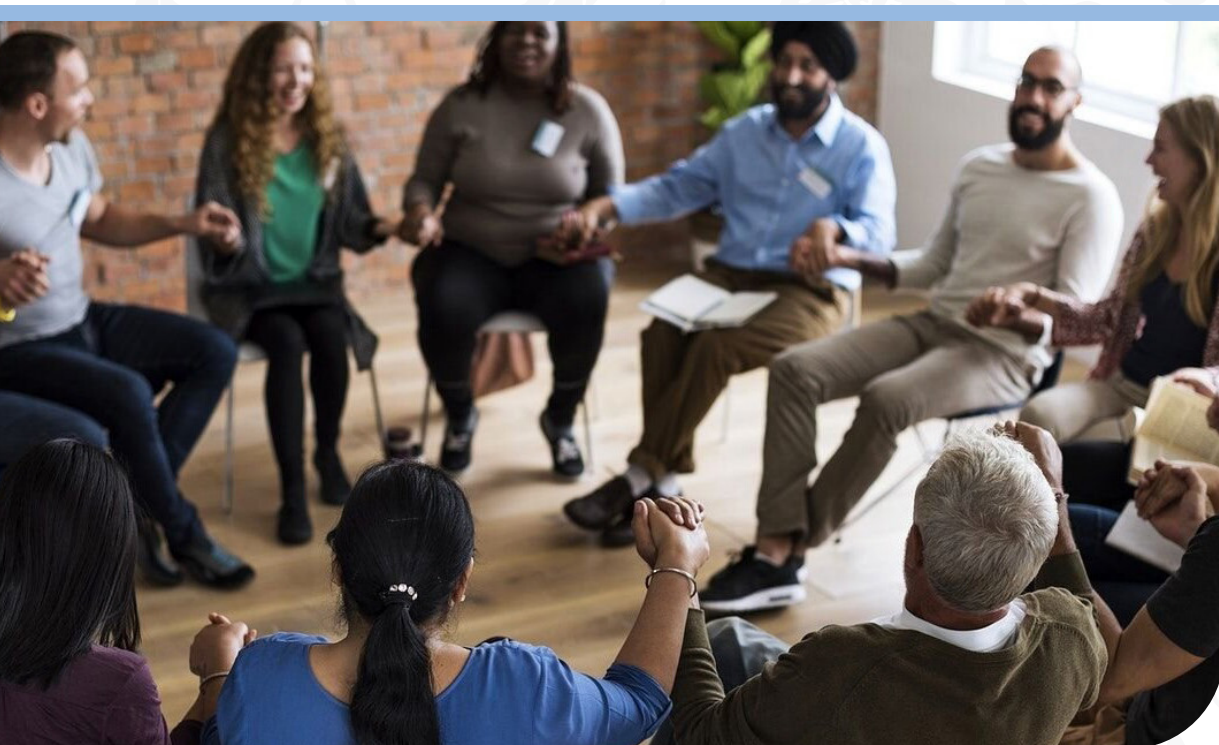
**TV**



## Northeast Addiction and Mental Health (NAM) Centre for Holistic Recovery

NAM is a community based registered charity that provides licensed residential and outpatient addiction treatment services in Calgary using a therapeutic community approach to recovery, with special attention to south Asian communities. NAM was founded by Dr. Harbir Singh Gill, a certified addiction medicine specialist, trauma therapist, and family physician.

Our Mission is “Holistic Recovery for all”. Our programs are tailored towards South Asian communities who experience social barriers to accessing mainstream services, largely due to language and cultural barriers thereby increasing inequitable differences in access to culturally appropriate mental health and addiction services.





## Programs and Services

*All programs and services are available in English and Punjabi.*

### Personalized Recovery Program (PRP)

- Medically supervised drop-in day program that creates personalized recovery programs, particularly for those that struggle with regular crisis and are unable to attend appointments on time.

### Intensive Outpatient Program (IOP) Level 1 and 2

- Participants learn about common elements of holistic recovery and gain practical tools that can be used to increase awareness, decrease stress, and help them move through obstacles blocking their recovery.

### Intensive Family Support Program (IFSP)

- An innovative program for families/friends where they learn how to function as a therapeutic community of being for their loved ones.

### Residential Treatment Program

- NAM offers residential treatment programs for individuals struggling with addiction to support them on their recovery journey.

### Recovery Counselling and Coaching

- Although one-on-one counselling is available, clients derive the most benefit by participating in various complementary programs.

### Recovery Groups

- NAM offers various facilitated group therapy programs where patients support each other through their experiences.

### NAM Academy Online

- Our YouTube channel “NAM Recovery” has 100+ videos (in English and Punjabi) for patients and families and include skills and knowledge to support ongoing recovery efforts at your own pace.

## Cost

All programs and services are free of cost except for the Residential Treatment program which is highly subsidized.

## For more information, contact us at:



**Franklin Atrium – North Entrance**

**Unit 215N – 3015, 5 Avenue NE**

Calgary, AB, T2A 6T8

587.777.4722 | [info@namrecovery.com](mailto:info@namrecovery.com)

[www.namrecovery.com](http://www.namrecovery.com) 

 [@namrecovery](https://www.instagram.com/namrecovery)

 [NAM Recovery](https://www.youtube.com/NAMRecovery)

# Dashmesh Culture Centre



## Our Services

### DCC Food Bank

The DCC food bank provides essential foods for families and individuals. Our Food Hampers generally include breakfast items (cereal, pancake mix, milk), canned food items (beans, lentils, sauce, soups, veggies, etc.), dinner foods (Kraft Dinner, pasta, etc.), kids' snacks, and hygiene products (soap, toothpaste/toothbrushes, pads, tampons, etc.). DCC Food Hampers are available for pick up and delivery.

### No Hungry Tummy Hot Meals

The No Hungry Tummy initiative is a service that provides fresh Hot Meals containing Flat bread, lentils, and rice pudding. Hot meals are served at Dashmesh Culture Centre and are available for delivery.



## Food Hamper & Hot Meal Requests

### Delivery

To request a Food Hamper delivery, please email [food@dashmesh.ca](mailto:food@dashmesh.ca) and we will get back to you within 24 hours.

#### In the email, include:

- How many people are in the household.
- Any dietary restrictions.
- If any hot meals are required.

*\*Deliveries are made from Friday to Sunday.\**

### Food Hamper & Hot Meal Pickup

We are open Monday to Sunday, from 12 PM to 4 PM.

#### Our address for pickup is:

135 Martindale Blvd NE,  
Calgary, AB  
T3J 2X5

# Mata Sahib Kaur Ji Women and Children's Transitional Housing

In 2020, Dashmesh Culture Centre was successful in acquiring properties located at 198, 202 and 206 Saddleback Road NE from the City of Calgary. On this site Dashmesh Culture Centre will develop a 62 unit Women and Children's Transitional Housing Project. The mission and vision of the project is to provide a safe environment to support individuals, families and communities to live free of violence and abuse. Through strategic partnerships with service providers, individual and corporate sponsors and all levels of government, our goal for project is to provide a safe facility/environment for women and children to seek the protection they require and receive the help and guidance to have a bright future.



We believe it is every human's right to live without fear of physical and emotional abuse. In partnership with our community, we would like to empower and support women and children to move beyond violence and abuse through the safety of transitional housing, education and outreach services.

This Development is much needed in the NE quadrant and will serve families off all communities, faiths and backgrounds. This project is strategically located close to Saddletowne Circle, Saddletowne LRT station, schools, Genesis Centre and also Dashmesh Culture Centre. We are proud to partner with Gracorp and Graham Construction for development of this project. Construction will commence in spring of 2023 ill a completion date of fall 2024.

PROJECT  
PARTNERS



GRACORP

**GRAHAM**



Rick Balbi Architect Ltd.



**For more information** on our projects and food security initiatives please visit [www.dashmesh.ca](http://www.dashmesh.ca) or email [info@dashmesh.ca](mailto:info@dashmesh.ca).

If you would like to support our Mata Sahib Kaur Ji Women and Children's Transitional Housing Project or DCC Food Bank through donations, please visit in person at 135 Martindale Blvd NE, or via e-transfer at [donate@dashmesh.ca](mailto:donate@dashmesh.ca). 🌸





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- LACROSS
- PICKELBALL
- SOCCER
- TABLE TENNIS
- VOLLEYBALL

### FACILITY SPACES

- COMMUNITY GYM
- FEATURE GYM
- FIELD HOUSE 1 & 2
- MULTI-PURPOSE ROOMS (MPR) A & B





# Summer Update

## Community and Alley Cleanups

Ward 5 team will be at the Genesis Centre Common Area on the last Friday of every month from 11 am to 3 pm. Please stop by and share your concerns and suggestions with us.

As part of a bigger effort to clean up our neighborhoods, **Ward 5 “Adopt an Alley”** is back for another year. Ward 5 is the only Ward that gets this service and we hope this project will help alleviate the garbage in back alleys. For a list of items accepted and not accepted, please visit: [www.calgary.ca/communities/community-cleanup-items.html](http://www.calgary.ca/communities/community-cleanup-items.html)

Additionally, Community Associations in partnership with the City of Calgary organize community cleanups at central locations within the community to help residents get rid of residential garbage. To see when the next community cleanup is in your neighborhood, please visit: [www.calgary.ca/communities/community-cleanups.html](http://www.calgary.ca/communities/community-cleanups.html)

## Branching Out Tree Program

Calgary’s tree canopy coverage is currently at 8.25% while Ward 5 has the lowest amount compared to other wards. The City of Calgary is working to expand this by providing free trees each year through the **Branching Out Tree Program** through which 500 trees are allotted to each quadrant. This year we had a very successful response and all the trees were taken within minutes of this program opening up online.

This will be back in Spring of 2024 so mark your calendars if you are interested. More info, visit [www.calgary.ca/parks-rec-programs/nature/tree-giveaway.html](http://www.calgary.ca/parks-rec-programs/nature/tree-giveaway.html)

## Community Summer Programs

The City of Calgary offers a wide variety of free, exciting and special programs & events throughout the summer that cater to children, youth, families and older adults. Outdoor programs and events are weather dependent.





In Ward 5, the **Park n' Play** for ages 6 to 12 years and the **Stay n'Play** for ages 3 to 5 years will be offered at the following schools playgrounds:

- **July 10-14 / Taradale** – Ted Harrison School, 215 Taravista Way NE
- **July 17-24 / Martindale** – Crossing Park School
- **July 24-28 / Falconridge** – Falconridge School, 1331 Falconridge Dr. NE
- **August 8-11 / Saddle Ridge** – Saddle Ridge School, 368 Saddlecrest Blvd. NE

To learn more or to register, please visit [www.calgary.ca/free](http://www.calgary.ca/free) or contact **311**

Please continue to send in your ideas and concerns as you see things in the Ward. Do you have a suggestion for a community garden or an art project? Improvement to

a current park or pathway? How can we help our Ward become greener with more trees?

The QR code will direct you to our office email where you can send us your queries and concerns. You can also email us directly at [ward05@calgary.ca](mailto:ward05@calgary.ca) or call **403-369-9537**. 🌸

**Raj Dhalwal**  
Councillor Ward 5,  
City of Calgary



**MOVING WARD 5 FORWARD | [www.rajyyc.ca](http://www.rajyyc.ca)**



rajdhaliwal\_yyc



@RajDhalwal\_YYC



Raj Dhalwal





## Genesis Centre Active Living Program Providers

### **Alberta Tunisian Association (ATA) Soccer**

info@albertatunisianassociation.ca  
www.albertatunisianassociation.ca

### **All Canadian Karate Union**

jbray@acku.org • (403) 232-0228  
www.acku.org

### **Best Beginning**

www.birthandbabies.com/best-beginning-program

### **Calgary Bengal Tigers SC**

cbengaltigers@gmail.com • (403) 804-1747 • (403) 554-6426  
www.calgarybengaltigers.ca

### **Calgary Hornets Lacrosse**

hornetslacrosse.com

### **Calgary Junior Table Tennis Association**

calgaryjitta@gmail.com  
www.cjtta.com

### **Calgary Knights Lacrosse**

registrar@calgaryknightslacrosse.com • (403) 568-3573  
www.calgaryknightslacrosse.com

### **Calgary Minor Soccer Association (CMSA)**

info@calgaryminorsoccer.com • (403) 279-8686  
www.calgaryminorsoccer.com

### **Calgary Northeast United (CNEU) FC**

info@cneu.ca • (403) 585-7500  
www.cneu.ca

### **Calgary Roller Hockey**

www.calgaryrollerhockey.com

### **Calgary Sport & Social Club**

info@calgarysportsclub.com • (403) 244-7529  
www.calgarysportsclub.com

### **Calgary United Soccer Association (CUSA)**

info@cusa.ab.ca • (403) 270-0363  
www.cusa.ab.ca

### **Calgary Women's Lacrosse League**

womenslacrosseyycc@gmail.com  
www.calgarywomenslacrosse.com

### **Calgary Women's Soccer Association (CWSA)**

office@mycwsa.ca • (403) 720-6692  
www.mycwsa.ca

### **Dodgeball Calgary**

info@dodgeballcalgary.com  
www.dodgeballcalgary.com

### **Kshatriya Badminton Academy**

kshatriyabadmintonacademy.ca  
kbaamit@gmail.com • (587) 225-7786

### **Legacy Academy**

legacyacademysports@gmail.com  
www.legacyacademysports.com

### **Lions Soccer Club**

(403) 607-0751 / (403) 432-6666  
www.lionssoccer.ca

### **Little Kickers**

mpalma@littlekickers.ca • (833) 444-5425  
www.littlekickers.ca

### **Nachda Punjab Bhangra Academy**

(403) 835-8963  
www.bhangracalgary.ca

### **North Calgary FC**

www.northcalgaryfc.com

### **Pre-Kindergarten Educational Services**

register@prekindergartened.com  
www.pre-kindergartened.com

### **Soccer Elite Academy**

calgary@soccereliteacademy.ca • (403) 771-5399  
www.soccereliteacademy.ca

### **Spartans Soccer Club & Academy**

spartanfcainfo@gmail.com  
www.spartanssoccerclub.com

### **Team Rise Collective Inc.**

info@riseup-hoops.com  
www.riseup-hoops.com

### **The Hills Women's Soccer**

thehillssoccer@gmail.com

### **UMOJA Community Mosaic**

office@umojamosaic.org • (403) 764-5234  
www.umojamosaic.org

### **United FHC Calgary**

unitedfhccalgary@gmail.com • (403) 973-1012 • (403) 667-2524  
www.ufhc.ca



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