

# February 2012

## Events Calendar & Newsletter



### Shift Calgary

Calgary Cares Centre  
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 Shift Line: (403) 237-8171  
 Email: info@shiftcalgary.org  
 Web: www.shiftcalgary.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>HOURS:</b> Monday-Friday 8:30-12:30 & 1:30-4:30 * Evening Appointments available by request Mondays closed for drop-in but phone support is available			1 1030-1130 Yoga	2	3 830-1130 Acupuncture by appointment 2-330 Safeworks	4
5	6	7 2-4 Healthy Sexuality Group	8 1030-1130 Yoga 2-4 Crafts	9	10 11-1230 Creative Writing Network 1pm Friday Lunch	11
12	13	14 930-1130 Massage by apt. 2-4 Healthy Sexuality Group	15 9-1230 Shifting Perspectives 1030-1130 Yoga	16 1230-430 Alex Health Bus	17 930-1130 Acupuncture 2-330 Safeworks	18
19	20 <i>Family Day—                      Agency Closed</i>	21 930-1130 Massage by apt. 2-4 Healthy Sexuality Group	22 1030-1130 Yoga 2-4 Movie	23	24 1pm Friday Lunch	25
26	27	28 2-4 Healthy Sexuality Group	29 1030-1130 Yoga 2-4 Movie Dome			



# February 2012 - Events and Services



## THE RED UMBRELLA CHALLENGE #2

Rename to Reframe the Bad Date Sheet February 1-29, 2012

Many people don't believe that the name "bad date" accurately depicts what occurs when sex workers experience violence, abuse, robbery or other violations on a "bad date". Shift is hosting a challenge to rename the bad date sheet. The winner will be selected by a panel at the end of February. They will be looking for a name that's recognizable, memorable and depicts what occurs. Submit ideas through email or in person.



## THERAPIES, ACTIVITIES & GROUPS

**Activity Afternoons 2-4pm**—Crafts Feb 8th & Movie Feb 15th

**Reclaiming Healthy Sexuality Group**—Tuesdays from 2-4pm

**Creative Writing Network**—Feb 10th from 11-1230pm

**Movie Dome**—Feb 29th—the first 5 spots are free so sign up early!

**Yoga**—Every Wednesday 1030-1130am . Yoga mats are available. No previous experience needed and registration is required

**Massage** Feb 7th and 21st 930-1130am

**Acupuncture**—Feb 3rd 830-1130am & Feb 17th 930-1130

## SHIFT ENGAGEMENT PROJECT

**Calling all those interested in sharing their stories!**

The Shift Engagement Project is a way for registered clients to become involved in Shift's programs. Volunteers will be compensated for contributing their time and expertise through a paid honorarium. Shift staff can assist you in achieving success in these two positions available:

**Blog Writers**—Write about personal experiences or on current issues related to sex work for the Shift blog.

**Shifting Perspectives Speakers**—Share your story at the Shifting Perspectives workshop and other events.

## AIDS CALGARY IS REBRANDING

AIDS Calgary Awareness Association has grown its geographical service areas to include Medicine Hat and Bow Valley (in addition to Calgary). As such, the organization is proceeding with a name change to better communicate its provision of services to this larger service area, as well as to better communicate its wide array of services. **YOUR OPINION MATTERS** ACAA Invites you to provide your feedback on this online survey: <http://ACAA-2012.questionpro.com>

## What can Shift do for you?

**Drop in Centre**—Safe space to use a phone or computer & Internet, play cards & games, read the paper, enjoy coffee, snacks & connect with peers

**Nutrition & Social Programs**—Bi-weekly Friday Lunch, Vitamins, Emergency bagged lunches, Food Bank referrals, Good Food Box & Holiday Hampers

**Complimentary Therapies**—Acupuncture, massage & yoga by appointment

**Counseling, Resources & Support**—Case management and crisis counseling is available in person or on the phone. Information and assistance accessing other services such as addiction treatment, clothing, food, emergency shelters, employment, etc. Support group sessions run throughout the year. Free female, male, non-latex condoms, lube, dental dams and gloves

**Housing & Financial Support**—Assistance with completing applications, Income tax returns & accessing programs. Information on market rental housing options, Alberta Works Income Support, AISH, CPP, etc.

**Legal Assistance**—Referrals and access for legal support, court accompaniment, and legal information. Assistance and information for completing city business licenses.

**On-Site Health Services**—The Alex Health Bus will be at the Calgary Cares Centre every 1st and 3rd Thursday of the month from 12:30-5pm. Safeworks will be here every other Friday from 2-3:30pm.

**Safer Needle Program**—The Calgary Cares Centre offers safe needle works and disposal container exchange Tuesdays to Thursdays 8:30am—noon and 1:30—4:00pm.