



CALGARY POLICE YOUTH FOUNDATION

FEBRUARY 2023 E-NEWS

SHAW BIRDIES FOR KIDS PRESENTED BY ALTALINK STARTS MARCH 1!



Once again, CPYF is a participating charity in the Shaw Birdies for Kids presented by AltaLink matching program. From March 1 – August 31, 2023, all donations made through Birdies for Kids will be matched by up to 50%, with 100% of donations going to the Calgary Police Youth Foundation.

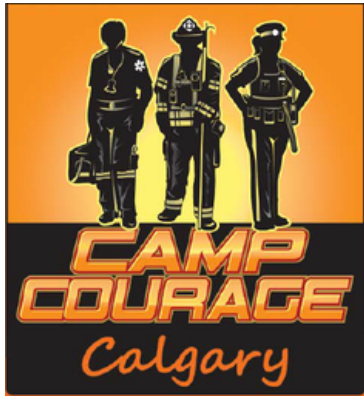
Since 2015, Shaw Birdies for Kids presented by AltaLink has raised over \$93 million and has supported over 260 charities benefitting children and youth in Alberta. We are so grateful to be part of this generous program which allows us to make an even greater impact by helping children and youth stay safe from victimisation and crime.

Donate starting on March 1st at: <https://shawcharityclassic.com/charity/>. Already a monthly donor and want your donation to be matched by Birdies for Kids? Send us an email at CPYF@CalgaryPolice.ca.

FEBRUARY FEEL GOOD STORY

Earlier this month, we were introduced to Marcus. Marcus is a sixteen year old boy who had recently been diagnosed with cancer. To help raise his spirits and to show him that he is not alone, CPYF partnered up with the Calgary Police Service, Raw Sports and the Calgary Stampeders to bring Marcus a special surprise. We were honored to be part of this surprise and we wish Marcus and his family all the best in the journey ahead.





APPLICATIONS FOR CAMP COURAGE CALGARY ARE NOW OPEN!

Camp dates: July 17 – July 23, 2023

Application deadline: March 31, 2023

Camp Courage Calgary is a week-long, free camp for young women, girls and gender diverse youth ages 15–18 who are interested in pursuing a career as a first responder. The camp provides participants with the opportunity to gain firsthand knowledge of what it is like to work in emergency services, while empowering them to reach their full potential through information, education, and inspiration.

Camp Courage unites guest speakers, fitness professionals and women who are currently serving as first responders to share their experiences with participants and to provide mentorship for those considering a similar career.

Camp Courage Calgary is a collaborative initiative delivered by the Calgary Police Service, Calgary Fire Department, Alberta Health Services and YouthLink Calgary. It is funded by the Calgary Police Youth Foundation and the Bridges to Brighter Futures Program, proudly supported by the Shaw Family Foundation.



Applications are now open for the 2023 camp. Interested participants will be required to meet the eligibility criteria, complete the online application, and provide at least one personal or professional reference. Visit <https://campcourage.ca/apply/how-to-apply/> for more information.



FREE SPEAKER SERIES WEBINAR ON ANXIETY IN YOUTH

Anxiety is one of the largest mental health issues affecting children and youth in our society today. In recent years, the number of young people experiencing anxiety has grown considerably and many parents and guardians feel unequipped to help their children cope.

During this free webinar, we will speak with three experts who will examine what is causing the increase of anxiety in children and youth, teach you how to recognize the signs of anxiety, and discuss strategies for how we can best support children and youth experiencing anxiety.



Our panelists will include:

- Barbara Patterson, a Registered Psychologist and private practitioner at Individuals with Differences
- Tim Sieben, a Registered Social Worker with the City of Calgary
- Sean Hall, a former teacher and Registered Psychologist, working with Alberta Health Services (AHS) in the Multi Agency School Support Team (MASST) program

We hope you can join us at this free, informative webinar and that you leave with a better understanding of anxiety in children and youth. Register today at: www.CPYFWebinar.ca to receive the link to join.



START YOUR PLEDGE PROGRAM TODAY!



Registration for the 2023 Calgary Police Half Marathon is now open! Sign up for the half marathon, 10K or 5K race and start your pledge program in support of children and youth!

All of the funds raised will help keep children and youth safe from crime and victimisation through CPYF funded programs, and we have some great prizes available for the top three team and individual pledge earners.

Learn more and sign up today at: <https://calgarypolicehalf.ca/>



MONTHLY CPYF BOUQUETS

Thank you to our friends at **Burnet, Duckworth, and Palmer LLP** for providing the Calgary Police Youth Foundation with pro-bono legal services. Your knowledge, experience and expertise are invaluable to our organization, and we sincerely appreciate your ongoing support. This gift of time and talent enables us to channel essential charitable dollars into Programming intended to keep children and youth at risk of crime and victimisation safe, today, tomorrow, and always.



Children and youth in CPYF Funded Programs (L-R: Calgary Police Cadet Corps, Bridges to Brighter Futures & Power Play)

Thank you to our friends at **Corus Entertainment** for being our official CPYF media partners! By sharing our stories with your audience, you are helping to support children and youth in our community, keeping them safe from victimisation and crime. Thank you for your ongoing support!



BRIDGES TO BRIGHTER FUTURES



Coming Up in 2023:

Our Bridges to Brighter Futures Program would not be possible without the funding provided by Shaw Family Foundation. Thanks to their generous gift, CPYF is able to partner with the Calgary Police Service to host a variety of community engagement events and initiatives.

All of these initiatives provide the opportunity for children, youth and their families to positively interact with members of the Calgary Police Service in their own neighbourhoods, helping to break down barriers between community members and police.

This year, we have many Bridges to Brighter Future initiatives planned, some of which are listed below:

- An **Easter Egg Hunt** for visually impaired children and youth hosted by CPYF, the Calgary Police Service Tactical Unit and the Canadian National Institute for the Blind (CNIB)
- **Bike Safety Day**, which provides select students with a brand new bike and helmet while learning how to ride safely with members of CPS District 8
- A fun holiday shopping spree, known as **Operation Empowering Youth**, which provides children and youth with the opportunity to shop with an officer with a mall gift card provided by CPYF
- Our annual **Holiday Hamper Campaign**, which provides 1,000 children and youth with a hamper stuffed with food, personal care items, books, toys and more during the holidays
- Our annual **Backpack Drive**, where 1,000 Indigenous and marginalized students will receive customized backpacks full of school supplies and healthy snack to start the school year off on the right foot

