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**We Need You! Contact Us To Volunteer
And Get Involved In Your Community.**

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Community Resources for Vulnerable Citizens

Calgary Alpha House Society provides support to men and women whose lives have been impacted by alcohol and other drug dependencies. Their work positively impacts Calgary communities by providing help to vulnerable citizens. In doing so, we divert individuals away from unnecessary uses of health care, criminal justice, and emergency systems by building relationships and connecting clients to more appropriate resources. Some of Alpha House's resources are listed here. We encourage you to use them where appropriate.

Join us in creating community for everyone.

HELP (formally the DOAP Team)

403-998-7388
24/7

Non-emergency number for individuals on the street needing assistance.

Needle Response Team

403-796-5334

Monday to Friday, 8:00 am to 6:00 pm

Mobile unit cleaning up needle and needle debris on public and private property.

Encampment Team

403-805-7388

Monday to Friday, 8:00 am to 4:00 pm

Mobile unit assisting individuals who are sleeping in camps outside.

OUR VISION: We will be a safe community with established programs and facilities, committed volunteers, and we'll be financially stable.

OUR MISSION: To enhance the quality of life in Deer Ridge for today and the future by establishing and fulfilling the common goals, needs and interests of our community.



Good Food Box

Do you find yourself cringing every time you go through the checkout line with fresh fruits and vegetables? Wondering how to keep your table stocked with healthy, fresh produce without breaking the bank? The Good Food Box might be exactly what your family needs!

The Good Food Box (GFB) is a local initiative that makes it easy and affordable for anyone—regardless of income level—to purchase a variety of fresh, high-quality produce on a regular basis. The food is sourced straight from farmers and wholesalers, ensuring top-notch freshness.

Each box includes a mix of in-season fruits and vegetables, which means you'll receive fresh, flavourful produce at its peak—and the contents change with the seasons, offering variety with every order. For more details, visit: Good Food Box — Community Kitchen Program of Calgary at ckpcalgary.ca.

To place your order, just call Emma at 403-278-8263 before the monthly order deadline and choose the box size that fits your needs. Your order will be delivered to the Fish Creek United Church (77 Deerpoint Rd SE) for pickup.

Need a little inspiration for your fruits and veggies? Check out quick, family-friendly, and delicious recipe ideas here: <https://www.ckpcalgary.ca/recipes>.

Small Box	\$35	20 to 25lbs* of fruits and vegetables
Medium Box	\$40	25 to 30lbs* of fruits and vegetables
Large Box	\$45	35 to 40lbs* of fruits and vegetables

*Please note weights are approximate and will vary depending on produce size and density. Each box contains the maximum content to ensure every client gets the most value for the price.

Order By Date	Pick Up Date
July 14	July 23
August 11	August 20

To place your order or arrange pick up, please contact Emma at 403-278-8263, at Fish Creek United Church, 77 Deerpoint Rd SE.

Community Gardens



The Deer Ridge Community Garden will be growing into our 14th season in 2026. We are looking forward to another great harvest, seeing all the returning gardeners, and meeting new gardeners this season.



Fireworks

Out enjoying fireworks on Canada Day? Did you know that fireworks originated in China over 2,000 years ago? Ancient firecrackers came to be when bamboo stalks exploded after being thrown into firepits.



MESSAGE FROM THE BOARD

Summer is here! Whether you plan on enjoying some Stampede Breakfasts right here in the city or have vacations/staycations planned, there's a lot of exciting things to do this summer! Check out some of the activities that we have planned right here in Deer Ridge and neighbouring communities!

Stampede Caravan Breakfast at Deer Valley Mall July 11

The Calgary Stampede Caravan Committee provides free breakfasts, entertainment, and western hospitality all over Calgary in July. It will be making a stop right here in the Deer Valley Mall parking lot on Saturday, July 11 from 9:00 to 11:00 am. Our own Deer Ridge Community Association will be there with crafts and games. Come by for some pancakes and two-stepping!

Volunteers Needed

Want to make a real difference while having fun, meeting great people, and creating lasting memories? Volunteering is one of the best ways to get involved in your community and help make it an even better place to live! Whether you're a student looking to gain valuable experience, a professional hoping to build new skills and connections, or a retiree looking to stay active and engaged, there's a place for everyone! Volunteers help bring exciting events and programs to life, like our skating parties, fundraising casinos, neighbourhood cleanups, rink maintenance, community gardens, and Movie in the Park! Along the way, you'll make new friends, strengthen your leadership and teamwork skills, boost your resume, and experience the satisfaction of knowing you've made a positive impact. Every volunteer contributes something unique, and together we create the vibrant, welcoming community that makes our neighbourhood such a special place to call home! Please email DeerRidgeCA@gmail.com for more information.

Pickleball At the Rink

Fans of pickleball will be able to enjoy some games this summer at the Deer Ridge pleasure rink! A new net has been installed this spring so come out and enjoy some sun while getting a few games in this summer!

Park and Play

For children aged 6 to 12

These free and supervised day camp programs help children make new friends, learn, and play. Games and activities are designed to encourage them on their path

to healthy and active lifestyles and include large field games, crafts, and engaging guest speakers. This will take place at the Queensland/Diamond Cove Community Centre (649 Queensland Drive SE) from July 27 to 31 and at Deer Run School (2127 146 Avenue SE) from August 10 to 14. Programs run Monday to Friday. Sign up on site. Walk ups will be accepted on a first come, first serve basis. For more information, please visit calgary.ca/free or call 3-1-1.

Movie in the Park August 8

Our annual Movie in Yellow Slide Park will be taking place on Saturday, August 8 from 5:00 to 10:00 pm. Join us for free food, games, fun, prizes, and of course, a great movie! We will be collecting donations for the Calgary Food Bank so please bring non-perishable food items for your chance to win great prizes! We are also looking for volunteers who could help out with this event so if you are interested, please connect with us at DeerRidgeCA@gmail.com.

Casino Volunteers Needed

Our major fundraising casino will be held on Tuesday, August 25 and Wednesday, August 26 at the Deerfoot Inn and Casino.

Volunteers are needed to fill various positions. Day shifts are 11:00 am to 7:30 pm. Evening shifts are 7:00 pm to 3:30 am. Count room is 11:00 pm to 3:30 am.

This is a great opportunity to meet your neighbours and help ensure AGLC funding is available to the community for facilities and programs such as ice rinks, tennis court, replace aging playgrounds, youth programs, and special events like Family Skate Days and Movie in the Park.

Training is provided and meals are no expense to the volunteer. Transportation is available if needed.

Please contact us to volunteer at DeerRidgeCA@gmail.com.

Deer Run Cleanup and Waste Disposal September 20

Our neighbours in Deer Run will be having their free 16th Annual Cleanup and Waste Disposal event on Saturday, September 20 from 9:00 am to 1:00 pm (must be in the lineup by 1:00 pm). Located at the Deer Run Community Centre (2223 – 146 Avenue SE), the following items will be accepted: household and construction waste, metal, appliances, electronics,

BBQ's, bikes, car batteries, and propane tanks (disposal fees based on weight). The following items are not accepted: tires, household chemicals, liquids, oils, paint, freon appliances, glass, garden waste, recyclables, and commercial waste. Volunteers are needed to help make this a successful event. Please call 403-278-3117 or visit www.deerruncalgary.com to sign up online.

Summertime Meeting Recess

The Board takes a recess from meetings during July and August, but community work continues! You will see your Board members out and about at all the community events, and we look forward to seeing you. We wish you a very happy and safe summer!



BRAIN GAMES SUDOKU

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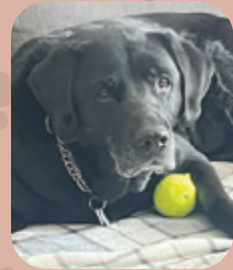
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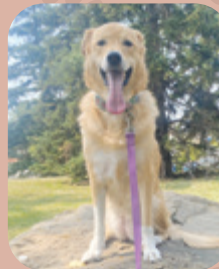
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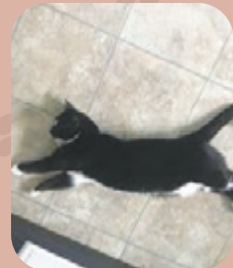
Holly, Millrise



Kabuki, Bridgeland



Mochie, Acadia



Oreo, Acadia

To have your pet featured, email news@mycalgary.com

Deer Ridge Sign Gets a Facelift



The Deer Ridge sign on Deer Ridge Drive was able to get a nice refresh in May. A new frame was built and fastened to the cross beams. New wood pieces were added to the face of the sign. The letters were re-used (all but the “e” at the end of Ridge, which was replaced at the end of the month). The sign was repainted and additional trim was added. Many thanks to Bob and Eric for their work in giving this sign a much-needed facelift!

Deer Ridge
Community Association

Fundraising
CASINO

OUR COMMUNITY.
Stronger Together.

Tuesday
AUGUST 25

Wednesday
AUGUST 26

DAY SHIFTS 11AM – 7:30PM

EVENING SHIFTS 7PM – 3:30AM

COUNT ROOM 11PM – 3:30AM

★ **TRAINING AND MEALS PROVIDED!** ★

Location:
★ **DEERFOOT INN & CASINO** ★

Contact us to volunteer at:
DeerRidgeCA@gmail.com

Word of the month

Zephyr: noun (zeh-fur)

A light, gentle, or mild breeze. During the summer months, we may experience a gentle zephyr blowing in.





Community Association

Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

Membership Request / Renewal Form

Deer Ridge Community Association memberships are available online at www.DeerRidgeCA.com/Membership/ or you may send this form along with a cheque payable to: **Deer Ridge Community Association.**

The Deer Ridge Community Association membership fee is \$15.00 per household and two membership cards will be mailed to you upon receipt of payment. Your membership also grants you Deer Ridge CA voting privileges at the AGM. We invite all Deer Ridge residents to actively participate in the decisions that shape our community. For volunteer opportunities, please visit www.DeerRidgeCA.com/volunteer/



Deer Ridge Community Association Membership 2025 – 2026

First Name: _____ Last Name: _____

Additional family members: _____

Address: _____

Postal Code: _____ Phone Number(s): _____

Email: _____

** Please note that your email address will be added to our electronic mailing list and used for notifications of upcoming community events, information, and volunteer opportunities. We use Mailchimp.com to manage subscriber email.*

Thank you for your support!

Deer Ridge Community Association
Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7
Tel: 403-606-7331 | Email: DeerRidgeCA@gmail.com | Website: DeerRidgeCA.com
Facebook: [Deer Ridge Community Association](https://www.facebook.com/DeerRidgeCommunityAssociation) | X (Twitter): [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)



FREE EVENT!

MOVIE

In The

PARK

AT YELLOW SLIDE PARK

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FREE FOOD!



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We can't wait to see you there!



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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.

Outdoor Fire Safety

by *The City of Calgary*

As we enjoy the warm summer months, the Calgary Fire Department would like to remind you to take some measures to prevent outdoor fires and keep your loved ones and property safe. Our summers are becoming hotter and drier, increasing the potential for outdoor fires and wildfires.

Always check if a fire ban or fire advisory is in place before starting a fire. They are issued to inform citizens of conditions that pose a moderate to high fire risk, such as major wind events, unusually dry conditions, or hot temperatures. Each advisory or ban will include a list of prohibited fire types including fire pits, barbecues, and other forms of open flames.

To help reduce your outdoor fire risks:

- Never extinguish cigarettes in planters, peat moss, lawns, or gardens.
- Use fire pits, outdoor fireplaces, wood-burning ovens, and chimeneas properly.



- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune tree branches within two metres of the ground.
- Plant new trees at least three metres apart.
- Assess hazards within 1.5 metres of the home, including debris, trees, and other structures.

Visit calgary.ca/firebans for more information.

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Councillor, Ward 14
Landon Johnston
 ✉ ward14@calgary.ca
 ☎ 403-268-2430
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 📷 @Ward14LandonJohnston

Hello Neighbours!

We're already halfway through 2026! Springtime means a lot is going on within our beautiful and thriving city. Warmer weather means increased pedestrians, cyclists, and motorcyclists. Construction will be predominant within our communities, as well as workers beginning to fix potholes, trim trees, cut grass, and clean our streets. A reminder to be aware of your surroundings and share the road. Together we can make sure everyone returns home safely!

Stampede and summer festivities have already started within our beautiful communities. We want to send out a special thank you to our Community Associations and volunteers for taking the time to host these amazing events. Without our volunteers, events such as these would not be possible!

We are looking forward to continuing to work with our fellow residents. Stay tuned for our upcoming Ward 14 webpage and be sure to check in on my social media pages for updates at this time.

Contact Our Office

General inquiries: Ward14@calgary.ca.

Community information and events: CLWard14@calgary.ca.

Following up on an issue?: CAWard14@calgary.ca.



MLA Calgary - Fish Creek
Myles McDougall
 7 – 1215 Lake Sylvan Drive SE
 ✉ Calgary.FishCreek@assembly.ab.ca
 ☎ 403-278-4444 | 📷 MLAFishCreek
 📱 MylesMcDougallYYC | 📷 MylesYYC

I would like to congratulate the class of 2026 from Centennial High School! Graduating high school is an amazing milestone and I wish you all the best of luck on your future endeavours. I would also like to congratulate all the K to 11 students for successfully completing the 2025 to 2026 school year! I hope you will all enjoy your summer, whether it is working at your summer job, enjoying the various community lakes and Fish Creek, or vacationing with your families.

I would also like to recognize all CBE and CSSD teachers and school staff for your hard work throughout the school year. I hope you have a relaxing summer!

I plan to participate in many of the events being held in our constituency over the summer, and I look forward to visiting with as many of you as I can.





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