

◆ SBC Newsletter ◆



Quote

"The best way to find yourself is to lose yourself in the service of others."

— Mahatma Gandhi



Agency Closure

- September 7, 2026 (Monday) - Labor Day
- September 30, 2026 (Wednesday)- National Day of Truth and Reconciliation Day

Reminder

Please remember to make the [appropriate changes with your transportation bookings for this closure.](#)



Staff Anniversaries

Justin K @ 7 Years

Susano @8 years



Welcome new client

Mian Khan (Qasim)



Message from CEO

September brings meaningful opportunities for the Springboard Centre family to celebrate, reflect, and come together. As we recognize Labour Day, we extend our sincere appreciation to our dedicated employees whose hard work, compassion, and commitment make a difference every day in the lives of the individuals we serve. Your contributions remain at the heart of everything we accomplish.

This month, we also look forward to our Annual Family Day, a special tradition that brings together our families and staff for a wonderful time of fellowship, laughter, and connection. It reminds us that Springboard Centre is more than a place of service, it is a community strengthened by relationships and shared experiences.

Finally, on September 30, National Day for Truth and Reconciliation, we pause to honour Survivors of residential schools, remember the children who never returned home, and recognize the importance of listening, learning, and reconciliation.

May September inspire us to continue building a community of respect, belonging, gratitude, and inclusion.

Making a Difference in Our Community

Our clients at Springboard Centre continue to make a positive impact in the community through volunteering. Our clients had the opportunity to volunteer at the Calgary Food Bank and Grow Calgary, where they contributed their time, learned new skills, and worked together to support their community.

These experiences help build confidence, independence, teamwork, and a strong sense of belonging. We are proud of our clients for giving back and showing that everyone has something valuable to contribute.





Things Happen in Calgary

**SEPT
12 - 13**

Calgary Cat Festival & Market

Contemporary Calgary, 701 11 Street SW: Enjoy a fun celebration of cats with vendors, activities, art, and opportunities to support local animal rescue organizations.

**SEPT 4
& 11**

Inglewood Night Market

10 Avenue SE & 10 Street SE: Enjoy an evening of local vendors, food, music, shopping, and community activities at this popular outdoor Calgary market.

**SEPT 9
- 13**

Spruce Meadows 'Masters

Spruce Meadows, 18011 Spruce Meadows Way SW: Experience exciting world-class show jumping, beautiful horses, entertainment, vendors, and family-friendly activities at one of Calgary's most popular equestrian events.

**SEPT 24
- 26**

Night Light

Central Memorial Park & Victoria Park: Explore a free, family-friendly evening of glowing art installations, interactive displays, projections, and live performances throughout the downtown area.

Please check the event website before attending, as dates and times may change.



Mini Mexican Quesadillas



A quick and delicious Mexican-inspired snack that is easy to make and perfect for sharing!

Ingredients

- Small flour tortillas
- 1 cup shredded cheese
- 1/2 cup cooked black beans
- 1/2 cup diced bell pepper
- 1/4 cup corn
- Salsa, for serving
- Sour cream, for serving

Directions

1. Place a tortilla in a pan over medium heat.
2. Add cheese, black beans, bell pepper, and corn to one half of the tortilla.
3. Fold the tortilla in half and cook for 2-3 minutes on each side until golden and the cheese is melted.
4. Cut into small triangles.
5. Serve warm with salsa and sour cream.

👉 **Fun Tip:** Let everyone choose their own fillings to create their favourite quesadilla!



“SPRINGBOARD HIGHLIGHTS & UPDATES” ♦

On August 4, Springboard Centre celebrated Heritage Day with a staff potluck, bringing everyone together to share delicious foods, traditions, and stories from different cultures. On August 7, clients joined in our Henna Tattoo Day, enjoying the beautiful art of henna while celebrating culture, creativity, and diversity. These special activities brought our Springboard community together and reminded us that every culture and tradition has a place at Springboard!



A Heartfelt Thank You!

A big thank you to our amazing SBC volunteers who supported our Casino fundraiser with their time, energy, and dedication. We are also incredibly grateful to our wonderful guardians and Board members for their continued support, encouragement, and commitment to Springboard Centre. Your contributions help us continue creating meaningful opportunities and a welcoming community for everyone we serve. Thank you for being such an important part of the Springboard family!



Policy- Picture/Media

All clients that attend Springboard must have their picture taken to be used on their file as well as identification cards used internally during programs. The client's picture may be used for in-house training and recognition as well. Any external use of pictures must have signed approval by the guardian.



“EVERY PERSON HAS STRENGTHS, ABILITIES, AND POTENTIAL. OUR ROLE IS TO HELP CREATE OPPORTUNITIES FOR THEM TO SHINE” - SBC



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About Us

Mission Statement:

SBC will assist adults with developmental disabilities to achieve meaning in their lives.

Vision Statement:

Springboard Centre is committed to assisting the individuals we serve in achieving community integration to the fullest extent of their interests and abilities.

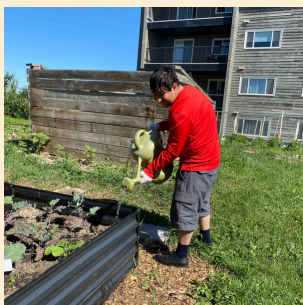
Donations:

Springboard Centre is funded primarily by the Government of Alberta, but we also rely on donations to support our programs.

You can contribute in several ways:

- One-Time Donation: Donate via cheque or through CanadaHelps.org on our website www.springboardcentre.ca.
- Monthly Giving: Set up a recurring donation through post-dated cheques or CanadaHelps.org.
- Vehicle Donations: Donate your vehicle through Donate-A-Car Canada for a charitable receipt.
- Planned Giving: Contribute through endowments, charitable trusts, or securities.

Visit our website www.springboardcentre.ca for more details.



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WE'RE ON THE WEB!
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