



SBC NEWSLETTER

February 2026 | Volume 20, Issue 02

Message from the CEO

As February unfolds, we take a moment to celebrate Valentine's Day—a time that reminds us of kindness, compassion, and appreciation for one another. At our agency, these values are reflected daily through the care, patience, and teamwork shown by our staff in supporting the individuals we serve. This season also brings Canada's Family Day, a meaningful opportunity to recognize the importance of family, connection, and balance, both at home and in the workplace.

In the spirit of togetherness and appreciation, we are also looking forward to our upcoming Annual Team Building activity. This event is designed to bring staff together in a relaxed and engaging setting, strengthening relationships, encouraging collaboration, and celebrating the collective efforts that contribute to our success. Team building is not only about having fun—it is about fostering trust, communication, and mutual respect. More details about the team-building event will be shared soon, and we hope everyone can take part. As we celebrate love, family, and teamwork this month, thank you for continuing to support one another and for making our agency a strong, caring, and connected community.

Romeo Concepcion, CEO

Valentine's Day

Welcoming new client:

- 1. Tajay (Room 5)
- 2. Muhammad (Room 1)



Staff Anniversary

- Jennielyn- 1
- Chris- 1
- Jennifer-2
- Romeo T.-12
- Paolo-17
- Martin A.-17
- Lolita- 17



Family Day

Agency Closure

February 16, 2026- Family Day

Reminder:

Please remember to make the appropriate changes with your transportation bookings for this closure.



SPRINGBOARD HIGHLIGHTS & UPDATES

MORE PICTURES FROM OUR CLIENT AND STAFF HOLIDAY PARTIES. TOO GOOD NOT TO POST.



**STAFF HOLIDAY PARTY!
KUDOS TO THE WWC GROUP FOR ORGANIZING SUCH AN AMAZING
HOLIDAY PARTY!**



Room 1 staff



Room 2 staff



Room 5 staff



WWC Members



Room 3/4 staff



Management Team



Room 6 staff

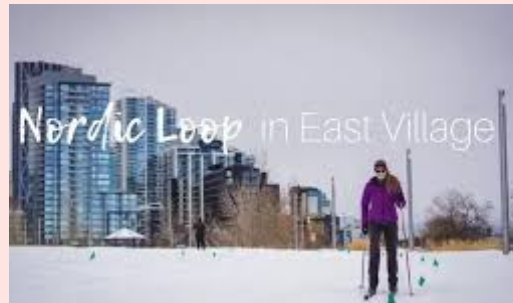
THINGS HAPPENING IN CALGARY FOR FREE

❄️ Winter Festivals & Outdoor Fun

1. 🏙️ **Chinook Blast Winter Festival** – Downtown Calgary transforms into a winter festival with free art installations, light displays, interactive activities, and cultural events all month long (usually into mid-February).

🎨 **Art Walks & Outdoor Installations** – Throughout Chinook Blast you can explore free multimedia and art spots along Stephen Avenue and East Village.

2. 🎿 **East Village Nordic Loop** – A free urban cross-country skiing trail open daily (bring your own skis).



3. 🧧 **Chinese New Year Festival** – Celebrate Lunar New Year with performances, dances, art, and cultural activities – free admission at the Calgary Chinese Cultural Centre



4. 🎵 **Family Day at Studio Bell** – Free music-themed activities and performances for all ages on Family Day.



Pro tip: Many free activities (like skating, art walks, and Chinook Blast installations) happen throughout February and are perfect for exploring at your own pace. Also check local community listings and the Calgary events calendar as details and dates for 2026 emerge

Winter Program Outings

Despite the cold that winter brings, we want everyone to continue to enjoy their activities in the community and on site at Springboard Centre. We have put some necessary precautions in place to ensure our individuals' safety. Individuals must have weather-appropriate clothing. This includes warm winter jackets, snow pants, mittens, ear muffs, hats, gloves, boots and scarves. If the outdoor temperature with wind chill is -15 degrees Celsius or colder, and in the event of severe weather warnings (extreme temperatures, wind chill, significant snowfall) and poor driving conditions (icy roads/black ice, poor visibility), all outings will be cancelled and clients will participate in onsite activities.

Policy- Reporting of Abuse

We are required by law and the term of our funding contract to report any incident of abuse. We abide by the Abuse Prevention and Response Protocol as directed the by Alberta Human Services, and the Protection of Persons in Care Act. All guardians will be informed when a report is made.

Quote for the month of February

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**IF JANUARY IS THE MONTH OF
CHANGE, FEBRUARY IS THE
MONTH OF LASTING CHANGE.
JANUARY IS FOR DREAMERS...
FEBRUARY IS FOR DOERS.**

– MARC PARENT



RECIPE TO WARM YOUR HEART

Valentine's Day Mug Cakes

Celebrate love with a quick and delicious treat! In a microwave-safe mug, mix 4 tablespoons of flour, 4 tablespoons of sugar, 2 tablespoons of cocoa powder, 3 tablespoons of milk, 2 tablespoons of vegetable oil, and a pinch of baking powder. Stir until smooth, then microwave for 1 minute and 30 seconds (or until fully cooked). Top with whipped cream or a sprinkle of chocolate chips for an extra touch of sweetness. Enjoy a warm, single-serving dessert in just minutes! Perfect for a cozy February treat.

HAPPY
VALENTINE'S
DAY ♥



Fun Fact about Valentine's day!

Valentine's Day was once associated with matchmaking lotteries—in ancient Rome, people would draw names to be paired together for the festival, sometimes even leading to marriage. Quite a jump from chocolates and roses!

The first Valentine was sent from jail. One of the earliest known Valentine messages was written by Charles, Duke of Orléans, while he was imprisoned in 1415.

Conversation hearts weren't always sweet. They originally had longer messages like "Married in white, you have chosen right" before shrinking to today's short phrases. Valentine's Day is huge for proposals. It's one of the most popular days of the year to get engaged .

In Japan, women traditionally give chocolates to friends and coworkers, and men return the favor a month later on White Day.

Cupid has Greek roots. The cherub we associate with Valentine's Day comes from Eros, the Greek god of love—who was originally depicted as a handsome adult, not a baby.



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WE'RE ON THE WEB!

WWW.SPRINGBOARDCENTRE.CA

Did You know that SBC is a charitable organization? If you or anyone you know wishes to make a donation, please contact us at 403-248-7071.

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.