

# Winter 2020 Group Registration

NAME:

ADDRESS:

PHONE:

EMAIL:

Allergies/medical conditions:

Medication for emergency use (e.g. EpiPen):

Date:

Signature:

## EMERGENCY CONTACT

**We will not accept forms without completed Emergency Contact Information**

Name (please print):

Relationship:

Home Phone:

Cell Phone:

## TRAVEL ARRANGEMENTS:

Transit:

Calgary Transit Access # (if applicable):

Driving:

Other:

**Mark your TOP THREE choices by writing 1, 2, and 3 in the boxes (1 = first choice).**

If you do not indicate more than one choice, you may not get into a group this semester. **Groups require regular attendance. You must be an active SABIS client to join or attend groups.**

- Wellness** (Tuesday mornings from 10:00 – 11:30 am) November 3 – December 8, 2020  
Wellness includes activities, choices and lifestyles that lead to optimal health and wellbeing. Using wellness as a background, we will talk about developing life skills to increase confidence and independence.
- Recreation** (Tuesday afternoons from 1:00 – 2:30 pm) November 3 – December 8, 2020  
Spend an afternoon with other survivors and be prepared to have fun! Word games and Bingo are favourite activities in this group.
- Women's Group** (Wednesday afternoons from 1:00 – 2:30 pm) November 4 – December 9, 2020  
Empower yourself! Whether you are coping with life changes, difficulties with daily tasks & maybe understanding what steps to take next on your own personal journey, there's nothing better than sharing these stories & experiences with other women who are going through these same challenges. This is a communication group. **There will be no group on November 11<sup>th</sup> because of Remembrance Day.**
- Men's Group** (Thursday mornings from 10:00 – 11:30 am) November 5 – December 10, 2020  
This is a great group for men looking to discuss any challenges they may be having in their lives. Topics in this group are open and can include well-being, relationships, and dealing with day-to-day difficulties. This is a communication group and **will be offered through the Zoom application only.**
- Art** (Thursday afternoons from 1:00 – 2:30 pm) November 5 – December 10, 2020  
Join other survivors in a fun and relaxing environment as we complete various artistic projects and learn about using creativity to improve wellness and well-being. Please note this is not a formal art instruction group.

**\*\*The DEADLINE to register is OCTOBER 23, 2020\*\***

If you have any questions, email [sabis@sabis.ab.ca](mailto:sabis@sabis.ab.ca) or call 403-521-5212 and press 5 to leave a message

## COVID-19 Safety and Protocols

Help prevent the spread. To keep other clients and our staff safe, we require that you follow current COVID-19 health measures. COVID-19 is a new kind of virus and scientists are learning more about it as time goes on. People who have it can spread it through things like coughing and sneezing. You can get it by breathing in tiny droplets containing the virus. You can also get it by touching a surface where droplets have landed and then touching your eyes, nose, or mouth. Some people may have mild symptoms or no symptoms at all and still spread the virus. Symptoms include:

- Fever
  - Cough (new cough or worsening chronic cough)
  - Shortness of breath or difficulty breathing (new or worsening)
  - Runny nose
  - Sore throat
- 
- Practice physical distancing. Keep a distance of at least 2 metres (6 feet) from others.
  - Practice good hand hygiene. Wash your hands for at least 20 seconds with soap and water after using the washroom, blowing your nose, or touching any communal surfaces.
  - Wear a mask in the building, office, and group room. No exceptions.
  - Temperature will be taken upon arrival using no-contact thermometers.
  - Cover coughs and sneezes with a tissue or your elbow.
  - Stay home if you are feeling sick or anyone in your household or care centre is sick.
  - No handshakes, hugging, or fist bumps.
  - Do not touch your face (eyes, nose, and mouth).
  - If you are feeling unwell during your time in group, please let a staff member know.
  - Access clients: It is your responsibility to have alternate transportation available if you become symptomatic while attending group. Access will not pick you up for a return trip.
  - You are legally required to self-isolate for 10 days if you develop any COVID-19 symptoms.
  - You are legally required to self-isolate for 14 days if you have returned from outside of Canada or had close contact with someone with COVID-19.

Please sign below to indicate you have read and understood the above information and agree to follow protocols when attending groups at SABIS. You can send your completed registration form and this signed form by mail or take photos and send them by email. Please send photos to [annalise@sabis.ab.ca](mailto:annalise@sabis.ab.ca)

**Due to physical distancing measures, we will have a maximum of 6 participants per group. If you do not get into a group, we will offer you the opportunity to attend via Zoom (this is an online option).**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_