



NORFOLK HOUSING ASSOCIATION

AUGUST 2023

CONTACT INFORMATION

1118 Kensington Road NW
Calgary. AB T2N 3P1

Phone: 403.270.3062

Email: admin@norfolkhousing.ca

www.norfolkhousing.ca

After Hours Emergency:
403.651.3717

OFFICE HOURS:

Monday - Friday
9:30 am - 4:00 pm

Upcoming Office Closures:
August 7

FOLLOW US ON INSTAGRAM
AND FACEBOOK FOR UPDATES,
EVENTS, AND MORE.



NORFOLK
HOUSING
ASSOCIATION

COMMUNITY ADVISORY GROUP

Join us for our quarterly meeting where residents and staff get together to discuss items of importance, community events, what's on residents minds, learn about the organization, and more.

Its a great opportunity to have your say in how we create community here together and to understand how decisions are made around repairs, leases, and other things of interest to you.

DATE: August 15

TIME: 5-7pm

PLACE: 1118 Kensington Road NW

This month Calgary Dollars will be leading the meeting and a discussion (and update) on NHA's independent Resident Wellness Study.

If you'd like to join ONLINE please email diana.c@norfolkhousing.ca

We'll have some snacks and drinks available for those attending in person!



HUB DAYS EVERY SECOND FRIDAY (FOR NOW)

For the rest of summer and early fall, we're going to test out doing Hub days every second Friday.

If you have thoughts or notice you miss the chance to come every week, please let us know. Feedback is always welcome!



the NHA hub

**FRIDAYS (SEE DATES)
NHA OFFICE, 12-4PM**

Visit with neighbours, have a coffee, enjoy some popcorn, use your computer or read a book!

Whatever you want to do, the space is yours to do it.

Upcoming Dates:

Aug 11, Aug 25, Sep 8, Sep 22



WELLNESS TOGETHER CANADA

Head to this website for support with mental health and/or addictions - they've got loads of resources all broken down for you!

<https://www.wellnesstogether.ca/en-ca>

Get the right support. Always free.



Learn

Browse free articles, videos, and more.

[Access resources](#)



Practice

Build your skills with comprehensive courses & apps.

[Discover programs](#)



Connect

Come together with others who understand your experiences.

[Get peer support](#)



Track

Check in with regular wellness assessments.

[Take the assessment](#)



Talk

Get in touch with a counsellor.

[Call now](#)

THINGS TO DO AROUND TOWN

SHAKESPEARE ON THE GO

FREE (donations accepted but not required). Performances in different spots around the city **until** August 6th.

<https://www.theatrecalgary.com/shakesgoperformances/>

TASTE OF CALGARY

Where: 4th Avenue and 9th Street

When: August 3-7

Sample foods and drinks from restaurants, food trucks, breweries and distilleries at uniquely low (sample) prices!

<https://tasteofcalgary.com/pages/menu>



CALGARY DOLLARS

NORFOLK VIRTUAL SOCIAL

Join us every Wednesday from 1:00 pm - 2:00 pm, on Google Meets, for the Norfolk Virtual Social. Meet your neighbours, share a laugh, build community, learn about the C\$ network, and receive an honorarium. Join from the comforts of your home (earn C\$60 for every 3 classes you attend)!

Join us using this link meet.google.com/yxy-wvmnset, or email programs@calgarydollars.ca for more info and a copy of the link.

CLIMATE ACTION AT NORFOLK

Did you know that you can get C\$10 every month by taking action for the climate? Email programs@calgarydollars.ca for the climate action worksheet. Complete a minimum of 5 actions each month, send in a photo of your checklist, and get C\$10! Get paid to help our planet.

SAVE UP TO \$200 QUARTERLY, ON YOUR RENT AT NORFOLK!

Did you know that Norfolk accepts up to C\$200 quarterly for rent? There are so many great ways to earn C\$, build community, and offset your costs!

C\$ is a nonprofit sponsored in part by the City of Calgary, and seeks to create a robust local economy, individual empowerment, and strong community connections.

Email programs@calgarydollars.ca for more info, or sign up at www.calgarydollars.ca