



# Calgary Adapted Hub

powered by

**Jumpstart  
Bon départ.**



## STRONGER TOGETHER Annual Report 2022/2023



# Jumpstart - State of Sport Report

Sport plays a crucial role in shaping a child's development and well-being as it increases self-esteem, fosters a healthy mind, and connects children to their communities.

However, the cost of accessing these benefits can be a barrier for many families. The solution to this crisis lies in investing in community sports in Canada, allowing all children to have access to quality sport and recreation opportunities.

- 44%** of parents say they cannot afford to register their children for organized sports ;
- 58%** of parents say that recreational fees are on the rise – up 17% from Dec 2021; and
- 81%** of sport programmers say their operational costs have increased.

## Investing in Community Sport Together

Jumpstart is committed to breaking down barriers to access and building a more inclusive, equitable environment for Canada's youth by:

- Leveraging sport as a powerful tool for child and youth development; and
- Continuing to focus on community programs tackling inequities - including persons with disabilities.

*Source: Jumpstart State of Sport Report, 2023*



*We envision a Calgary  
in which every child, youth, and family belongs through quality  
inclusive and accessible sport and recreation programs.*



## Message from the Co-Chairs

The journey we've embarked upon at the Calgary Adapted Hub powered by Jumpstart, rooted in our purpose and supported by our collective partners and community collaborators, has been marked by significant milestones and moments of resilience and growth throughout the 2022/2023 year.

Our commitment to providing accessible and inclusive sport and recreation in Calgary remains unwavering. Together with our community partners, we have strived to acknowledge and reduce the barriers that exist and create opportunities, ensuring that every family can access and participate in adapted or inclusive sport, physical activity and recreation.

Our connection to the community is at the heart of our mission. Listening to the voices of children, youth, and families living with disabilities is paramount and something we continue to value in each step of the work. It is through their experiences, feedback and wishes for the future that we continue to learn and adapt our programs and the way we work collectively.

This past spring we lost a dear friend and community advisory member, Eli Wolff. In his memory, we have renamed the Research and Community Engagement Seminars to the "Calgary Adapted Hub Seminar Series: In Memory of Eli Wolff." These seminars stand as a testament to his legacy, bringing together individuals from around the world to share research and disseminate evidence that can be put into practice.

We also want to wish a sincere thank you to our dedicated committee members – to each of the executive, research, programs, and advisory members, THANK YOU. Your passion, expertise, and commitment have played a pivotal role in the success and growth of the Calgary Adapted Hub.

As we continue our journey, we remain committed to creating positive change not only for our local community but for the entire country. With the support of our partners, especially our primary program partner, Jumpstart, and the dedication of our team, we envision a future with more open doors, participant smiles, and accessible and inclusive sport and recreation opportunities for all. We would also like to acknowledge the grant support of the Azrieli Accelerator and Alberta Children's Hospital Foundation that is utilized for research.

The latter half of the year has brought forth a spark and momentum for growth, and the excitement of welcoming five new partners onboard during the fall of 2023. With the addition of Siksika Health Services, Vecova Centre for Disability Services and Research, 7 Chiefs Sportsplex on Tsuut'ina Nation, YMCA Calgary and The Genesis Centre we are excited for expanded and diversified programming, continued learning and a greater reach to the participants, the children and youth in our community that will benefit most.

Sincerely,

Dr. David Legg & Dr. Carolyn Emery  
Co-Chairs, Calgary Adapted Hub powered by Jumpstart

# About the Calgary Adapted Hub powered by Jumpstart

Calgary Adapted Hub powered by Jumpstart is a group of Calgary-based organizations dedicated to offering quality sport and recreation opportunities for children, youth, and families living with disabilities.

Founded in 2020 with the support of Canadian Tire Jumpstart Charities, this collective aims to make sport and recreation more inclusive for people with disabilities through collaboration, research, education, and evaluation.

## CALGARY ADAPTED HUB IS GUIDED BY FOUR CORE VALUES:



### COLLABORATION

We ensure children, youth, and families living with disabilities have access to quality inclusive and accessible sport and recreation opportunities by leveraging the collective strengths of our partners and community members.



### OPPORTUNITY

We empower individuals across the age and disability spectrum to get active by creating better pathways in inclusive and accessible sport and recreation programming.



### COMMUNITY

We create safe spaces for participation by speaking with the disability community rather than speaking for the disability community.



### RESEARCH

We enhance the delivery and development of inclusive and accessible sport and recreation programs through program evaluation, engagement in research, and evidence-informed programming.

## Calgary Adapted Hub powered by Jumpstart Staff:



**Ashley Fox**  
Director

- Program Design & Development
- Fund Management
- Growth & Sustainability



**Leticia Janzen**  
Knowledge Translation &  
Research Coordinator

- Research & Evaluation
- Knowledge Translation



**Jen Goeres**  
Program & Community  
Engagement Coordinator

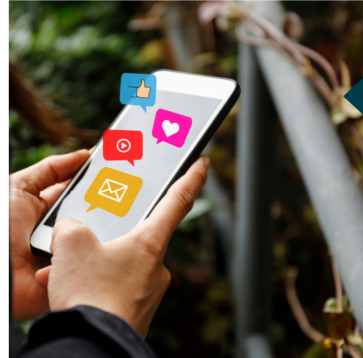
- Partner, Community & Stakeholder Relationships
- Social Platform Management & Engagement



# By the Numbers

children and youth benefitted from participating in CAH-supported programs (increase of 118% from 2021/2022)

1170 +



followers on social media (an increase of 61% from 2021/2022)

2566+



adapted sport and recreation programs offered by CAH partners in 2022/2023 (increase of 145% from 2021/2022)

49

subscribers received the CAH newsletter each month (increase of 25% from 2021-2022)

280



adapted sport and recreation providers partnered with CAH in 2022/2023 (up from 35 in 2021/2022)

55+



Research & Community Building Days in collaboration with CAH partners (new in 2022/2023)

8



families accessed personalized navigation services (up from 49 families in 2021/2022)

70

Resource Fairs & Outreach Events supported by the Calgary Adapted Hub

12



# Guiding Value: Collaboration

Each of our partners is a leader in the field of sport and recreation, from innovative programming to ground-breaking research, they are at the forefront of adapted sport and recreation.

Together, we ensure children, youth, and families living with disabilities have access to quality, inclusive and accessible sport and recreation opportunities by leveraging the collective strengths of these partners and our community members.



## Executive Committee

- Aimee Johnston, Vivo for Healthier Generations
- Dr. Carolyn Emery, University of Calgary
- Patrick Breault & Stephanie Won\*, City of Calgary
- Cassandra Murray, Community Member
- Catriona Le May Doan, Sport Calgary
- Dr. David Legg, Mount Royal University
- Jeff Booke, MNP Community & Sport Centre
- Jennifer Konopaki, WinSport
- Jocelyn Santos\*, YMCA Calgary
- Dr. Pearl Yellow Old Woman-Healy\*, Siksika Health
- Saheed Alawiye, Community Member
- Sherry King\*, Genesis Centre
- Thomas Naested\*, Vecova
- TBD, Tsuut'ina 7 Chiefs Sportsplex\*

\*as of September 2023



## Raising the Bar to Lower the Barriers

The joint efforts of Calgary Adapted Hub Program Committee and our community partners has helped hundreds of children and youth living with a disability to overcome obstacles that may challenge them from getting involved in sports and recreation, and together, we have collectively raised the bar to lower the barriers for children and youth in the Calgary area.

### The University of Calgary (UCalgary)



- Adapted Physical Activity for Kids (APAK) has had continued success with 143 participants in 2022-2023 and the addition of Friday and Sunday programming options
- The NEW U of C Adaptive Paddling was offered at Bowness Lagoon (Spring/Summer 2023)
- Adapted Gymnastics and the Adapted Sport & Recreation Summer Camps offered Fall - Summer 2022/2023

### Mount Royal University (MRU)



- MRU offered six unique, adapted programs including Children's Adapted Physical Activity Program (CAPA) lead by student volunteers, Boccia, H2Able and Wheelchair Basketball
- Adapted Climbing was offered in partnership with Autism and Aspergers Friendship Society (AAFS), Alberta Sports and Recreation Association for the Blind (ASRAB), and Lacrossing Barriers
- MRU Achievers Summer Camp transitioned from a full sport focused program to a varied educational blended route and incorporated imaginative play and STEM to the programming mix (full at 12 participants)

### Vivo for Healthier Generations



- In 2023, Vivo for Healthier Generations celebrated their expansion and fully accessible facility as well as:
  - Calgary Adapted Hub supported staff training with Dr. Brianne Redquest & Kirsten Kirwer (June 2023)
  - Adapted Summer Camp Try-It sessions with YogAbilities and Lacrossing Barriers

## WinSport



- Winsport relaunched two sessions of the Adapted MultiSport program in partnership with eight Calgary Adapted Hub community partners
- 138 participants were registered for the first 7-week session, many of whom were returning to in-person programming for the first time following the pandemic restrictions

## Sport Calgary



- Sport Calgary's All Sport One Day (June and August 2023) had 64% of Try-It opportunities partially or fully adaptable and inclusive to participants of all abilities
- Canadian Tire Jumpstart Charities received the *Ron Southern Business and Sport Award* at the Sport Calgary Celebration of Sport (2022)

## MNP Community & Sport Centre (formerly Repsol Sport Centre)



- MNP Community & Sport Centre staff completed the *Welcoming all Abilities* training plus two additional staff completed the *Mixed Abilities* training
- 10 staff were certified as *Swim Abilities* instructors in preparation of the program launch (Fall 2023)
- Partnership with Ares Pentathlon & Fencing Club to offer a wheelchair fencing program
- A 96% fill rate for their signature multi-sport program, Active Energizers

## City of Calgary



- City of Calgary offered multiple adaptive programs with some drop-in classes getting over 50 participants per day
- City of Calgary programs remain inclusive and welcoming to participants of all abilities





# Making Connections

Calgary Adapted Hub connected with numerous organizations and community partners in 2022/2023 to support programs for individuals and families living with a disability including:

- Specialized programming at the Alberta Children’s Hospital - Rotary Flames House, facilitated by AHS Recreation Therapists and supported by YogAbilities (Summer 2023)
- Co-Chairing the Alberta Ability Network Inclusive Recreation Table
- Climbing Camp at Mount Royal University supported by Lacrossing Barriers
- Centre for Newcomers - WRAPCAP program observer for newcomer youth
- Supporting the development of the Co-PLAY Hub with Dr. Matt Kwan and team to support the physical literacy development of newcomer children and youth
- Partnering with Alberta Recreation and Parks Association for Recreation Month and advancing the inaugural Adapted Inclusive Recreation Week (June 2023)
- Mixed Ability Sport Training with Abilities Centre (August 2023)
- Active member of the National Parasport Collective
- Committee member of the Sport for Life Society: Physical Literacy for Communities
- Celebrated and supported the opening of AdaptAbility, Calgary’s first store for diverse needs
- Supporting partner in the City of Calgary Accessibility Audit tool development
- Facilitated the expansion of the RIPT (Resistance Intensive Personal Training) program at the Alberta Children’s Hospital to CAH partner sites

In 2022/2023, Calgary Adapted Hub partners offered:

- 35** Multi-Week programs
- 11** Adapted or Para sport Exposure Programs
- 3** Specialized Adapted Camps



## Programs Committee

- Jen Goeres, CAH Program & Community Engagement Coordinator\*
- Leticia Janzen, CAH Research & Knowledge Translation Coordinator
- Ashley Fox, CAH Director, Programs & Services
- Logan Jones, University of Calgary
- Bjorn Billehaug, Owini Dixon, Jason Unsworth, & Kirsten Kirwer, Mount Royal University
- Deanne Rommens, City of Calgary
- Maegan Ross & Megan Klassen, MNP Community & Sport Centre
- Noelle LeBlanc, Vivo for Healthier Generations
- Sandra Paire, Sport Calgary
- Mia Giffen, WinSport
- Danielle Carlson\*, YMCA Calgary
- Shakil Shivji\*, Genesis Centre
- Dr. Pearl Yellow Old Woman - Healy\* & Richard Running Rabbit\*, Siksika Health
- Michelle Thompson & Robert Steinhauer\*, Vecova

\*as of September 2023



# Guiding Value: Opportunities

Calgary Adapted Hub is here to bridge the gaps and build better pathways to participation by sharing information between—and on behalf of—partners, resulting in more robust opportunities for children, youth, and families.

A unique service offered by the Calgary Adapted Hub powered by Jumpstart is our *Family Navigation Service* that allows families to work one-on-one with our staff to develop an action plan and set their child on the path to participation.

## How the Process Works



### Step 1: Get in Touch

Get in touch by filling out the 'get to know you' form or contacting a member of our team by phone or email.



### Step 2: Meet with Us

Meet one-on-one with our program manager to discuss your interests and abilities.



### Step 3: Action Plan

We will create an action plan and put together a list of resources that meet your needs. We'll introduce you to the right people and organizations, too!



### Step 4: Follow Up

We'll continue to follow up with you to see if you have any questions or concerns or need additional support and resources. We'll also continue to share resources and opportunities with you as they arise.



As a collective, we aim to support individuals across the age and disability spectrum to participate in inclusive and accessible sport and recreation programming by creating better pathways. The reasons for participation may vary, but social well-being, community and learning something new is always at the top the list.

In 2022-2023, new and ongoing partnerships with organizations, including the Calgary Board of Education, Alberta Children's Hospital, Peak Health Kids, and Renfrew Educational Services, allowed for increased facilitation of the service and helped to direct more families to our *Family Navigation Service*.

We are proud to share that over 70 families benefited from this service in 2022-2023 and was made possible by additional support from internships and practicum students from Mount Royal University and the University of Calgary.



*It is hard to think some kids may not have access to sports and recreation, strictly because there is a lack of knowledge on what is out there.*

*One Mom told me that she has lived in Calgary for two years, but hasn't been able to access or learn about any sports and recreation for her son. - Alexa Dever (CAH Community Rehabilitation and Disability Studies Practicum Student)*

# Guiding Value: Community

Calgary Adapted Hub forged powerful connections with 55+ local adapted sport and recreation organizations to align schedules, share information and resources, and refer participants to partner programs.

## Community Advisory Committee

- Cassandra Murray, Parent Representative
- Saheed Alawiye, Youth Representative
- Sean Crump, Included by Design
- Dean Svoboda, Autism Aspergers Friendship Society
- Suzanna Tangen, Ultimate Para Sports Association
- Jamie McCulloch, Rocky Mountain Adaptive
- Dr. Tyler White, Siksika Health Services
- Dr. Nancy (Quinn) Harrington, Para Sport Medical Services
- Ryan Straschnitzki, Straz Strong Foundation\*
- Karen Hurley, Special Olympics Calgary
- Dr. Sarah MacEachern, Developmental Pediatrician & Clinician Investigator, University of Calgary
- Dr. Matthew Corkum, Inclusive Participation Advocate
- Dr. Cheri Bradish, Future of Sport Lab & Toronto Metropolitan University
- Dr. Pearl Yellow Old Woman-Healy, Siksika Health\*
- Dr. Eli Wolff (in memoriam)



\*as of September 2023

## Celebrating Community Connections



Starting in 2022, **Impacts for Inclusion** began showcasing local inclusion champions, parents, volunteers, athletes, educators, and business leaders who support and advocate for inclusion in the greater community.

**VIVO ACCESSIBLE DESIGN**

Calgary Adapted Hub powered by Jumpstart is proud to celebrate the accessible design elements in the new Vivo for Healthier Generations facility design - opening Fall 2023!

- FULLY ACCESSIBLE FACILITY
- PORTABLE LIFT, ADULT CHANGE TABLE & ACCESSIBLE SHOWER
- DAILY SCHEDULED SENSORY TIMES
- SENSORY BACKPACKS AVAILABLE FOR SIGN OUT
- GRADUAL POOL ENTRY RAMP & WATERPROOF WHEELCHAIR
- WHEELCHAIRS AVAILABLE (SPORT, ADJUSTABLE & WATERPROOF)
- BRAILLE ON ALL SIGNAGE WITHIN THE FACILITY
- HAND BIKES AVAILABLE (CYCLING STUDIO & FITNESS CENTRE)

VISIT [WWW.VIVO.CA](http://WWW.VIVO.CA) TO LEARN MORE!

**VIVO Accessible Design** infographic was developed to celebrate the Vivo for Healthier Generations fully accessible facility (Fall 2023).



Calgary Adapted Hub was proud to share information and resources for parents and caregivers (online and in print) via **Active for Life** and **Calgary's Child Magazine**.

# Guiding Value: Research

The Calgary Adapted Hub utilizes evidence-informed and leading-edge research to help support our community partners in developing quality sport and recreation opportunities for children and youth living with a disability.

In 2022/2023, the Calgary Adapted Hub Research Program continued to focus on three impact pillars: *overall health and wellbeing, social inclusion, and quality of life and economic impact*, by:

- Obtaining non-government internal grants, including those from Owerko, the Azrieli Accelerator Grant, and continued support from the Vi Riddell Children's Pain & Rehabilitation Centre – Phase 2 (Alberta Children's Hospital Foundation);
- Partnered on two successful SSHRC grants, which will impact our ongoing research projects,
- Continuing Vi Riddell Children's Pain and Rehabilitation Centre – Phase 2 through the generous support of the Alberta Children's Hospital Foundation; and
- Supporting an undergraduate Kinesiology student to qualitatively explore experiences leading to sustained participation in physical activity among youth with disabilities (new in 2022/2023).

## Research Committee

Dr. Carolyn Emery, CAH Research Chair  
 Leticia Janzen, CAH Research & Knowledge Translation Coordinator  
 Karen Dommett, CAH Director, Programs & Services  
 Ashley Fox, CAH Director, Programs & Services  
 Jen Goeres, Program & Community Engagement Coordinator  
 Dr. Adam Kirton, University of Calgary  
 Dr. Amy Latimer-Cheung, Queen's University  
 Dr. Brianne Redquest, University of Calgary  
 Brooke Dennett, University of Calgary; MSc student  
 Dr. Carly McMorris, University of Calgary  
 Dr. Cheri Blauwet, Harvard University  
 Dr. David Legg, Mount Royal University  
 Dr. Elizabeth Condliffe, University of Calgary  
 Hannah Schnitman, University of Calgary, MSc. Student  
 Dr. Jennifer Leo, University of Alberta  
 Dr. Jennifer Zwicker, University of Calgary  
 Dr. Jonathan Smirl, University of Calgary  
 Dr. Kathleen Martin Ginis, University of British Columbia  
 Dr. Kelly Arbour-Nicitopolous, University of Toronto

Dr. Laura Brunton, Western University  
 Dr. Mary Dubon, Harvard University  
 Dr. Nancy (Quinn) Harrington, Western University  
 Natalie Benoit, University of Calgary; BSc Kin Honours  
 Rachel Wasserman, University of Calgary; undergraduate research student  
 Dr. Sarah MacEachern, University of Calgary  
 Shane Esau, University of Calgary; research manager  
 Sofia, Beccerra, University of Calgary, BKin. Honours  
 Tanya Childs, University of Calgary; research administration

Research is generously supported by:



## Current Research Projects

### Study #1: Adapted Physical Activity Camps and Programs: A Mixed Methods Project

In this study we are examining how CAH-supported programs impact the maintenance of physical activity levels, experiences of sustained participation in sport and recreation, impact on quality of life, and quality of participation.

### Study #2: Impact of COVID-19 on Physical Activity and Social Connections of Youth with Disabilities Involved in Calgary Adapted Hub-Supported Programs

In this study we are examined the impact from the perspective of youth with a disability and/or their parents and caregivers of the COVID-19 Pandemic on physical activity opportunities/participation, social connections, and the gaps in programs and services.

### Study #3: Calgary Adapted Hub Staff Training Evaluation: Creating Allyship with People with Disabilities

In this evaluation we examined the impact of Inclusion Training delivered to CAH partner staff and program volunteers had on the confidence, competence, and motivation of the staff/volunteers in working with individuals with lived experience of disability.

### Study #4: Developing a Comprehensive Understanding of Concussion and Injury Rates in Para Sport, Recreation , and Adapted Physical Activity Programs.

We are examining the burden of injury and concussion in those taking part in adapted and/or inclusive sport, recreation, and physical activity programs across Canada.

## Calgary Adapted Hub Presentations



- Alberta Recreation and Parks Association (October 2022): *Connecting through Research: Recreation and Parks focused Research in Alberta* (Symposia)
- The Calgary Adapted Hub: *Set Apart by Evidence-Informed Adapted and Inclusive Training* (Leticia Janzen)
- Vivo for Healthier Generations staff training with Dr. Brianne Redquest & Kirsten Kirwer
- Partner in hosting Alberta Adapted Physical Activity Symposium (March 2023):
  - *The Calgary Adapted Hub: For Evidence-Informed Programming* (CAH Programs Committee)
  - *Concussion in Para Sport and Adapted Physical Activity* (Symposia) (Dr. Carolyn Emery)
  - *From head to sled: Examining physical contacts in community para ice hockey* (Abstract) (Brooke Dennett)
  - *Factors impacting sustained physical activity in youth with disabilities* (Abstract) (Rachel Wasserman)

## Calgary Adapted Hub Seminar Series: In Memory of Eli Wolff

We are honoured to have the privilege of renaming the *Calgary Adapted Hub Seminar Series: In Memory of Eli Wolff*. Eli Wolff was a passionate researcher, educator, athlete, and an advocate for sport and social justice, diversity, disability, and inclusion, and he was an integral part of the Calgary Adapted Hub Community Advisory Committee.



We send our thanks to all of our speakers in 2022/2023 who contributed to these seminars and panel discussions and supporting our efforts to ensure programs may be evidence-informed:

Dr. Adam Kirton (Sept 2022): *Personalized Neuromodulation to Enhance Life Participation for Children with Hemiparesis: The Sport Trial*

Dr. Carly McMorris (Oct 2022): *Disentangling the association between physical activity and mental health in youth with neurodevelopmental disabilities*

Dr. Jennifer Zwicker (Nov 2022): *Policy matters: Practical approaches for evidence informed policy development*

Dr. Enrico Quillico (Dec 2022): *Adapted Physical Activity after Traumatic Brain Injury*

Dr. Kwok Ng (Jan 2023): *An Intro to the global matrix of Para report cards*

Dr. Martin Block (Mar 2023): *Realities and Challenges in Inclusive Physical Education*

Dr. Robert Townsend (Apr 2023): *"People are afraid of things they don't know": Enlightened ableism in disability sport coaching in partnership with the National Coaching for Para Sport Summit*

Dr. Nancy Spencer (May 2023): *Inclusion...still. Understandings, assumptions, and some other possibilities*

**653**

views of Calgary Adapted  
Hub Seminar Series:  
In Memory of Eli Wolff



*We don't actually get closer to inclusion, by continuing to welcome people into one space, we actually have to disrupt it by getting rid of this idea that we have this center, that we have this meaningful privileged space that everybody wants to be part of, we actually need to start pushing against that idea, because that actually creates exclusion. - Dr. Nancy Spencer*



# The Path Forward

At Calgary Adapted Hub, we are guided by our values: *collaboration, opportunity, community, and research*, along with a strong commitment to explore new and creative ways to bring people together.

Year 4 brings the addition of new expansion partners with the intentional purpose of expanding geographical and diverse population reach, increasing knowledge sharing, and increasing the diversity of expertise and offerings.

The Calgary Adapted Hub powered by Jumpstart is excited to welcome the following new partners in Year 4:



## Our Year 4 Strategic Priorities:

As we look forward to the next few years, Calgary Adapted Hub powered by Jumpstart will find new ways to ensure coordination and collaboration amongst the entire sport, physical activity, and recreation space.

### Priority #1: Full Community Alignment & Pathway Development

The Calgary Adapted Hub powered by Jumpstart will expand our reach with the addition of new CAH program partners, additional integrated research projects, and continued growth of each CAH committee to further develop new pathways to sport and recreation.

We will continue to establish new relationships and connections with local adaptive and inclusive sport providers and connect to CAH partners to these potential collaborators as well as increase target audience representation on our *CAH Community Advisory Committee*.

Calgary Adapted Hub will also continue to plan for sustainability and fund development



## Priority #2: Increase Awareness and Program Diversity

As we increase awareness and program diversity, we will work with expansion program partners to best support newcomers and Indigenous children and youth living with disabilities to access programs, promote and streamline family program navigation services and continue to build relationships with disability-serving agencies.

The Calgary Adapted Hub powered by Jumpstart will continue medical and education sector relationship building and increase strategic program marketing and communications efforts.

We will establish and launch a four section membership framework that will foster connection and collaboration amongst program and community partners via social media and in person connections - both of which will assist with brand development and awareness.

## Priority #3: Research and Knowledge Translation

Calgary Adapted Hub powered by Jumpstart will continue to highlight the amazing research and knowledge translation at CAH Research and Community Building Days, via our CAH Programs Committee, and learning and development opportunities hosted in Alberta and beyond.

Our effort to evaluate the quality of programming will continue to ensure evidence-informed quality, evidence informed, opportunities exist and are offered to all children and youth.

The Calgary Adapted Hub powered by Jumpstart is looking forward to working with our collective of partners and community organizations to bring quality sport and recreation to more Calgary and area children and youth in 2023/2024.







*We are a family who moved to Canada nearly two years ago, eager to embrace our new home. Since our arrival, I have been actively searching for programs that can engage and accommodate my extraordinary daughter, who is nonverbal and autistic.*

*Fortunately, in March 2022, I had the good fortune of connecting with Karen from the Calgary Adapted Hub, who introduced us to a multitude of activities perfectly suited for Jana's needs. Jana has thrived with the unwavering support and opportunities provided by the Calgary Adapted Hub. Despite being born with a disability, Jana has always faced her unique challenges head-on, displaying incredible determination and resilience.*

*The Adapted Hub has proven to be an invaluable resource for Jana, offering adaptive programs and services that have empowered her to fully participate in a wide range of activities. Whether it's wheelchair basketball, swimming, or various other physical pursuits, Jana has discovered her passions and honed her skills, all thanks to the inclusive environment fostered by the Adapted Hub. Not only has she experienced tremendous personal growth and a surge in self-confidence, but she has also forged meaningful friendships with fellow participants who share similar experiences and provide invaluable support. The Calgary Adapted Hub has undeniably been a catalyst for Jana, enabling her to embrace her abilities and realize her full potential.*

*I cannot express enough gratitude for the opportunities and sense of belonging it has granted my daughter. Furthermore, both Jana and I have actively participated in several research projects conducted by the Calgary Adapted Hub, which aim to measure the impact of physical activities on children with special needs and disabilities. Initially, I was keen on gathering insights into Jana's physical activity levels. However, when the study team provided her with a watch to wear, she showed no interest, despite my persistent attempts over a couple of weeks. It didn't work out at that time. However, approximately 18 months later, I noticed that she had started wearing other items on her wrist, prompting me to inquire if we could try the watch again.*

*This time, it was a success for Jana right from the start. I am eagerly looking forward to learning more about Jana's physical activity levels and genuinely hope that our participation will contribute to the greater good of understanding and supporting children with special needs. In conclusion, the Calgary Adapted Hub has been an invaluable lifeline for our family. It has not only enriched Jana's life but has also provided her with a community of acceptance and support. We are forever grateful for the transformative impact it has had on Jana's journey, and we eagerly anticipate the opportunities that lie ahead.*

- Manaf, Father of a Program Participant





In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot Confederacy (comprising the Siksika, Kainai, and Piikani First Nations), as well as the Îyâxe Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations) and Tsuut'ina Nations. We acknowledge that this territory is home to the Métis Nation of Alberta, District 5 & 6, within the historical Northwest Métis homeland.



sport  
**calgary**  
be part of the energy™

Within this space, **you are welcomed, accepted and respected.** Here, no matter who you are or where you come from, **you are at home**, regardless of your race, martial or family status, gender identity or expression, age, colour, disability, political, or religious belief or non-belief. All that we ask is that **you be ethical, excellent and inclusive in all you do,** and most importantly, **have fun!**