



C.H.A.T. SOCIETY
COMMUNICATION HEALTH AND THERAPY

AUGUST 2025

NEWSLETTER
VOL 18



C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

NEWSLETTER

C.H.A.T. UPDATES

Reminder:

- **Bookings** for **in-person** pictures have to be made **1 month** in advance!



FUNDRAISING UPDATES

- We raised a over **\$ 6, 000** through **CHAT in The Park!**
- Funds will go towards sponsoring campers for **Aphasia Camp & Therapy!**
- **Read more** to see the **pictures** of our event on **page 3!**

CHAT in the Park

FUNDRAISING EVENT



SPECIAL THANKS to all our
amazing VOLUNTEERS &
SPONSORS
The Running Room
Strathcona Bottle Depot
Kal Tire



Did you know? August is National Wellness Month!

August is the time to take **care of yourself**, feel **less stressed** and make **healthy choices**!



National Wellness Month started to **help** people **remember** to take **care of themselves**. When we **care** for our **health**, **life** feels **easier**. The idea is that when we **care** for our **bodies and minds**, we can do **more in life**. So now is the time to **practice simple habits** like:



Physical Exercise



Healthy Eating



Taking proper rest

You can **try** the **“I Choose Wellness” pledge** by doing **small daily healthy habits** like drinking water, moving your body and practicing mindfulness! Check out the **link** for more fun wellness ideas: **[National Wellness Month By Live Love Spa](#)**

Caregiver Tips: Boost Confidence and Practice Self-Care

Caring for someone with **aphasia** can be **challenging**, but **small ways** of **helping** can **make** a huge **difference**. This **guide** gives **tips** to **help** your loved ones feel **confident** and take **care of yourself**. Check out the [links](#) provided for **more information**.

Building Confidence for Person's with Aphasia

1) **Focus** on **abilities**, not limits:

- **Encourage** and **praise** what the person with aphasia **can do**. This **positive support** can **help** them feel more **confident** and **motivated**.

2) **Use** helpful **communication tools**:

- Try using **gestures**, **pictures**, or **other tools** to make **talking easier** and more **successful**
- [The Aphasia Institute](#) provides **resources** to help facilitate **conversation**

3) **Encourage social** and **community activities**:

- **Joining** support **groups** or local **events** helps them **feel included** and **less isolated**, boosting confidence
- [CHAT \[Communication Health and Therapy\]](#) and [Voices of Hope for Aphasia](#) are great **support** and provide **community activities**



Caregiver Self-Care and Support

1) [The Aphasia Caregiver Guide](#):

- This **guide** gives helpful **tips** for **caregivers**. It shows how to **plan daily tasks**, **speak up** for persons with aphasia and **cope** with strong **feelings**

2) [The Aphasia Center](#):

- Shares ideas to **stop caregiver burnout**. They **suggest** to do **relaxing activities** like walking, resting or hobbies - to **feel well and stay strong**.



COMMUNICATION CORNER

Autumn & Self-Care **Word Search**

C	A	N	D	L	E	I	L
T	J	O	Y	T	E	A	L
S	A	U	T	U	M	N	H
E	C	A	L	M	D	J	U
R	G	L	E	A	F	V	G
W	A	L	K	C	O	Z	Y
P	U	M	P	K	I	N	F

AUTUMN

LEAF

PUMPKIN

TEA

CANDLE

REST

CALM

WALK

HUG

JOY

COZY

COMMUNICATION CORNER

Word Search **Answers**



AUTUMN

LEAF

PUMPKIN

TEA

CANDLE

REST

CALM

WALK

HUG

JOY

COZY

CALL FOR VOLUNTEERS



Interested in getting **more** involved with C.H.A.T.?



C.H.A.T. is run by a team of dedicated volunteers!

C.H.A.T. volunteers support Let's CHAT and use their unique skills to aid with events!

Join the board or a committee to get **involved** & help make **meaningful change!**

Join our team by visiting **this page** to start your journey !



Follow us on Social Media



C.H.A.T. SOCIETY
COMMUNICATION HEALTH AND THERAPY

Stay Connected to our Latest News & Updates



Website @ thechatociety.ca



on Facebook @ [The CHAT Society](https://www.facebook.com/TheCHATociety).



on Instagram @ [The CHAT Society](https://www.instagram.com/TheCHATociety).

- Do you have any **suggestions** or **concerns** for **Let's CHAT?**
 - **Click** on the link below!

[CHAT Feedback Form](#)

