



Calm Room

ROOM DESCRIPTION:

- **Emotional Regulation:** Our facility recognizes the importance of emotional well-being and has dedicated a thoughtfully designed space to assist students in managing their emotions and sensory sensitivities. This space is a haven where students can regulate themselves.
- **Safety:** Ensuring a safe and secure environment is paramount to our mission. The population of students that we serve experience heightened states of emotions that can cause them to act in unsafe ways. The Calm Room is a safe place for them to ride out emotional storms.
- **Sensory Exploration:** In recognition of the diverse sensory needs of our students, we have established a dedicated sensory exploration area. Here, students can immerse themselves in a controlled and calming environment, designed to engage their senses in a therapeutic manner. This space allows them to explore and interact with a wide range of sensory experiences, promoting self-awareness and relaxation while helping them build important sensory coping skills.



ROOM NEEDS:

4 Gym Mats	\$559.80 (\$139.95 x 4)
2 Cushioned Bubble Tube Seat	\$2190 (\$1095 x 2)
Laser Star Lights	\$395
Soothing Salt Lamp	\$29.95
Sensitive Sound Ceiling Light Dome	\$1980
Sensory Light Table	\$470
Fidget Toys	\$400
2 Full Body Massage Mats	\$570 (\$285 x 2)
2 Bean Bag Chairs	\$640 (\$320 x 2)

TOTAL: \$7,234.75 + GST = \$7,596.50

HOW YOU CAN HELP:



Our new location is undergoing renovations to meet our unique requirements, from millwork to furnishings. Your help is needed – consider including us in your community investment plans as a Partner, with tailored recognition.

Naming opportunities range from \$25,000 to \$100,000 (5-year commitment). Help us transform the Sunalta Campus into a state-of-the-art learning hub for high school students and young adults. Any contribution, big or small, paves the way to a brighter future.

Contact Executive Director Sue Cress at susanc@calgaryquestschool.com or 403-613-9488 to get involved. Thank you for your support in lighting the path to a brighter future for students with disabilities at Calgary Quest Children's Society!