

METAMORFOSIS

MAGAZINE

JULY 2026 / VOL. 2

Women of Influence

LEADING WITH AUTHENTICITY,
RESILIENCE, AND VISION.

Legacy Builders

THE ENTREPRENEURS,
VISIONARIES, AND
CHANGEMAKERS SHAPING
TOMORROW.

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INSPIRE LASTING CHANGE.





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RIGHT

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THINKING ABOUT RENOVATING, PREPARING TO SELL, OR JUST WANT CLARITY ON WHICH UPGRADES ARE WORTH IT? I'M HERE TO HELP.



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LETTER FROM THE EDITOR

There is something truly beautiful about transformation. Not the kind that happens overnight, but the quiet transformation that begins the moment we choose to rise again, find our voice, and believe in ourselves after life has tested us.

That is the transformation we celebrate in every page of this magazine.

When I created Metamorfosis Magazine, I envisioned more than a publication. I wanted to build a space where stories inspire, where people see themselves reflected in one another, and where courage, resilience, and growth are celebrated just as much as success.

This edition is especially meaningful

to me because it brings together incredible women who have generously shared their journeys. Their stories remind us that even life's most difficult moments can become the beginning of something extraordinary.

You'll also meet entrepreneurs, professionals, and community leaders who are making a positive impact by serving others and creating opportunities for those around them.

If you're reading these words, I want you to remember one thing: Your story matters.

No matter where you are in your journey, I hope these pages encourage you to keep moving

forward with courage and hope. Sometimes, all it takes is one story to remind us that transformation is possible. Thank you to every woman who shared her heart, to our contributors, sponsors, advertisers, and to you, our readers, for believing in this vision.

Together, we celebrate not only who we are today, but who we are becoming.



With gratitude,

ALEJANDRA VÉLEZ
Founder and Editor

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WHAT IS METAMORFOSIS MAGAZINE?

We are a premium editorial platform dedicated to giving visibility to the people behind the accomplishments—the entrepreneurs, professionals, artists, leaders, and everyday individuals whose journeys of courage, resilience, and growth deserve to be seen and remembered.

Through authentic storytelling, beautiful photography, and meaningful conversations, we celebrate transformation in all its forms.

Every edition is thoughtfully curated to highlight leadership, business, wellness, culture, community, and the extraordinary stories that remind us what is possible.

OUR MISSION

To elevate authentic voices, share stories that inspire change, and connect communities through the power of storytelling.

OUR VISION

To become a trusted platform where stories become legacy, voices are elevated, and transformation is honored with beauty, purpose and intention.

At Metamorfosis Magazine, we don't simply publish stories. We help people become seen, trusted, and remembered.

Your story matters. Your transformation inspires.

FOLLOW OUR JOURNEY AND BECOME PART OF A GROWING COMMUNITY!

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Metamorfosis Stories

In the following pages Mariluz, Monica, Anais, Pamela and Alejandra tell us their stories of transformation, and how their individual challenges made them the wonderful women they are today.



From Survival to Purpose

A LIFE DEDICATED TO HELPING OTHERS RISE. BY MARILUZ INGBRIGTSON

I was born in Venezuela, and from a very young age I learned what it means to survive through pain, scarcity, responsibility, and emotional wounds. My story did not begin from comfort. It began from necessity, struggle, and an inner promise: one day, my life would be different. At 16, I became a mother, and from that moment on I carried a strength that often looked more like survival than peace. Later, I immigrated to Canada with big dreams, but also with fear, pressure, and an inner wound that had not yet healed. I worked nonstop, pushed myself to the limit, and tried to build a better life for my family while slowly losing myself in the process. For many years, I worked as a nurse, serving others, working intensely, and achieving important goals. But deep inside, something was missing. Overwork, emotional disconnection, and the pressure of trying to hold everything together brought me to a breaking point. That moment forced

me to stop, ask for help, and begin a real journey of healing, awareness, and transformation. That is when I understood something that changed my life: many people are not broken, they are repeating patterns they learned in order to survive. And when we do not heal our wounds, those wounds begin to drive our relationships, our decisions, our finances, our work, and the way we see ourselves. That truth did not just transform my life; it became the foundation of my purpose. Today, I am a coach, results mentor, author, and founder of spaces created to help others heal, rebuild, and lead their lives with more clarity, peace, and purpose. Through my mentorships, programs, and RISE University, I guide deep processes of emotional healing, leadership, identity, boundaries, purpose, and personal expansion. My work brings together lived experience, emotional intelligence, spirituality, structure, and real results.

I am also part of the vision behind Echo Studio & Venue, a creative space in Edmonton designed for people to gather, create, record, celebrate, and bring new ideas to life. Echo was born from the desire to build a place with intention: a studio and venue where people can not only look good, but express themselves, connect, and create meaningful moments, messages, and projects. Today, that space serves events, photoshoots, podcasts, content creation, and memorable experiences.

My story is not only about what I have lived through. It is about what I decided to do with it. I chose not to stay in the pain. I chose to turn my wounds into a message, my experience into service, and my process into a guide for others. Today, I help people who are ready to stop surviving and start living with truth, boundaries, direction, and selflove. Because rebuilding your life is possible.

And when you truly heal, it is not only you who changes; your relationships, your business, your energy, and your legacy change too.



A New Beginning With Hope

BY MONICA MACEDO

I arrived in Canada 22 years ago with my husband and a clear dream in my heart: to give our children a safe place to grow up and have better opportunities for their future. I came holding the hands of three little children, facing a completely unknown country ahead of us.

I still remember those first days filled with uncertainty, but also with a firm determination to prove that I had the ability to contribute, to serve, and to make a difference. From the very beginning, I sought opportunities through connections, volunteering, and most of all, by always raising my hand to open new doors.

RESILIENCE THAT TRANSFORMS

The beginning was not easy. The language became a major challenge, and practicing my law career in Canada was practically impossible. Instead of giving up, I decided to reinvent myself. I trained, studied, and found a new passion in the financial world — helping clients, leading teams, and building my path in a challenging environment. Not having family nearby and feeling that few believed in me at first was not easy, but my faith in God, in myself, and the love for my children gave me the strength to move forward and build a new life.

MEXCANART: THE LEGACY OF MY ROOTS

In 2017, together with my sister Nayeli (may she rest in peace), MexCanArt was born. We started it with a very special purpose: to support Mexican artisans and producers by bringing to Canada unique products that represent our culture and our roots.

Today, while I serve as a Branch Manager at a bank, I continue to dedicate time and passion to this project that honors the memory of my sister and the dream we started together. MexCanArt is also a cultural bridge between Mexico and Canada — a way



to keep our identity alive and share it with the world.

ACHIEVEMENTS THAT INSPIRE

My greatest achievement has been twofold: building a solid professional career from scratch in a new country and, at the same time, having a wonderful family that is my pride and motivation. Every step I've taken reflects my resilience, discipline, and deep love for my dreams.

BEING A LATINA WOMAN IN CANADA

For me, being a Latina woman in this country means carrying my roots with pride and showing that limits do not exist. Nothing is impossible — what you dream of, you can achieve if your heart truly desires it and you never lose faith.

As I always say: Never give up.

MY LIFE PHILOSOPHY

“The sky is the limit.”

There are no impossibilities, only new opportunities to grow, transform and shine.



MEXCANART



Built by Courage

**RESILIENCE
CAN CREATE
EXTRAORDINARY
FUTURES.
BY ANAIS VENEGAS**

My name is Anaís Venegas. I am a 22-year-old entrepreneur from Chile and a woman who learned from a very young age that life is not always easy; but giving up is never an option.

My childhood began happily, but everything changed when I lost my grandmother at the age of seven. From that moment on, life became much more difficult. My mother had to work hard to raise us on her own, and although my father was present in some ways, he was not the support I truly needed. We moved from house to house searching for stability, peace, and a place to call home.

For many years, I experienced bullying. From childhood until I was about fourteen, I endured teasing and mistreatment. But I never allowed those experiences to destroy my dreams. No matter what happened, I remained focused on building a better future.

When I was around ten years old, we went through one of the hardest periods of our lives. We lived with someone who did not want us there and offered very little support. I remember watching my mother worry because sometimes we did not have enough money for simple things like gas to cook or hot water for a shower.

That was when my entrepreneurial spirit was born. I started bringing small items to school to sell. Anything I could turn into an opportunity became a way to help my family. Later, my mother began making coconut candies and chocolate truffles every night, and I sold them at school the next day. Even as a child, I felt a responsibility to contribute and help my family move forward.



During those years, one person had an enormous impact on my life: my grandfather.

He was one of my greatest supporters and one of the purest forms of love I have ever known. Every day he called me, sang to me, and reminded me how much he cared. He always told me he wanted to see me turn eighteen, and thankfully, he did.

When everything was ready for me to move to Canada, I visited him to share the news. I will never forget how proud and excited he was. He even helped me arrange my life insurance so I could travel safely.

Just a few weeks later, I received one of the most painful phone calls of my life. My grandfather had passed away. The loss left a deep emptiness in my heart, but I still feel his presence with me every day. There is a piece of his love in every dream I pursue and every goal I achieve.

A few years later, my family found greater stability when we moved in with my stepfather. For the first time, I felt what it was like to belong to a complete family. I also attended a new school where I finally felt accepted and free to be myself.

That confidence inspired me to continue building my entrepreneurial journey. I started selling sushi hand rolls at school and quickly became successful. Some days I sold more than twenty.

Through those experiences, I discovered that entrepreneurship was not just about making money—it was about proving to myself that I was capable of achieving great things.

When the pandemic arrived, I adapted once again.



I began importing clothing from Peru and selling it door to door. No matter the challenge, I always found a way to keep moving forward.

For most of my life, I dreamed of studying obstetrics, but financial circumstances made it difficult to continue my education. At seventeen, I met my partner, and together we shared a dream: leaving Chile and building a new life abroad.

After graduating with excellent grades, we launched a small business called Sorpresas Anaís, creating personalized gift boxes for special occasions. We both worked different jobs while continuing to pursue our dream of immigrating. Eventually, we applied for a Working Holiday visa with very little knowledge of the process. We took a chance, followed an online tutorial, and hoped for the best.

In 2023, we arrived in Canada.

The first week felt like a dream, but soon I realized that immigration means starting over. It means learning a new language, adapting to a new culture, and living far away from everyone you love.

I cried often because I missed my family, but every day I wiped away my tears and kept going.

I worked in restaurants, cleaning services, and even cleaning parking lots. Some experiences were difficult and humbling, but I refused to let them break me. In the middle of it all, I continued finding ways to be an entrepreneur. I even started selling homemade flan at work, and people loved it. Then, at the end of 2024, I faced one of the greatest challenges of my life.

After noticing a strange spot on my foot, doctors discovered cancerous skin cells. I underwent emergency surgery followed by a second procedure to remove all affected cells. Recovery was physically and emotionally exhausting. For weeks, I struggled to walk. Throughout that time, my partner became my greatest support, helping me through every difficult moment.

Once I recovered, I decided it was time to build something of my own. I began selling Chilean food and desserts at local markets, then expanded into dessert tables for events. Eventually, I reintroduced the sushi recipes I had sold in school years earlier. I called it "Latin-Style Sushi," and it became a success.

Today, I feel proud of everything I have built. I have a business called Maison Anaís, where we sell handcrafted desserts and fresh latin-style sushi. My mother was able to come to Canada and help me with my business. My brother and stepfather are here as well. I have loyal clients, wonderful opportunities, and a heart that finally feels full.

My journey has not been easy, but it has taught me that we are often stronger than we realize.

To every girl who is experiencing bullying, hardship, or self-doubt, I want you to know this: never give up. Your pain does not define you. Believe in yourself, ask for help when you need it, and keep moving forward.

Today, I can proudly say: I made it. And although my journey is still unfolding, I will never stop believing that with faith, love, hard work, and courage, anything is possible. Because women have the power to transform pain into purpose, and dreams into reality.



Choosing Growth

**EMBRACING CHANGE, AND SERVING OTHERS.
BY PAMELA FUNK**

I was born and raised in a Mennonite Christian community in Paraguay, where faith, hard work, honesty, and service to others were deeply woven into everyday life. My parents taught me to treat people the way I wanted to be treated and to never be afraid of hard work. Those values continue to guide me today. Growing up, I never dreamed of one specific career. What I always knew was that I wanted to make a difference. I have always felt there was something more to life than simply following a path. I've always been someone who wants to learn, grow, serve, and keep moving forward. At 19 years old, my life took an unexpected turn. When I became pregnant, I was faced with an important decision. Thanks to my parents, I had already obtained Canadian citizenship by descent, which opened a door that many people never have. I could stay in Paraguay and build my life there, or I could take a chance on a new beginning in Canada with the support of my family. I chose Canada.

I arrived speaking no English at all. Today, English is the fifth language I have learned. At the time, I was young, pregnant, and stepping into a completely unfamiliar world. I didn't know exactly what my future would look like, but I knew I was willing to work for it.

One of my first jobs was at a poultry processing plant in Manitoba. Later, after moving to Edmonton in 2011, I cleaned bars, painted homes, cleaned office buildings, worked in door-to-door sales, and took on whatever opportunities came my way. Every experience taught me resilience, humility, and perseverance. In 2014, I was given the opportunity to return to school. Even though I was still uncomfortable with English and

unfamiliar with the Canadian education system, I decided to take a chance on myself. I enrolled in massage therapy school, determined to create a better future for my

son and me. In 2016, I graduated as a Registered Massage Therapist. I spent years working evenings and weekends in clinics, building my skills and serving clients. Eventually, I began seeing clients from my own home before opening my own practice. The journey of entrepreneurship taught me lessons no classroom ever could - resilience, leadership, adaptability, and the courage to keep moving forward even when the path was uncertain. What I sacrificed wasn't only comfort.



**WE ARE NOT
HERE SIMPLY TO
WORK, WE ARE
HERE TO SERVE**

It was the safety net of being able to run back home whenever life became difficult. I had to learn to trust myself, make my own decisions, and build a life from the ground up. As a young mother, there were moments of loneliness, uncertainty, and doubt. Birthdays away from family. Christmases far from home. Raising my son while learning how to navigate a new country and a new life. Yet

those same moments became some of my greatest teachers.

Years later, I met my husband, who is originally from Mexico. We got married and have now shared more than a decade together. Marriage brought many blessings into my life, but it also became a season of unexpected personal growth.

Many of the beliefs and expectations I had carried since childhood began to be challenged. Not because they were wrong, but because I was changing. Looking back, I now understand that in order to become who we are meant to be, we must be willing to let go of who we no longer need to be. Growth requires us to release old identities, limiting beliefs, and versions of ourselves that no longer serve our future. In 2022, after years of building a successful massage therapy practice from the ground up, serving clients, and growing my own business, I reached a point of burnout. From the outside, life looked successful. Inside, I felt exhausted from years of constantly working, pushing, striving, and trying to do more.

That was when I traveled back to Paraguay with my son.

The trip forced me to slow down and reflect. For the first time in years, I stopped asking myself what I was accomplishing and started asking myself who I was becoming.

That experience taught me one of the most important lessons of my life: we



are not here simply to work. We are here to serve.

Success is not measured only by what we achieve, but by the impact we have on the lives of others.

As a Registered Massage Therapist, I spent years helping people physically. Through that journey, I learned that true wellness goes much deeper than the body. Wellness begins within. It begins with self-awareness, with understanding ourselves, and with learning to listen to what our body is trying to tell us.

Today, my passion is helping people better understand themselves and reconnect with their health and well-being. I believe every person is unique and deserves a personalized approach to wellness. My goal is not to tell people what is wrong with them. My goal is to help them become more aware, more empowered, and more connected to their own journey.

That passion eventually led me to expand beyond traditional wellness services and explore new ways of helping people create meaningful change in their lives. Through my partnership with Vital Health Global, I found a vehicle that aligns with my vision of personalized wellness, education, and empowerment. It allows me to support individuals while also helping health and wellness professionals discover innovative ways to provide more personalized experiences for the people they serve.

Looking ahead, I see myself building local communities that eventually reach beyond borders. I want to continue creating meaningful conversations around wellness, leadership, and personal growth while helping others discover that true transformation begins from within.

Whether through events, education, mentorship, leadership development, wellness initiatives, or strategic partnerships, my mission remains the same: to help people become more aware of their potential, take ownership of their well-being, and create positive change in their own lives and communities.

Life will challenge you. It will test you. It will break beliefs you once held about yourself and about the world around you. But sometimes

those beliefs need to break. Because in order to become who we are meant to be, we can no longer remain who we once were.

If there is one message I hope people take from my story, it is this:

Every challenge carries a lesson.

Every setback carries an opportunity.

Every ending creates space for a new beginning.

And every day, we have a choice.

I choose growth.

I choose purpose.

I choose to serve.

And above all, I choose to be the change I want to see in the world.



PAMELA FUNK

HEALTH AND WELLNESS COACH



The Power of Reinvention

EVERY ENDING CAN BECOME A NEW BEGINNING.

BY ALEJANDRA DIAZ



When people ask me which experiences transformed me into the woman I am today, I always think of two that have profoundly shaped my life: motherhood and migration. Motherhood was a dream that lived within me since I was a little girl. However, I did not truly understand its meaning until I became a mother. Feeling a life growing inside me and later assuming the responsibility of raising children to become honorable and compassionate human beings completely changed the way I see the world. Motherhood taught me that the

greatest love also comes with the greatest responsibility. I learned to be strong when I am tired, to keep moving forward when I am afraid, and to put the needs of others before my own. It has been one of the greatest privileges of my life, but also one of the deepest and most beautiful sacrifices I have ever experienced. The second experience that transformed my life was immigration. After spending thirty-seven years surrounded by my family, friends, traditions, and everything that felt familiar, my husband and I made the decision to start over in another country. I left

behind everything I knew to face a new culture, a new language, and a different way of understanding life. Immigrating did not simply mean moving to another country; it meant rebuilding myself. I had to reinvent myself as a woman, a mother, a professional, and a wife. There were moments of uncertainty, fear, and loneliness, and days when I questioned whether I had made the right decision. However, I also discovered opportunities for growth that I would never have found if I had not embraced this challenge.

Over time, I realized that transformation does not happen only once. Life constantly invites us to reinvent ourselves. One of the most important lessons I have learned is that in order to care of others, we must first learn to care of ourselves. I have learned to listen to my body, respect my limits, and recognize that my own well-being matters as well. Perhaps one of the hardest lessons has been learning to say "no" when necessary.

Challenges have been a constant throughout my life. Some days the challenge was improving a new language; other days it was adapting

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WE LIVE IN A
CONSTANTLY
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WITH IT

to a new culture and building new relationships. Today, I know that challenges never truly end, but I also know that each one helps us discover strengths we never knew we possessed.

My professional calling also has deep roots. I grew up in a family of entrepreneurs, and from an early age I observed how businesses were built, how clients were served, and how problems were solved. My first job came when I was only eight years old, working in a butcher shop near my home. It was there that I first understood the value of hard work, discipline, and responsibility. My paternal grandfather became my greatest example of entrepreneurship, and years later I founded my first company while attending university.

Today, I work in the mortgage industry, a profession I have practiced for nearly twenty years. While many people might think that I simply sell debt, I see my work very differently: I help people build wealth and achieve the dream of homeownership. Behind every mortgage there is a story, a sacrifice, and often the hope of starting over in a new country.

One of the most difficult moments in my professional life came when I decided to begin again in Canada. Without fully understanding the system, with young children, and far away from my familiar environment, I had to build a new professional path from the ground up.

Starting a business in a new country, without an established network and having to earn trust in another language, tested every one of my abilities. Yet it also confirmed that dreams have no borders when they are pursued with perseverance, discipline, and faith.

There were moments of doubt, but I was fortunate to have the unconditional support of my husband, my

children, my family, and my faith. Thanks to them, I found the strength to continue moving forward. Today, I continue learning every day. We live in a constantly changing world, and we must evolve with it. Technology and new ways of working require us to stay current, but they also remind us of the importance of humility and lifelong learning. The values that guide my life are honesty, responsibility, commitment, and respect. If there is one thing I hope other women can learn from my story, it is not to strive for perfection. Many times, we try to be excellent mothers, wives, professionals, daughters, and friends all at once, and in that effort, we forget ourselves. My invitation is to focus on what truly brings us peace and happiness, and to let go of anything that only adds unnecessary weight to our journey. For me, transformation means having the courage to leave behind a former version of ourselves in order to become someone better. Because in the end, we are not the same women who began the journey; we are every version of ourselves that had the courage to keep moving forward.



Alejandra Diaz
MORTGAGE BROKER

Two Countries, One Heart

BY ALEJANDRA VELEZ

Twenty years ago, I arrived in Canada from Mexico with a dream in my heart and a deep desire to create a better future for my children. Like many immigrants, I came searching for opportunity, safety, and the freedom to build a life filled with possibilities. What I didn't know at the time was that Canada would become so much more than the place where I chose to live. It would become the place where I would grow, rebuild, and discover parts of myself I never knew existed. When people think of Canada, they often think of its breathtaking landscapes, majestic mountains, and endless natural beauty. While those things are certainly extraordinary, what has touched me most over the years has been its people. Throughout my journey, I have met Canadians from every background who welcomed me with kindness, opened doors when I needed support, and made me feel that I belonged. Their generosity reminded me that sometimes the greatest gift we can offer one another is simply making someone feel seen, valued,

and accepted.

As a Latina immigrant, one of the things I appreciate most about Canada is its celebration of diversity. This country does not ask us to leave our culture behind. Instead, it invites us to share it. Our languages, traditions, food, stories, and perspectives become part of the rich fabric that makes Canada what it is.

I have always felt proud to be Mexican, and I have always felt grateful to call Canada home. To me, these two feelings have never been in conflict. They coexist beautifully.

Over the years, I have watched my children grow in a country that values respect, inclusion, and opportunity. I have seen them flourish, pursue their dreams, and embrace possibilities that once existed only in my imagination. In those moments, every sacrifice felt worthwhile.

Today, when I think about what it means to be an immigrant in Canada, I think about community, and friendships that become family.

I think about the courage it takes to begin again and the gratitude that comes from being welcomed.

Most of all, I think about the privilege of building a life between two cultures, carrying the best of both wherever I go.

Because being an immigrant is not about leaving one place behind.

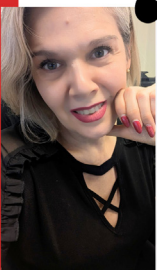
It is about honoring where you come from while embracing where life leads you.

And one day, you realize that your heart has expanded enough to call both places home.



LETY RIVAS
Coach & Speaker
Montréal, Québec

“Being an immigrant changed my life. Not only because I crossed borders, but because I found myself in places I never imagined I would be. I learned what it means to miss home, reinvent yourself, feel fear, and keep moving forward even when you don't have all the answers. Along the way, I discovered something that now guides my life: when I am well, my family is better. When I have clarity, my decisions change. When I feel balanced, I can build with more love, presence, and purpose. Canada gave me a new opportunity, but its greatest gift was reminding me that no matter how many times life invites us to start over, we can always find our way back to ourselves.”



LILIANA PACHECO
Edmonton, AB

“Immigrating takes courage: starting from scratch, adapting to a new culture, a new language, and new friends who eventually become family. It's about continuing to nurture your traditions in your children while embracing a new way of life. It's feeling as though your heart is divided between two countries, carrying the responsibility of representing your homeland with pride while honoring your roots by always giving your best. I am Liliana, blessed and grateful to Canada; an amazing country that has given me opportunities, growth, and a sense of belonging. Proudly Mexican, proudly Canadian at heart.”



MALIN CORDISCO
Certified Translator
Toronto

“Being an immigrant in Canada means rebuilding your identity from the ground up, and discovering, piece by piece, that you're capable of more than you imagined. I built Malex Translations from nothing, certifying my skills from scratch in a country that didn't know me yet. Every day, my work as a certified translator puts me in the room with newcomers facing the same uncertainty I once felt: the paperwork, the waiting, the fear of being misunderstood. Helping them translate not just their documents, but their hope for a new life, has become the most meaningful part of who I am. Canada didn't just give me a place to live; it gave me a community that sees me, values my work, and made me feel like I belong. That sense of acceptance is something I carry into every translation I do, because I know exactly what it's like to need someone in your corner.”



PAMELA FUNK
Edmonton, AB

“Being an immigrant in Canada has meant opportunities, new beginnings, and second chances. Leaving behind everything familiar was not always easy, but it allowed me to grow, adapt, and become stronger. Canada has given me the chance to build a new life, meet people from many cultures, and continue pursuing my dreams while still carrying my roots and values with pride. Being here since 2009 has taught me resilience, gratitude, and that sometimes the biggest transformations come from stepping into the unknown.”

The Legal Corner

BY DR. ANITA DORCZAK

From time to time, the law changes. Most recently the Government of Alberta approved amendments to the legislation governing compensation for motor vehicle accident injuries. It is important that you understand what these changes mean and how they may affect you.

In the past, a person injured in a motor vehicle accident could seek compensation for damages (e.g. physical or psychological injuries) from the insurance company of the person responsible for the accident. However, beginning in January 2027, this will no longer be possible as Alberta will transition to a no-fault insurance system. The result? Insurance companies will benefit from the changes, but innocent victims of motor vehicle accidents will lose important rights to be compensated for their losses. However, there is still time to pursue compensation. If you or someone you know has been involved in a motor vehicle accident you have until the end of this year to contact a lawyer. With 35 years of experience under our belt, our office is here to negotiate for you a fair and just compensation, handling each case with respect, professionalism, and compassion. Dr. Anita Dorczak (Ph.D., M.A., LL.B., CLP, PC, Cert. EM) is a lawyer and mediator with 35 years of experience in conflict resolution and injury law.

Before practicing law, Dr. Anita was a university professor. That academic background stills shapes the way she helps her clients today: she takes time to explain complex legal issues in a clear, approachable way and supports her clients in making informed decisions that are right for them. In addition to personal injury claims, she also provides legal assistance in family matters involving separation, property division, and divorce. Her practice focuses on the best interests of children and on resolving disputes peacefully.



[SHE] FOCUSES
ON THE BEST
INTERESTS OF
CHILDREN AND
ON RESOLVING
DISPUTES
PEACEFULLY

Dr. Anita actively promotes mediation and Collaborative Law as alternative dispute resolution methods that can reduce conflict and encourage sustainable agreements where both parties feel they have won! Her extensive experience allows her to tailor each process to the unique needs of her clients. Her goal? To provide effective solutions outside of the courtroom, with fewer delays and lower costs■

SPANISH TRANSLATION:

Las leyes de Canada se cambian de vez en cuando. Recientemente, el gobierno de Alberta aprobó un cambio en la ley de compensación



por daños de accidente de tránsito y es importante que usted entienda qué significan estos cambios y de qué manera podrían afectarle.

En años pasados, una víctima de un accidente automovilístico, es decir alguien que no tuvo la culpa por lo que paso, podía demandar un pago compensatorio por los daños (sean físicos o psicológicos) de la compañía de seguro de la persona responsable por el accidente.

A partir de enero de 2027 esto ya no será posible. La ley en Alberta pasara a un sistema de "no-fault" con el resultado que las compañías de seguro "ganan" y las víctimas inocentes del accidente "pierden".

Sin embargo, aún hay tiempo para recibir compensación. Si usted o alguien que usted conoce ha sido involucrado en un accidente de tránsito tienen hasta el fin de este

año para ponerse en contacto con un abogado. Con 35 años de experiencia, nuestra oficina está a la orden para negociar una compensación justa y adecuada. Lo hacemos con respeto y compasión.

La Dra. Anita Dorczak es abogada, mediadora y profesional del derecho de familia con 35 años de experiencia en resolución de conflictos.

La Dra Anita habla español con fluidez permitiéndole responder con sensibilidad y precisión a las necesidades de una clientela diversa y multicultural.

Antes de ejercer la abogacía, fue profesora universitaria. Esa experiencia académica continúa reflejándose en su forma de asesorar a sus clientes: explica temas complejos de forma clara y les ayuda a tomar la mejor decisión para su caso.

Además de su trabajo en casos de

accidente automovilísticos también asesora en casos de separación, división de los bienes y divorcio enfocándose en el interés superior del niño y la resolución de disputas en la manera pacífica, frecuentemente a través de método de Derecho Colaborativo. En su práctica, la Dra. Anita promueve la mediación y el Derecho Colaborativo como procesos alternativos que pueden reducir confrontaciones y favorecer acuerdos sostenibles donde ambas partes "ganan".

Su experiencia le permite adaptar cada proceso a las necesidades particulares de sus clientes. Su objetivo es ofrecer soluciones efectivas fuera de los tribunales con menos demoras y menos costos■



Si necesitas ayuda con accidentes de tránsito, testamento o poderes, separación, divorcio, división de bienes llame a 780-424-1212 para solicitar una consulta. La puerta esta abierta.

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Returning to What Matters

WALKING IN NATURE AS MEDICINE FOR THE SOUL. BY MELISSA SALDAÑA

In a world that celebrates busyness, many of us have forgotten the healing power of simplicity.

In the midst of busy schedules, responsibilities, and constant noise, we sometimes forget that one of the most powerful tools for our well-being is available to us in a simple and free way: stepping outside and reconnecting with nature.

Walking outdoors does more than support our physical health. It can help calm the mind, reduce stress, improve our mood, and restore energy. Sunlight exposure also plays an important role in overall wellness by supporting vitamin D production, strengthening the immune system, and contributing to emotional well-being.

One of the most beautiful things about nature is that it is available to almost everyone. We are surrounded by parks, trails, and green spaces that can be enjoyed throughout much of the year. Yet many times we search for complicated solutions when some of the most valuable resources are already within reach.

Sometimes all it takes is a walk, a deep breath, the sound of birds singing, the movement of trees in the wind, the warmth of the sun on our skin, or a few quiet moments beside the water. These simple experiences help us return to the present moment and reconnect with ourselves.

Nature also reminds us of something important: we are part of it. Just as the earth needs sunlight, water, and time to flourish, we also need moments to rest, breathe, move, and nourish ourselves.

It does not have to be perfect, and it does not require long distances. Even a few minutes can make a meaningful difference in how we feel. Because many times what we are looking for is closer than we imagine.

Peace, clarity, and connection do not always require complicated answers. Sometimes, we simply need to step outside, take a walk, and return to what matters most.

I deeply believe that much of what we need for our well-being already exists within us and in the natural world around us. Nourishing foods, plants, sunlight, movement, and rest have supported humanity for generations. That is why I am passionate about sharing wellness tools inspired by nature that can complement a conscious and healthy lifestyle.

MELISSA SALDAÑA

Director of Wellness & Soul Connection | *Metamorfosis Magazine*

SOME OF MY FAVORITE PLACES TO WALK IN EDMONTON

- Wolf Willow Stairs & River Valley Trails
- Whitemud Creek Ravine
- Loise Hole Centennial Provincial Park
- Elk Island National Park
- Rundle Park
- Mill Creek Ravine
- Buena Vista Park

No matter which one you choose, the important thing is to give yourself the opportunity to low down, breathe and reconnect with yourself.



Beauty isn't the Goal

TRUE STYLE : CONFIDENCE WITHIN. BY VANESSA REIJIER

When people hear the words image coaching, they often think about clothing, makeup, hairstyles, or beauty trends. And while those elements can certainly play a role, they are not the goal. The real goal is confidence.

Over the years, I've worked with women from different backgrounds, professions, and stages of life. What I've learned is that most women don't come seeking a transformation because they want to look different. They come because they want to feel different. They want to feel more confident walking into a room. More aligned with who they truly are. More comfortable being seen, heard, and remembered. The truth is that image is not about vanity. It is a form of communication. Long before we introduce ourselves,

our image is already telling a story. It speaks through our posture, our presence, our choices, and the way we carry ourselves. Whether we realize it or not, people begin forming

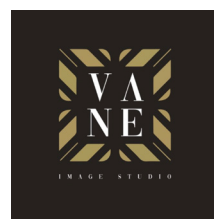


LONG BEFORE
WE INTRODUCE
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IS ALREADY
TELLING A STORY

impressions within seconds. But perhaps the most important impression is not the one others have of us. It's the one we have of ourselves. I've seen women stand taller after discovering a style that reflects their personality. I've watched their confidence grow when their outward appearance finally aligns with their inner values and aspirations. Not because they became someone new, but because they finally gave themselves permission to be fully seen. This is where image coaching becomes powerful. It isn't about creating a perfect version of yourself. It's about uncovering the most authentic one. Because beauty isn't the goal. Confidence is. And when confidence grows, influence follows. Your image is not about impressing others. It's about expressing your value .

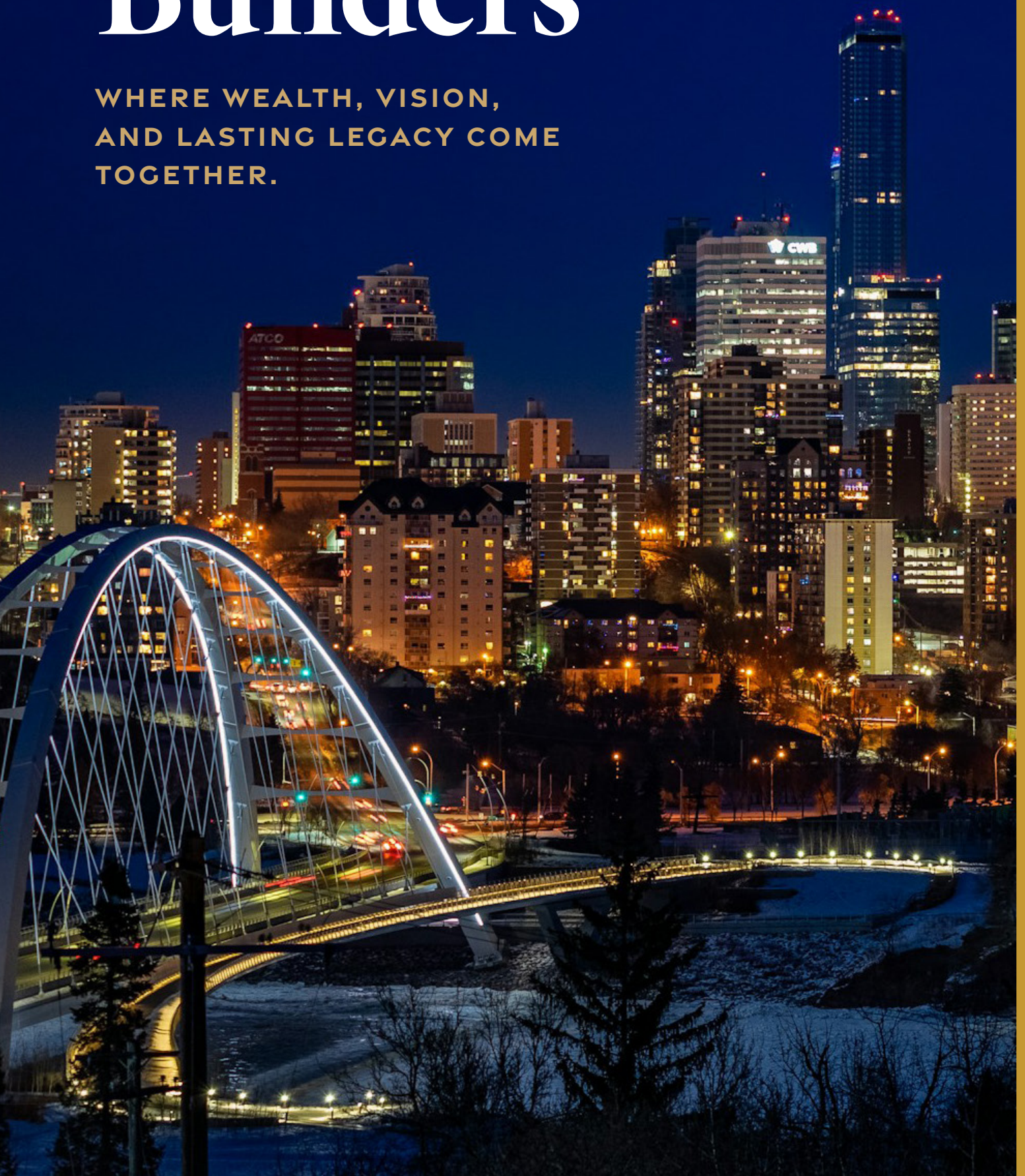
VANESSA REIJIER

Director of Beauty & Styling
Metamorphosis Magazine



Legacy Builders

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AND LASTING LEGACY COME
TOGETHER.



Do You Need Money to Get Started in Real Estate? True or False?



BY REIJER INVESTMENTS

There is a lot of debate about how much money you need to get started in Real Estate Investing.

If you've ever considered investing, you've probably heard the popular claim: "You can start with \$0."

So, is it true? It depends. The answer depends on the strategy you choose.

Are you interested in flipping properties? Wholesaling? Investing in multifamily buildings for passive income? Or becoming a private lender? Every strategy comes with different requirements, risks, and opportunities.

In our case, we completed our first flip project with \$0 of our own capital invested. So yes, it is possible to get started without investing your own money. However, that doesn't mean you can succeed without bringing value.

The first requirement is education. Today, there are countless books, courses, mentors, and resources available to help you learn the business and identify the strategy that fits your goals.

The second is building the right team. Real estate is a team sport. The right partners, contractors, professionals, and investors can significantly accelerate your success. Investors, in particular, play a critical role. Their capital helps turn opportunities into reality.

We have been fortunate to work with people who believed in our vision and ability to execute, and years later, we continue building projects together.

Another key factor is understanding your numbers. Staying conservative with projections and maintaining contingency reserves can protect you from unexpected challenges and improve long-term results.

Today, we continue to complete flip projects while also investing in multifamily properties that generate long-term rental income and build wealth through equity growth.

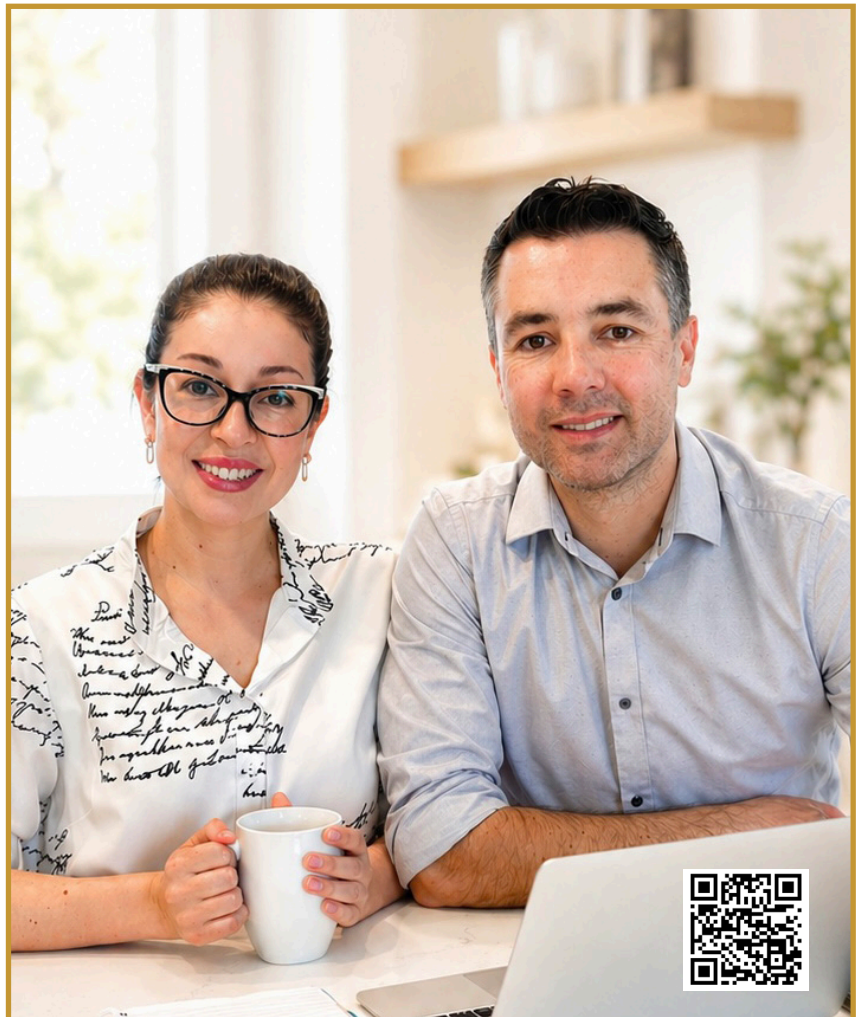
We often compare these partnerships to a marriage. Investors and operators enter into a long-term relationship, working together toward a shared financial goal.

Currently, we are partnering on a 32-townhome rental development in Edmonton, a project that highlights the power of teamwork. Without investors, partners, contractors, and

industry professionals, developments of this scale would not be possible.

Can you start with \$0? Absolutely, in some cases. But even if you're not contributing your own capital, you must contribute value—whether through knowledge, experience, management, relationships, time, or the ability to identify and execute opportunities.

At the end of the day, capital matters, but knowledge, execution, and value creation are often the real drivers of long-term success in real estate investing.



Renovating to Sell? The Costliest Mistakes Are the Ones You Don't See Coming

BY ENRIQUE ANTUMA

Most homeowners start renovations with good intentions: “If I upgrade this, my home will sell for more.” But here’s the truth most people don’t hear until it’s too late—not every renovation adds value, and some can actually hurt your resale potential.

That’s where my unusual combination of experience comes in. I’m a Realtor® who’s also a Renovator and Estimator, and that gives my clients a major advantage: I can tell you what’s worth doing, what’s not, and what will actually move the needle when it’s time to sell.

THE HIDDEN TRAP: RENOVATING WITHOUT MARKET INSIGHT

Renovations feel exciting—new floors, fresh paint, shiny fixtures. But without understanding what buyers in your neighbourhood value, it’s easy to overspend on upgrades that won’t pay you back.

I see it all the time:

- A \$25,000 kitchen in a community where buyers only pay for \$10,000 worth of upgrades.
- Trendy finishes that look great today but date the home tomorrow
- Layout changes that cost thousands but don’t increase buyer appeal
- “Luxury” improvements that push the home above the price ceiling of the area

These aren’t bad ideas—they’re just bad investments when the market won’t reward them.

WHERE MY DUAL ROLE MAKES A DIFFERENCE

Most people either talk to a Realtor® or a contractor. My clients get both perspectives in one conversation.

As a Renovator, I understand real construction costs, timelines, and



what’s structurally possible.

As a Realtor®, I know what buyers actually pay for, what they ignore, and what they expect at each price point.

Put those together, and you get renovation advice that’s not based on guesswork—it’s based on return on investment.

A MAJOR ADVANTAGE FOR BUYERS, TOO

This same expertise becomes a powerful tool when you’re buying. During showings, I can tell you—right there on the spot—what repairs will cost, what’s cosmetic, what’s serious, and what you’ll realistically spend after possession. That means we write stronger, more competitive offers because we’re negotiating with real numbers, not assumptions.

If a home needs \$15,000 in updates, we factor that into the strategy and work it into the price. You get clarity, confidence, and a deal that actually makes sense—not a surprise renovation bill after moving in.

RENOVATE WITH PURPOSE, NOT PRESSURE

My goal isn’t to convince you to renovate more. It’s to help you renovate smarter.

Sometimes the best move is a small improvement. Sometimes it’s a strategic refresh. And sometimes the smartest choice is to do nothing at all.

But you won’t know which one applies to your home until you talk to someone who understands both sides of the equation.



BEFORE YOU SPEND A DOLLAR... LET’S TALK

If you’re thinking about renovating to sell—or even just wondering what’s worth doing—reach out. A quick conversation can save you thousands and help you make decisions with confidence.

Because the most expensive renovation is the one that doesn’t add value.



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Mujeres Omega Foundation

Mujeres Omega Foundation is a community-led nonprofit organization supporting Latina women, children, and families through culturally responsive programs focused on wellbeing, leadership, education, creativity, and community connection.

We believe in the power of belonging, prevention, cultural identity, and women supporting women to create stronger, healthier, and more connected communities.



UPCOMING EVENTS

Kids & Moms Workshops

Felice Café

10830 84 Street NW, Edmonton, AB

10:00 AM – 12:00 PM

Ages 3–12

Donation-based registration

Limited to 10 children per session

Dates:

- August 1
- September 5
- October 3
- November 7
- December 5

Mindful Connections

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ArtMuse

ArtMuse is a non-profit founded by Avril Michel and Melissa García, two passionate artists from Mexico who share a commitment to making art and music accessible to all members of the community.

AVRIL MICHEL

Visual artist and children's art educator.

MELISSA GARCÍA

Professional violinist and music educator from Mexico.

OUR MISSION

To provide inclusive and accessible opportunities in visual arts and music that empower individuals, support emotional well-being, celebrate cultural diversity, and inspire lifelong creativity.

OUR MOTTO

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