

## CONTINUING CONNECTIONS

The Continuing Connections program assists individuals between 18 and 65 years of age who reside in a long-term care centre and who have complex care needs, often managing both long-term physical health and mental health issues.



**Canadian Mental  
Health Association**  
Calgary  
*Mental health for all*

The recovery-based program is designed to increase clients' confidence and to facilitate healthy living while restoring hope. Often clients experience feelings of hopelessness, isolation or boredom.

### Program offers:

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- introduction to the foundational skill building group: *Art of Friendship*
- therapeutic recreation activities and outings
- assistance with attending other helpful community programs
- social visits from volunteers



A partnership program with Alberta Health Services, *Continuing Connections* is available at Bethany Care Centre, Carewest Dr. Vernon Fanning Centre, Garrison Green, and Glamorgan Care Centre.

**Canadian Mental Health Association (CMHA) – Calgary Region** was established in 1955 and is an independent branch of Canada's most established national mental health organization. CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery. CMHA – Calgary Region builds awareness and provides education, advocacy and support for individuals and families living with mental health disorders, a loss by suicide or addiction.

We provide over 15 community-based support programs like supportive and independent living, homeless outreach, recreation, suicide bereavement support and peer support programs for families and individuals. We work closely with other community organizations to bridge gaps in the mental health care system and facilitate access to important services and resources.

### **Our Vision – Mental Health for All**

## FOR MORE INFORMATION

[cmha.calgary.ab.ca](http://cmha.calgary.ab.ca)  
[facebook.com/cmhacalgaryregion](https://facebook.com/cmhacalgaryregion)  
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