

# INDEPENDENT LIVING SUPPORT

The Independent Living Support (ILS) program delivers a range of support to individuals diagnosed with a mental health disorder. The program is designed to support clients to establish and work on self-determined goals.



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

## Goals can help to:

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- promote mental health awareness and wellness
- enhance quality of life
- connect to community
- help manage their lives independently

## Individual goals emphasize life and social skills and may include:

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- home management
- money management
- coping and stress management
- volunteer/work pursuits
- leisure/recreation opportunities



- education programs and support groups
- housing information and referrals
- connections to community resources



**SKILLS FOR LIFE** Supports individuals to increase their social awareness and life skills by presenting topics such as: mental health awareness, communication skills, coping skills, stress triggers, boundaries.

**PRO-ACTIVE YOU** Education group for day hospital patients that provides information on the services available in the community.

**MONEY MATTERS** Assists with money management offered in partnership with Momentum.

**LEISURE RECREATIONAL ACTIVITIES** This offers teaching, coaching and mentoring of life and social skills through leisure recreational activities.

**COOKING GROUP** A small group designed to teach, coach, mentor all aspects of cooking following the Canada Food Guide.

## FOR MORE INFORMATION

[cmha.calgary.ab.ca](http://cmha.calgary.ab.ca)  
[facebook.com/cmhacalgaryregion](https://facebook.com/cmhacalgaryregion)  
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Canadian Mental  
Health Association  
Calgary  
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400, 105 12 Avenue SE  
Calgary, AB T2G 1A1  
Phone: 403 297 1700  
Fax: 403 270 3066  
[info@cmha.calgary.ab.ca](mailto:info@cmha.calgary.ab.ca)

