

# LEISURE AND RECREATION

The Leisure Recreation program is available to clients already enrolled in other CMHA – Calgary programs. The program focuses on enhancing self-esteem, building confidence and promoting recovery in a safe, empowering environment through participation in social and recreational activities.

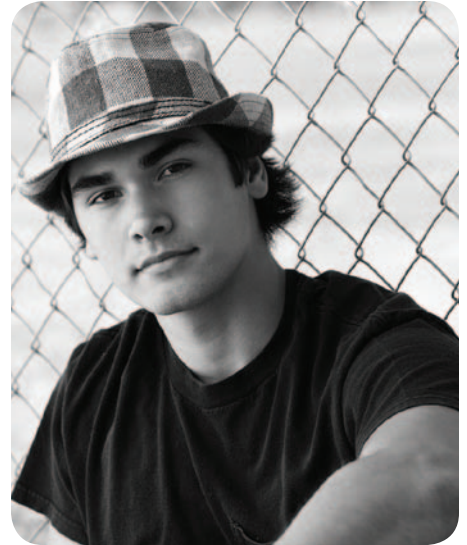


**Canadian Mental  
Health Association**  
Calgary  
*Mental health for all*

## Program offers:

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- introduction to the foundational skill building group: *Art of Friendship*
- opportunities for socialization
- building community network
- physical and mental health enhancement
- increased recreational skills for community transition
- guided activity based discovery through peer led activities in the community
- leadership opportunities to mentor peers and explore the community



**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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