

PEER OPTIONS

The Peer Options program provides individuals a safe place to share with peers with “lived experience” who are now focused on wellness and recovery.

Together participants learn the value and skills of building healthy friendships, as well as strive to develop peer support networks and transition to the community.

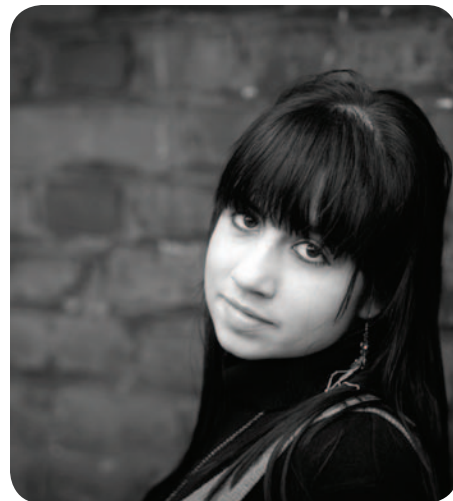


**Canadian Mental
Health Association**
Calgary
Mental health for all

Clients start with the nine-week *Art of Friendship* and transition into the *Circle of Friends* peer support group located in central Calgary.

Coordinators work with clients to set personal development goals, transition to the *Circle of Friends* peer support group and transition to community.

Many graduates of the program give back to the mental health community through peer support by offering inspiration, understanding and mentorship as volunteers.



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

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