

SUPPORTIVE LIVING

The Supportive Living program operates out of nine locations in Calgary and is available for individuals living with a mental illness who are unable to live on their own in the community. Clients live in one of several *Horizon Housing Society* managed apartment buildings or group homes. Individuals work regularly with CMHA coordinators to increase their level of independence through individualized support and goal setting.



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

Program offers:

- development of daily living skills
- accessing community resources
- emotional support



In the group living setting, clients receive coaching for development of independent living skills, social skills and coping skills. Clients are encouraged to engage in community programs as their skills and abilities allow. Group living allows for intensive assessment of clients' needs and functioning on a regular basis.

In the apartment setting, clients receive support for development of activities for daily living, such as nutrition and meal preparation, household maintenance, laundry and budgeting. Additional supports include connection to community resources and assistance with the development of coping and problem solving skills.

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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Canadian Mental
Health Association
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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

