



Canadian Mental
Health Association
Calgary
Mental health for all



Peer Support

Build Hope, Create Connection, Find Belonging

Our Peer Support service provides the opportunity for anyone, individual, family member or professional, looking for a connection with others who understand what it's like to go through a mental health or addiction concern. Connect with us to find your own balance, and to create a network of support

Individuals

Our Peer Supporters are trained and mentored to use their personal experience of mental health or addiction to provide emotional and social support to others who share a common experience by providing hope, support and guidance.

Welcome Centre

CMHA Calgary's Welcome Space provides individuals, family members and the community with access to tools, skills and resources to learn about mental health and wellbeing. In addition, visitors are provided with information about supports and services available for those with a mental health or addiction concern. Staffed by our Peer Supporters, those individuals with personal or family experience of a mental

health or addiction concern, our Welcome Centre is open to everyone, with support available in person, through email or over the phone. No appointment is necessary.

Caregivers, Family and Friends

Our Family Peer Supporters focus on the needs of those living with or caring for someone with a mental health or addiction concern, who are often themselves left unattended to.

**Connect with us at
our Welcome Centre**

Monday / Thursday / Friday
9:00 am – 4:00 pm

Tuesday / Wednesday
9:00 am – 7:00 pm

Canadian Mental Health Association – Calgary Region

#105, 1040 – 7 Avenue SW, Calgary, AB T2P 3G9

P 403-297-1700 **F** 403-270-3066

cmha.calgary.ab.ca

cmhacalgaryregion

CMHACalgary

cmhacalgary