



Programs and Services

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. Staff 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.



Peer Support Our Peer Support service provides the opportunity for anyone—individual, family member or professional—looking for a connection with other who understand what it's like to go through a mental health or addiction concern, or looking for information about a mental health diagnosis, the chance to speak with someone with lived personal experience.



Recovery College Using an educational-based approach, Recovery College offers courses to help people recognize and develop their own resourcefulness and awareness in order to support themselves or their loved one on their recovery journey. Everyone—family, friends, caregivers, professionals and the general public—are welcome to attend our free, courses supporting recovery and wellbeing. All of our courses are interactive and positive learning experiences, emphasizing hope, control and opportunity.



Family Support Family and friends often have a difficult time coping with a relative or friend who is experiencing a mental health or addiction concern, and wonder how best to help. Feelings of grief, frustration, anger, sadness, resentment and confusion are common experiences. The Family Support Program provides support, education and information to help people learn how to deal with these emotions, and to develop healthy strategies to support their loved one and to look



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after themselves through one-on-one counselling, support groups as well as drop-in groups. Our services are open to individuals, couples, and families.

Suicide Bereavement

The experience of a suicide-related loss is often isolating because of the stigma attached to this type of death. The Suicide Bereavement Support Program offers a variety of services such as one-on-one counselling, a psycho-educational support group, individual peer support, drop-in groups as well as educational presentations and debriefings to assist survivors in dealing with grief and loss. Our services are open to individuals, couples, and families.



Street Outreach and Stabilization (SOS)

The SOS Program works to link hard-to-reach individuals experiencing mental health or addiction concerns to essential community services. The SOS team supports individuals with resources needed to help turn their lives around. SOS coordinators offer specialized, culturally inclusive supports to Indigenous people who have mental health or addiction concerns and experience homelessness. Linkage to psychiatric and medical



treatments, income support, housing referrals and daily living skills enables homeless individuals to get back on their feet so they can live in safety and comfort.

Leisure Recreation

The Leisure Recreation program is available to clients already enrolled in other CMHA Calgary programs (including Recovery College). The program focuses on enhancing self-esteem, building confidence and promoting recovery in a safe, empowering environment through participation in social and recreational activities. The program offers opportunities for socialization, building a community network, physical and mental health enhancements, increased recreational skills for community transition, and guided activity-based discovery through peer-led activities in the community.



Education The Education program works to promote mental health and wellness through engaging interactive learning sessions presented to youth and adult audiences by qualified educators using evidence-based knowledge and top quality teaching practices. As well, more advanced skill and resiliency building programs are offered.



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