



Canadian Mental  
Health Association  
Calgary  
*Mental health for all*

2023 - 2024

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# REPORT TO COMMUNITY TOGETHER FOR WELLNESS

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Mental Health For All





Canadian Mental  
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## Dear Supporters and Community Members,

Welcome to CMHA Calgary's Annual Report for 2023-2024. As Chair of the Board of Directors, I am grateful for the opportunity to reflect on the past year's accomplishments and share our vision for fostering community connections in the future.

This has been a year of significant change for our organization, and through it all, we have remained committed to our goal of bringing communities together.

A notable achievement this year has been our partnership with Inn from the Cold. We delivered Recovery College courses on-site to their clients, bringing vital mental health education directly to those in need.

CMHA Calgary is extremely proud of the impact of our Post Discharge, Supportive Living, and Apartments programs for our clients, helping them achieve remarkable personal successes. Our community mental health initiatives, including Peer Support, Recovery College, YouthSMART, and KidSMART, continue to expand their reach, empowering more individuals with resilience tools and mental health education.

The pressures in the current housing market are significantly impacting the mental health of Calgarians.

The challenges facing our community are significant, as highlighted in recent research. An analysis by the University of Calgary estimates that between 102,635 and 124,375 people (or 40,000 households) in Calgary are currently at risk of homelessness. The link between homelessness and mental health is undeniable. People experiencing homelessness are 2-3 times more likely than the general population to rate their mental health as "poor." Approximately 30-40% of those experiencing homelessness report having a mental illness, a figure that jumps to 78% when substance use disorders are included.

At CMHA Calgary, we are committed to addressing these critical issues through our comprehensive programming. Our services include mental health education, community support, and peer support programs designed to help individuals navigate these challenging times. Our YouthSMART initiative reaches nearly 25,000 young people annually, promoting mental health awareness and resiliency in schools and community groups. Additionally, our Community Navigation program offers personalized support to help individuals access the resources they need, including housing assistance, mental health services, and peer support. As the housing crisis intensifies, CMHA Calgary continues to adapt and expand our programs to better support the mental health needs of our community. Our efforts aim not only to provide immediate assistance but also to foster long-term resilience and well-being among those we serve.

It is clear that our work is more crucial than ever. As we look to the future, let us reaffirm our commitment to addressing these intertwined challenges of housing and mental health, ensuring that our community's resilience continues to grow.

This year, we were also thrilled to welcome Linda McLean as our new Executive Director. Linda brings an exceptional wealth of experience in executive leadership, garnered through her roles in non-profit organizations, funding bodies, and community health sectors. Her expertise in strategic planning, social impact, and managing multi-stakeholder projects is particularly valuable as we aim to enhance our advocacy and expand the scope of our mental health services. With Linda's strategic vision, we anticipate significant advancements in our programs, driving our mission even further and increasing our impact within the community.

On behalf of the Board of Directors, I would like to thank all CMHA Calgary employees who have brought their care, support, and talents to help our clients and community each and every day. Your steadfast commitment to CMHA Calgary over the last very challenging years has allowed this organization to continue providing critically needed services to Calgarians. You are the reason we are able to strive towards providing mental health for all. We look forward to this next year and all of its opportunities, while remembering to reflect on the success, learning opportunities, and joys from this past year.

I would also like to extend my deepest thanks to my fellow Board Members for their unwavering commitment and hard work throughout this year of significant change. Your time, expertise, and dedication have been instrumental in guiding CMHA Calgary through these transitions. We have worked very hard to provide excellent guidance and governance to the organization.

As we move forward, let us carry the spirit of building community connections into every aspect of our work. Together, with the support of our staff, board members, volunteers, and community partners, we can continue to build a more resilient, compassionate, and mentally healthy community for all Calgarians.

Warm regards,



**Kerry Brown**

Chair, Board of Directors

Canadian Mental Health Association – Calgary Region





## Dear Supporters and Community Members,

I am honored to address you for the first time as the Executive Director of CMHA Calgary in our 2023-2024 Annual Report. This past year has been a period of significant challenges and transformative change, not just for our organization, but for many in our community. As we look back, it is evident that these challenges have been deeply felt by everyone, and CMHA Calgary is no exception. However, with challenges come opportunities for growth, resilience, and forward-thinking initiatives that strengthen our commitment to those who rely on our services.

Our mission to provide comprehensive mental health support has never been more critical. The impacts of economic uncertainty, the ongoing recovery from the pandemic, and societal changes continue to place considerable stress on our community. In response, we have focused on ensuring our programs and services are accessible, impactful, and adaptive to the evolving needs of our clients.

Our dedication to addressing the intersection of homelessness and mental health has driven us to enhance our support systems. The alarming statistics regarding homelessness and mental health in Calgary underscore the urgent need for our services. At CMHA Calgary, we remain steadfast in our commitment to offering robust mental health education, peer support, and community navigation programs. These initiatives are designed to empower individuals, foster resilience, and provide critical support during these challenging times.

One of our proudest achievements this year is the expansion of our YouthSMART initiative, which now reaches nearly 25,000 young people annually. By promoting mental health awareness and resilience in schools and community groups, we are investing in the future mental well-being of our community. Additionally, our partnership with Inn from the Cold has allowed us to deliver Recovery College courses on-site, bringing essential mental health education directly to those in need.

The challenges we face are significant, but they also inspire us to innovate and adapt. Our Post Discharge, Supportive Living, and Apartments programs have been instrumental in helping our clients achieve remarkable personal successes. These programs, along with our Peer Support and Recovery College initiatives, offer a comprehensive support system that addresses both immediate needs and long-term mental health and well-being.

As we navigate these uncertain times, our focus remains on being a steadfast resource for our clients. We are committed to adapting our programs to meet the growing needs of our community, ensuring that everyone has access to the support they require. Our Community Navigation program continues to be a beacon of hope, offering personalized assistance to help individuals access housing, mental health services, and peer support.

Looking ahead, we are excited about the opportunities that lie before us. Our vision for the future is rooted in a forward-thinking approach that embraces innovation and collaboration. We will strive to build stronger partnerships, expand our reach, and enhance our advocacy efforts to better serve the mental health needs of Calgarians. With the support of our dedicated staff, board members, volunteers, and community partners, we are confident in our ability to drive positive change and make a lasting impact.

Our commitment to our community extends beyond providing services. We aim to foster a culture of understanding, acceptance, and support. This involves continuous learning, listening to those we serve, and adapting our approaches to better meet their needs. We recognize that mental health is a journey, and we are here to walk alongside our clients every step of the way.

I want to express my deepest gratitude to our employees, whose unwavering commitment and dedication make our work possible. Your efforts have been instrumental in helping us navigate through a year of significant change and ensuring that we continue to provide vital services to our community. To our Board of Directors, thank you for your exceptional guidance and governance during this transformative period. Your support has been invaluable in steering CMHA Calgary towards a brighter future.

Together, let us embrace the spirit of resilience and compassion as we work towards a mentally healthy community for all Calgarians. We look forward to the opportunities ahead, and with your continued support, we will strive to make a meaningful difference in the lives of those we serve.

Best regards,



**Linda McLean**

Executive Director

Canadian Mental Health Association – Calgary Region





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# HOUSING, OUTREACH, & SUPPORT



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# STRENGTHENING FOUNDATIONS, INSPIRING FUTURES +

As we reflect on the achievements of 2023-24, CMHA Calgary's Housing, Outreach, and Support initiatives proudly stand out as pillars of our mission to foster mental wellness and independence across our community. This year, we have adapted and expanded our services to meet the diverse needs of those we serve, empowering them toward fulfilling, self-sufficient lives.



## EXPANDING SKILLS, ENHANCING LIVES

The Independent Living Support program saw considerable growth in 2023-24, with an expanded curriculum that now includes advanced home and money management skills. These enhancements have empowered our clients to tackle life with increased confidence and independence.

**81%** of participants **increased self-care skills and knowledge**

**85%** of participants **increased their sense of purpose**

*\*After living in a Supportive Living or Post-Discharge Transition Home*



Apartments at Horizon Ridge



## BUILDING AUTONOMY

In 2023-24, Horizon Housing became an even stronger foundation for independence. We implemented new support strategies, including advanced budgeting workshops and enhanced life skills training. These initiatives have significantly improved our residents' abilities to manage their daily lives and integrate into their communities.

“ In December 2023, an ILS worker supported a client on their wellness journey by providing resources to aid with grief and loss. The client successfully applied to the School of Peer Support at CMHA and began their studies in the fall of 2023. They expressed profound gratitude, stating, 'I have found my people,' and now see a new future with the training provided by the school.

”

### Post-Discharge

This year, the Post-Discharge program supported **64 clients** with **52 new clients**

### Supportive Living

This year, the Supportive Living program supported **52 clients** with **41 new clients**

### Apartments

This year, the Apartments program supported **162 clients** with **13 new clients**

### Staffing

This year, we welcomed **69 new team members** to support housing

# EMPOWERING CHANGE: A JOURNEY FROM HOSPITAL TO HOME

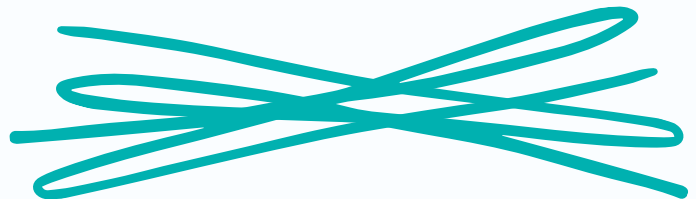
Being a Supportive Living Coordinator is not always an easy job, but witnessing the transformative journeys of our participants makes it immensely rewarding. One such story involves a participant who arrived at Roberts House from a hospital stay, far from her family in Ontario.

When she first came to Roberts, she had limited understanding of her mental health diagnosis but was eager to learn and stabilize. The staff at Roberts House witnessed her dedication and resilience every day. She worked diligently on her recovery, utilizing the support and guidance offered by our team. Her hard work paid off—she achieved stability, bought a new vehicle, and even resumed part-time work.

The support and encouragement she received at Roberts House bolstered her confidence, empowering her to make significant strides toward independence. She was able to transfer her job, secure a doctor and therapist in Ontario, and book her own flight home. After just two months at Roberts House, she successfully transitioned back to Ontario to reunite with her family and children.

We were fortunate to receive a heartfelt letter from her weeks after her return. In it, she expressed her gratitude for the love and support she received, and stated that CMHA will always have a special place in her heart.

Her story is a testament to the impact of dedicated support and the strength of the human spirit.







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# COMMUNITY MENTAL HEALTH & WELLNESS



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# CELEBRATING GROWTH & RESILIENCE

In 2023-24, CMHA Calgary's commitment to mental health support and community resilience was more impactful than ever. We celebrated the expansion of our programs and the deepening of our community connections, all while fostering environments that promote mental wellness for everyone.



## PEER SUPPORT: EXPANDING OUR REACH

This past year, our Peer Support services have grown significantly, providing more individuals with the invaluable support of shared experiences and mutual understanding. This peer-based model has empowered participants to navigate their mental health journeys with enhanced resilience, fostering a sense of community and mutual support.

This past year, we had **240 total applicants**  
 (An increase of over 50 applicants compared to previous year)

Initial intake for the 2023-24 year was **64 students**  
 (Similar to previous year)

Our Welcome Centre and Peer Services, which employs graduates from our School of Peer Support, served a total of **1,653 total individuals (non-unique)**



“

One of our participants, who had struggled with isolation and depression, found solace in our Peer Support program. Through shared experiences and the empathetic support of peers, they regained their confidence and built lasting relationships that have become a crucial part of their recovery journey.

”

**86%**

of youth said they know how to explain the stigma around mental illness

after taking a Mental Health Awareness session

**93%**

of youth said they now know the people and resources to go to for help

after taking a Skills for Being There session

**93%**

of youth said they can now identify their own internal and external stressors

after taking a Stress Management and Healthy Coping session

**92%**

of youth said they now know the risk factors for suicide

after taking a Suicide Prevention session

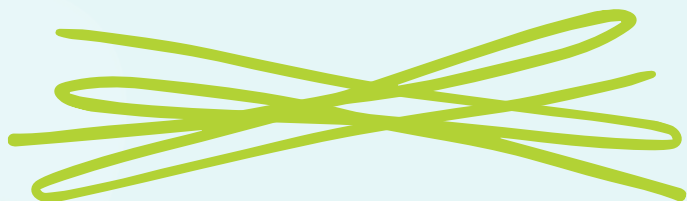
Community Education saw a total of **19,493** contacts

# YOUTH SHAPING FUTURE S.M.A.R.T.

YouthSMART has not only continued but thrived in 2023-24, reaching more young people with its vital message of mental health awareness and resilience. This year's interactive sessions focused on equipping youth with practical tools for coping and resilience in today's challenging times, fostering a generation of young individuals who are informed and empowered to take charge of their mental well-being.



CMHA Calgary's **YouthSMART** program offers 4 different mental health literacy course offerings to schools, community groups, and sports organizations.



“

Participating in YouthSMART has been a game-changer for me. The program taught me effective coping strategies for my anxiety, making me feel more equipped to handle stress. Inspired by the positive impact of YouthSMART, I even started a mental health awareness club at my school. This program truly makes a difference!

”

# YOUTHSMART INITIATIVE EXPANDS TO NEW BRUNSWICK

In the fall of 2022, CMHA Calgary embarked on an exciting journey to extend the successful YouthSMART Initiative beyond Alberta, partnering with CMHA New Brunswick.

## Building the Foundation

Ashley Lamantia, Senior Program Manager - Community Education and Wellness, CMHA Calgary, and her team began by developing a comprehensive Implementation Guide and creating training videos by early 2023. These resources were designed to ensure that the New Brunswick team could seamlessly adopt and deliver the YouthSMART model.

"Creating the Implementation Guide and training videos underscored our commitment to quality and consistency," Ashley shared.

## Onboarding and Launch

Throughout the summer of 2023, Ashley conducted onboarding sessions, providing hands-on training and addressing potential challenges. By September 2023, CMHA New Brunswick officially launched the YouthSMART Initiative, starting in Fredericton and quickly expanding to Moncton.

"The enthusiasm and dedication of the New Brunswick team were palpable. Their passion for making a difference in their communities was incredibly inspiring," Ashley recalled.

## Ongoing Support and Positive Impact

Ashley established quarterly check-ins to offer continuous support and address any emerging questions or challenges. The feedback has been overwhelmingly positive, with participants showing increased knowledge of mental health concepts and improved help-seeking behaviors.

Reflecting on the partnership, Ashley said, "CMHA Calgary has provided YouthSMART sessions in Calgary for over 10 years, supporting young people in building personal resiliency. We are thrilled to see the same success beginning to unfold in New Brunswick. This collaboration highlights the importance of sharing knowledge and resources to build a network of support that transcends geographical boundaries."





## LEARNING AS A PATH TO WELLNESS

Recovery College further diversified its offerings this year, introducing new courses that reflect the latest in mental health research. Participants have benefited from an even broader range of subjects that support personal development and mental health recovery, finding new ways to enhance their well-being through education.



### Recovery College

supported **2,724 unique individuals**

### Recovery Recreation

supported **1,673 total individuals**

**97%** of participants said they would recommend CMHA Calgary programming after taking a Recovery College course

**96%** of participants said they gained a skill or information to support their wellness during a Recovery College course

**97%** of Recovery College participants had a good or very good experience in this program

“

Attending a course on mindfulness and mental health at Recovery College has been transformative for me. The practical exercises and supportive environment have helped me manage my anxiety and improve my overall quality of life. This experience has truly made a positive impact on my mental health journey!

”



83%

of participants found the course to be 'very valuable' or 'extremely valuable'

90%

of participants found that the course enhanced their ability to address mental health concerns in themselves and in others



# EQUIPPED

## EMPOWERING YOUNG ADULTS

In 2023-24, the Canadian Mental Health Association - Calgary Region's (CMHA Calgary) EQUIPPED Initiative made remarkable strides in promoting resiliency and mental wellness among young adults. This program provides mental health training and tools through a self-guided, online platform, building on the foundational concepts taught in YouthSMART (Youth Supporting Mental Health and Resiliency Together). The EQUIPPED Initiative expands knowledge for emerging adults ages 16 to 24, offering educational courses that equip them with essential mental health concepts and the skills necessary to practice effective self-care.

## EXPANDING REACH AND IMPACT

Thanks to the generosity of our supporters and the collaborative efforts of community and corporate partners, the EQUIPPED Initiative reached hundreds of young adults this year. This broad reach has significantly contributed to establishing accessible mental health assistance and education within our community. By empowering young adults with the knowledge and tools to manage their mental health, we are fostering a generation that values and prioritizes mental wellness.



The **EQUIPPED** Initiative is more than just a program; it is a cornerstone for building resilient and mentally healthy communities.

“

Participating in the EQUIPPED Initiative transformed my approach to mental health. Struggling with anxiety and stress, I found the self-guided courses to be a lifeline, offering practical strategies and a deeper understanding of my mental health. This newfound knowledge empowered me to take proactive steps in my self-care journey, resulting in improved well-being and resilience.

”



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# IN THE COMMUNITY



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# A YEAR OF ENGAGEMENT AND SUPPORT

2023-24 was a year marked by profound community engagement and support, helping us make significant strides in mental health advocacy and resilience-building. The unwavering commitment of our community has been the backbone of our efforts, enabling us to reach more people and make a lasting impact.



## ENGAGING MORE DEEPLY

Throughout the year, CMHA Calgary actively participated in a variety of community events, including more wellness fairs and educational tours than ever before. Our presence at these events, coupled with powerful speeches and active participation in fundraisers, has not only raised essential funds but has also significantly heightened community awareness of mental health issues.

## GRATITUDE AND LOOKING FORWARD

We are deeply grateful for the community's continued support, which has been instrumental in our achievements this past year. Your contributions, whether through donations, volunteering, or participating in our events, have made a tangible difference in the lives of those we serve. As we look to the future, we are excited to continue our journey together, further enhancing our services and extending our reach to ensure that mental wellness is a reality for everyone in our community.



**56**

Attendance at events including wellness fairs, trade shows, and community fundraising events

**44**

Media appearances, presentations, speeches, and tours

**3,800**

Total interactions at events

“

I approached the CMHA Calgary booth feeling overwhelmed by the stresses of daily life. After a heartfelt conversation with one of their volunteers, I decided to join a peer support group. Months later, I can say that initial engagement changed my life, providing me with the tools and support needed to manage my mental health effectively. This experience has been life-changing!

”





# CODY SNYDER CHARITY BULLBUSTIN'

For the fifth consecutive year, CMHA Calgary was honored to be selected as a beneficiary of the Cody Snyder Charity Bullbustin' event, hosted at the Grey Eagle Resort & Casino in 2023.

The event, held on Wednesday, July 5, 2023, brought together premier bull riders and Stampede enthusiasts in support of a noble cause. Through fundraising efforts such as the 50/50 raffle, which alone generated an impressive \$17,465, and other charitable activities including the Calcutta auction pool, a substantial sum of \$127,495 was raised. These funds are instrumental in furthering CMHA Calgary's mission to provide essential programs and services in mental health. We extend our deepest appreciation to the Snyder Family and the Bullbustin' team for their steadfast commitment to supporting mental health initiatives.



# BLUESTAR 3RD ANNUAL INVITATIONAL GOLF TOURNAMENT

Bluestar Engineering Ltd. celebrated its third annual invitational golf tournament in 2023, with a dedicated focus on raising funds for CMHA Calgary. The event featured a day filled with enjoyment, including a silent auction and an exciting 50/50 draw. Heartfelt thanks go out to Bluestar Engineering, as well as to all the event sponsors and participants for their generous support and involvement!



# CALGARY TENNIS CLUB'S CANADA DAY OPEN

From June 28 to July 3, 2023, the Calgary Tennis Club proudly hosted the Canada Day Open, a pivotal tournament dedicated to raising awareness and support for mental health and addiction issues. The event successfully garnered \$3,771 in donations for CMHA Calgary.

Joshua Staav, General Manager of the Calgary Tennis Club, emphasized the club's commitment to mental health initiatives, stating, "The Calgary Tennis Club has chosen to champion mental health causes as it has profoundly impacted our club family in various ways. Mental health issues transcend all backgrounds, touching many lives differently. Through this event, we aim to contribute to raising awareness and providing assistance to those in need." The club's dedication to supporting mental health through this annual tournament in 2023 reflects their ongoing commitment to making a positive difference in the community.





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# 1,844 LEGENDS PUSH FOR MENTAL HEALTH

In February 2024, an inspiring 1,844 participants took on the challenge of completing 2,000 push-ups to support CMHA Calgary. Their incredible efforts raised an impressive \$106,599, enabling us to continue providing essential wellness and recovery-oriented supports and services to our community.

## The Push-Up Challenge: A Background

The Push-Up Challenge is an annual event designed to raise awareness and funds for mental health. Participants commit to completing 2,000 push-ups over the course of 23 days, symbolizing the ongoing effort and resilience required to support mental health. The challenge encourages individuals to push their limits physically and mentally, fostering a sense of community and solidarity in the fight for better mental health outcomes.

## The Push-Up Challenge: More Than Just Push-Ups

In a country where approximately 4,500 lives are lost to suicide each year, this challenge transcended physical boundaries, becoming a powerful movement for better mental health outcomes in Canada.

We extend our heartfelt gratitude to every Push-Up Challenge participant, supporter, and donor. Thank you for pushing your limits, supporting each other, and championing the cause of mental health with unwavering dedication.





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# A YEAR OF CONNECTION AND EMPOWERMENT THROUGH SOCIAL MEDIA

Thank you to everyone who spoke with us at a wellness fair, shared our social media posts, or donated to CMHA Calgary. We are thankful for your ongoing support towards our goal for Mental Health for All.



## SOCIAL MEDIA FOLLOWERS



## WEBSITE VISITORS





# BOARD OFFICERS



Kerry Brown  
CHAIR



Heidi Schubert  
VICE CHAIR



Chris McNelly  
GOVERNANCE CHAIR



Kerilee Snatenchuk  
FUND DEVELOPMENT &  
ENGAGEMENT CHAIR



Rob Harding  
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Steve Sproule  
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Nancy Laird



Karim Punja



Dr. Izu Nwachukwu



Karlyn Roberts





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# THANK YOU!



**CMHA Calgary would like to thank all grantors, funders, corporations, and individual donors for your ongoing support so that individuals and families living with a mental health or substance use concern can find the help and resources they need.**

- AHS - Post Discharge and Supportive Living Housing, Apartment, Suicide Support, Independent Living, Outreach, and Continuing Connections Services and Programs.
- The Calgary Foundation for KidSMART
- Cenovus Energy Inc. for School of Peer Support
- City of Calgary and Government of Canada Building Safer Communities for YouthSMART
- City of Calgary Connect the Dots for Recovery College
- City of Calgary for The Home Program Partnership with The Alex for Peer Support
- CMHA National/Green Fischer Family Fund for Recovery College
- Government of Alberta CIP grant for EQUIPPED
- Nickle Family Foundation for YouthSMART
- RBC Foundation for EQUIPPED
- TELUS Friendly Future Foundation for YouthSMART
- United Way of Calgary Program Grant for Recovery College, School of Peer Support, and Community Education
- United Way of Calgary Innovation Rider for Community Education
- United Way and Government of Canada Community Services Recovery Fund for Workplace Mental Health
- Cody Snyder Bullbustin'
- The Cal Wenzel Family Foundation
- Centra Cares Foundation
- Nova Chemicals
- Estate of Patrick Denis McLaughlin
- Estate of Steven Blitz
- Dollar a Day Foundation
- Trafigura Foundation
- KPMG Foundation
- ARC Resources
- Bluestar Engineering Inc.
- Flair Foundation
- Caron Education Foundation
- Calgary Flames Foundation
- Loblaws Inc.
- Atco Epic
- Midwest Pipeline Inc.
- Michelle Ng
- Like a Rock Fund
- John and Katie Penner Family Foundation
- Jim and Vicki Wilson Family Fund
- Pyke Family Fund at Calgary Foundation
- David and Violet Todd
- TAQA North



	2024	2023
<b>Revenue</b>		
Alberta Health Services	\$ 7,087,729	\$ 4,994,933
Fund Development	1,934,494	2,694,972
City of Calgary	371,772	1,082,427
Other	596,495	485,800
Grants	106,771	386,882
United Way	420,000	300,000
Province of Alberta	23,267	25,000
	<b>10,540,528</b>	<b>9,970,014</b>
<b>Expenses</b>		
Salaries and benefits	9,246,160	7,691,480
Building occupancy	925,441	656,666
Purchased services	777,433	589,683
Other programs	307,075	381,104
Office and administrative	214,133	223,015
Amortization	148,688	154,553
Program travel and education	111,704	127,018
Promotion and education materials	173,461	61,421
Recruitment and recognition	81,558	51,996
Divisional fees	49,150	43,573
	<b>12,034,803</b>	<b>9,980,509</b>
(Deficiency) excess of revenue over expenses	\$ (1,494,275)	\$ (10,495)

*See accompanying notes to the financial statements*

[Read the Full Financial Statements Here](#)





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## CANADIAN MENTAL HEALTH ASSOCIATION – CALGARY REGION

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[info@cmha.calgary.ab.ca](mailto:info@cmha.calgary.ab.ca)

Registered Charity Number: **122013139RR0001**

It is Canadian Mental Health Association – Calgary Region's (CMHA Calgary) mission to be a leader in reducing the impact of mental illness and addiction in community. For more than 65 years, we have provided a person and family-centered integrated service model focused on early intervention and prevention of a mental health or substance use concern that delivers a measurable increase in community resiliency. We believe we have an obligation and duty to provide a platform for advocacy and leadership in the community. We have a proven ability to engage, help organize, empower and support the community in building the capacity to understand and support those living with mental health and substance use challenges.

Please Join our Newsletter, visit our website, [www.cmha.calgary.ab.ca](http://www.cmha.calgary.ab.ca)), and follow us on social media (Facebook, Twitter, Instagram, and LinkedIn) to receive news and stay informed on CMHA Calgary updates.

