Canadian Mental Health Association
Calgary
Mental health for all



Day Hospital Program Supports

At CMHA Calgary, we make mental health support accessible, practical, and compassionate. For those transitioning out of a Day Hospital program, we offer a bridge to everyday life with services that build resilience, confidence, and hope.

Peer Services

Connect with Peer Support Workers who have lived experience to share, understand, and support your journey.

- Welcome Centre (1040-7 Ave SW): Explore resources and connect with support on Tues–Thurs, 1:00–4:00 PM.

- Peer Support: Share your thoughts with a Peer Support Worker via:
  - Phone: 403-297-1402 (Mon–Fri, 11:00 AM–4:00 PM)
  - Email: peer@cmha.calgary.ab.ca
  - Appointments: www.communityconnectyyc.ca/peer-supports
    - Virtual: Mon/Fri, mornings & afternoons
    - In-person: Tues–Thurs

- Recovery Rec: Unwind with crafts, games, and chat groups at our Welcome Centre, Tues–Thurs, 2:00–4:00 PM.

Recovery College

Free, short-term courses help build skills for mental health recovery. Co-facilitated by Peer Support Workers, topics include relationships, boundaries, and managing anxiety. With over 30 courses, there's something for everyone.

- Learn more: www.recoverycollegecalgary.ca

School of Peer Support

CMHA Calgary's School of Peer Support provides a unique opportunity for people who have a lived history with a mental health or substance use challenge to use their experience to support their community and make a difference. We provide 83 hours of training, followed by a 50-hour practicum experience.

The School of Peer Support is our only application-based program. Applications open at the end of June and remain open until late July.

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