Canadian Mental Health Association
Calgary
Mental health for all



Community Navigator

The Community Navigator is here to guide you to the right CMHA Calgary and community resources for your needs. We offer low-cost, barrier-free options tailored to adults 18+ from all walks of life.

What Can the Community Navigator Help With?

We provide connections to services such as:

- Support Groups
- Low-Cost Counselling
- Addiction Support
- Caregiver Resources
- Employment Assistance
- Financial Literacy & Support
- Justice Navigation Support Services
- Indigenous Services
- LGBTQ2S+ Supports
- Workshops and More!

What's Out of Scope?

The Community Navigator does not provide:

- Housing or Medical Assistance
- Crisis Management or Case Management
- Transportation Services
- Direct Advice or Counselling/Therapy

SCAN ME

Canadian Mental Health Association – Calgary Region
#105, 1040 – 7 Avenue SW, Calgary, AB T2P 3G9

cmha.calgary.ab.ca 403.297.1700

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What to Expect When Connecting with the Community Navigator

How to Start:

- Scan the QR Code below to complete our Find Support - CMHA Calgary form. Your request will be sent directly to the Community Navigator.

Contact:

- You will receive an email reply, and the Community Navigator will work with you to set-up communication, using your preferred method (phone, email, or Zoom/Teams). Don't forget to check your junk mail folder for our initial email response.

Personalized Guidance:

- Recommendations will be tailored to your specific needs.

Please Note

Due to fluctuating demand, response times may vary. All inquiries are addressed in the order they are received. Thank you for your patience as we work to support you.

Hours: Monday – Friday | 9:00 AM – 4:00 PM

Phone: 403-297-1708
Email: community.navigator@cmha.calgary.ab.ca

Your Community Navigator is ready to connect you with the resources you need.

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