Canadian Mental Health Association
Calgary
Mental health for all



Supportive Living

The Supportive Living Program serves individuals 18 years of age and over, who have been diagnosed with a severe and persistent mental health condition and/or concurrent disorder that has affected their ability to live independently. Clients work regularly with CMHA Calgary's multidisciplinary team to increase their level of independence through individualized support and goal setting.

CMHA Calgary operates out of four group living settings. Group living allows for the assessment of client needs and functioning on a regular basis. Clients are encouraged to engage in community programs as their skills and abilities allow.

Our Supportive Living Program Provides:

- Stepped-level care based on the skill level of the residents.
- Individualized SMART goal setting and one-to-one support.
- Assistance with establishing a collaborative support network for clients and connection to community resources.
- In-house wellness and activity groups.
- A focus on skills development and wellness.

All referrals for the Supportive Living Program are done through Alberta Health Services' Regional Housing Program.

Alberta Health Services

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