Canadian Mental Health Association
Calgary
Mental health for all

RECOVERY RECREATION

Strengthening Well-Being Through Activity and Connection



Recovery Recreation creates opportunities for people to engage in wellness activities, build relationships, and experience connection in a supportive environment.

For many participants, recreation is not just about activity. It is about routine, belonging, confidence, and feeling part of a community.

Activities may include:

- Movement
- Creativity
- Connection
- Wellness
- Outdoor experiences

THIS YEAR'S IMPACT

2,054
people engaged in wellness activities.

THIS INCLUDED:

148
people joining for the first time.



WHY IT MATTERS

Well-being is built through connection, movement, creativity, and participation. Recovery Recreation helps people take part in activities that support mental health while also creating opportunities to meet others and build community.

With continued support, CMHA Calgary can continue offering welcoming, accessible wellness opportunities that help people feel connected and supported.



Stronger together.
Connected in community.

Thank you for supporting wellness, connection, and belonging for all.