Canadian Mental Health Association
Calgary
Mental health for all

COMMUNITY EDUCATION

Strengthening Community Knowledge

Adult and Workplace Education provides practical mental health learning for workplaces, community groups, and organizations. Sessions help participants build awareness, reduce stigma, strengthen resilience, and learn how to support themselves and others.



THIS YEAR'S IMPACT

19,740

people participated in a Community Education workshop.

THE MOST FREQUENTLY FACILITATED SESSIONS WERE:

- Suicide Prevention
- Stress Management and Healthy Coping
- Mental Health Awareness



WHY IT MATTERS

Mental health education helps build more informed, supportive, and resilient communities.

When people learn how to recognize mental health challenges, reduce stigma, and support one another, they help create safer and healthier workplaces, schools, and community spaces.

With continued support, CMHA Calgary can reach more people with the knowledge and tools they need to care for themselves and others.

Knowledge creates understanding.
Understanding creates change.

Build awareness | Reduce stigma | Support each other

Thank you for helping us build a more informed, supportive, and resilient community.