Canadian Mental Health Association
Calgary
Mental health for all

WELCOME CENTRE

Where Connection Begins



The Welcome Centre is a place where people can pause, connect, access support, and feel part of a community.

Located in CMHA Calgary's new West Hillhurst home, the space has created new opportunities for people to connect, learn, and access support in a welcoming environment.



> *"It was not just about painting.*
> *It was about belonging, healing, and hope.*

A STORY OF IMPACT: *Angela's story*

When Angela first began visiting CMHA Calgary's Welcome Centre, she carried a quiet presence. She kept to herself, sat apart, avoided conversation, and chose not to join activities.

CMHA Calgary's team met her where she was, without pressure or judgment.

Over time, with the support of a peer worker, Angela's circle of trust began to grow. She opened up to more staff and slowly allowed herself to be seen and heard.

When Angela joined others in a group painting activity, it marked a powerful step forward.
It was not just about painting. It was about belonging, healing, and hope.

WHY IT MATTERS

Connection often begins quietly.
For some people, it starts with simply entering a space, sitting nearby, or knowing support is available.

The Welcome Centre helps create those first moments of connection and turns them into opportunities for trust, belonging, and recovery.

A place to pause.
A place to connect.
A place to belong.

That's the Welcome Centre.

With continued support,
CMHA Calgary can keep building a welcoming community space where people feel safe, seen, and supported.

Connection starts here.
Community grows here.
Hope lives here.