CMHA CALGARY - SERVICE DELIVERY MODEL

Supporting Lives, Building Skills, Empowerment to Thrive

At CMHA Calgary, we believe that mental health and well-being are nurtured through a continuum of care. Our Live, Learn, Thrive model illustrates the interconnected journey from meeting essential needs to building knowledge and skills, and ultimately empowering individuals to flourish. Each stream, Live, Learn and Thrive represents a vital part of this progression, offering a holistic framework that supports people where they are and helps them move toward where they want to be.

Thrive (Recovery & Well-being)

Therapeutic services and opportunities for personal growth



- Counselling & therapy
- Recovery-focused programs
- Life skills coaching
- Social engagement & inclusion programs

Learn (Skill-building & Community)

Education, prevention and peer support to empower community members

- Community mental health education
- Child & youth services
- Peer support programs
- Recovery College workshops



Live (Foundation)

Meeting basic needs to create stability



- Housing support & advocacy
- Food security programs
- Income & benefits navigation
- Emergency support services

VALUES DRIVEN

CMHA Calgary is grounded in our collectively defined values. These are not only values we hold, but the experience we strive to create in every relationship, service, and initiative.

Hope Belonging
Kindness Connection
Resilience

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Mental health for all

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