Canadian Mental Health Association
Calgary
Mental health for all

Renewal

ANNUAL REPORT 2025- 2026



GROWING THROUGH RENEWAL

The Canadian Mental Health Association – Calgary Region (CMHA Calgary) has been supporting mental health and well-being in our community since 1955. Through education, peer support, housing, and community-based programs, we help individuals build resilience, find connection, and move forward in their recovery journeys.

This year's theme, ***Renewal***, reflects the strength of the people we serve, the evolution of our programs, and the collective impact we can achieve when communities come together to support mental health.

We invite you to explore our 2025–2026 Report to Community and see how your support is helping people take meaningful steps forward to **live**, **learn**, and **thrive**.



OUR VALUES AND GUIDING PRINCIPLES

At CMHA Calgary, our values and guiding principles shape how we serve, support, and connect with our community. They reflect our belief in meeting people where they are, fostering hope, and building a foundation for long-term wellness.

These commitments guide our programs, partnerships, and day-to-day work, ensuring we respond with compassion, act with integrity, and create spaces where everyone feels empowered to thrive.





BOARD OF DIRECTORS FOR 2025/2026

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MESSAGE FROM OUR EXECUTIVE DIRECTOR AND BOARD CHAIR



A Year of Renewal. A Year of Growth.

This past year has been one of renewal for CMHA Calgary. We have grown in many ways, strengthening existing programs, introducing new initiatives, building partnerships, and continuing to respond to the diverse and often changing needs of our community.

One of the highlights of the year was moving into our new home in West Hillhurst. This space has already brought new energy to our work and created more opportunities for people to connect, learn, and access support in a welcoming environment.

This year also gave us the chance to think about where we want to go next. Alongside staff, volunteers, board members, partners, and community members, we developed our new 2026–2029 Strategic Framework, Renewal. The framework helps guide our path forward and introduces our new Live, Learn, Thrive model, which recognizes that mental wellness is built through stability, learning, connection, and support.

Every day, we see the impact of this work through our housing programs, peer support services, education initiatives, and recovery-focused programs. Together, these services help people find hope, build resilience, and move forward in their journeys.

We are grateful to our staff, volunteers, donors, funders, and community partners who make this work possible. Your support continues to strengthen mental health care across Calgary and area. As we look ahead, we remain focused on building a stronger, more connected community and are excited for what comes next.

- Linda McLean and Steve Sproule

SUPPORTING PEOPLE TO LIVE, LEARN, AND THRIVE

Programs that Make a Difference

Peer Support

Peer Support connects individuals with trained supporters who have lived experience with mental health or substance use challenges. Through shared understanding, people build hope, confidence, practical skills, and meaningful connections that support their recovery and well-being.

Adult and Workplace Education

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.

Community Navigator

The Community Navigator offers free support to help people find and access CMHA Calgary programs and community resources tailored to their unique needs and goals.

Recovery College

Recovery College offers free courses and workshops that help people build skills for mental health and well-being. Co-developed and often co-facilitated by people with lived experience, courses provide practical tools, increase confidence, and support personal recovery.

Youth Mental Health Education

YouthSMART provides mental health learning sessions and engagement opportunities for schools, youth groups, and sports leagues serving youth aged 8–24. Sessions are age-appropriate, interactive, and available both in person and virtually.

Housing, Outreach, and Support

CMHA Calgary provides supportive housing and mental health services, including AMH Supported Housing, helping individuals build stability, independence, and community connection through a continuum of housing supports, including LAMDA.

BUILDING CONFIDENCE THROUGH INDEPENDENCE

Independent Living Support Program

When Aisha was referred to CMHA Calgary's Independent Living Support (ILS) program by the Reality Challenged Clinic (RCC), she had a goal: to continue her education, find part-time employment, and build greater independence.

With support from her ILS worker, Aisha developed a plan focused on employment and independent travel. Through transit training and connections to employment supports, she gained the skills and confidence needed to navigate public transportation on her own.

By September, Aisha was commuting independently to school, a significant milestone that opened new opportunities for learning, employment, and community participation.

Today, she continues to pursue her goals, building a strong resume and actively searching for work. Aisha's journey demonstrates how individualized support can help people build confidence, independence, and a path toward a brighter future.



CREATING CONFIDENCE TO REACH OUT

YouthSMART sessions

Our long-standing partnership with St. Francis High School continues to demonstrate the impact of mental health education. During this year's YouthSMART Suicide Prevention sessions with Grade 10 students, school counsellors noticed something remarkable. After just the first day of programming, several students approached them to book appointments. Some were concerned about friends or classmates, while others were seeking support for themselves.

One of the key messages shared during these sessions is **the importance of reaching out to a trusted adult when you or someone you care about is struggling**. Seeing students take that step right away was a powerful reminder of the difference these conversations can make.

By providing young people with the knowledge, language, and confidence to seek help, we are helping create school communities where support is accessible, conversations are encouraged, and no one has to face challenges alone.



NEW PROGRAMS AND INITIATIVES

Responding to Community Needs

Women of Courage

Women of Courage is a trauma-informed peer training program that supports survivors of family violence in building skills, confidence, and pathways to employment through training, mentorship, and hands-on learning.

Safe at Home

Safe at Home supports individuals experiencing hoarding behaviours to maintain safe and stable housing. Through practical skill-building and peer support, participants work toward creating safer home environments.

Survivors of Suicide (SOS)

The Survivors of Suicide (SOS) Program is a peer-led initiative for individuals impacted by suicide loss, suicidal thoughts, or suicide attempts. Through support sessions and community events, participants find connection, healing, and belonging.

Horizons Coming Soon

On the horizon... A new program for older adults focused on connection, well-being, and reducing social isolation.



CREATING CHANGE THROUGH PEER SUPPORT

Women of Courage: Skye's Story

When Skye joined Women of Courage, she was looking for opportunities to learn, grow, and deepen her understanding of peer support. What she found was a program unlike any other she had experienced.

Through training, group discussions, and interactive activities, Skye discovered the unique role peer support can play in people's lives. She describes it as a bridge between leaning on friends and accessing more formal supports, offering connection, understanding, and guidance without pressure or expectations.

For Skye, one of the most valuable aspects of the program was learning alongside other women. Through shared conversations and experiences, she gained new perspectives and a deeper appreciation for the importance of empathy, understanding, and connection.

"They really make it easy for people to share. It's a very safe space where you can talk about your experiences."



One lesson that continues to stay with her is the importance of capacity building. Through the program, Skye learned that growth is not about comparing yourself to others or trying to do everything at once. Instead, it is about understanding your own capacity, recognizing where you are today, and taking meaningful steps forward.

Skye hopes to use the skills she has gained to help build understanding between people from different backgrounds and experiences, creating stronger communities through empathy and dialogue.

STRENGTHENING OUR FOUNDATION

Innovation, Connection, and Growth

While our new home has created new opportunities for connection and community, we've also strengthened the systems that support our work. From new technology to improved evaluation tools, these investments help us better serve participants now and into the future.

Less Time on Paperwork, More Time with People

This year, CMHA Calgary launched a new database platform designed to make daily work easier for staff. After a thorough review process, the system was selected with input from employees across the organization. Since its implementation, staff have been able to spend less time on administration and more time focused on supporting participants, strengthening the connections that are at the heart of our work.

Tracking Growth, Celebrating Progress

Growth looks different for everyone. To better understand and support each participant's journey, CMHA Calgary introduced the Outcomes Star this year. The tool helps participants reflect on their strengths, identify goals, and recognize progress over time. It also helps our team evaluate the impact of housing and outreach programs, ensuring services continue to meet community needs and create meaningful change.



A PLACE TO PAUSE, LEARN, AND GROW

Recovery College

For many people, the weight of daily life doesn't pause when support begins. Stress, uncertainty, and mental health challenges can still show up, sometimes even in the middle of trying to heal. That's why programs like CMHA Calgary's Recovery College matter so deeply.

One participant in the Road to Recovery course recently shared something meaningful. While he often joins sessions quietly, choosing to keep his camera off and simply listen. Like many participants, they engage in a way that feels most comfortable and safe for them. During one session, he made the choice to share:

"Stuff is even happening when I take these classes, so the structure takes me away from the chaos and lets me focus on myself for the time allotted. And what I'm exposing myself to through this permeates into my mind and helps me through things."

In that moment, he put into words what so many others feel. Recovery isn't always about big breakthroughs. Sometimes, it's about having a space, just an hour or two where things feel steady. Where the noise quiets. Where learning, connection, and reflection can take root.

Through Recovery College, participants gain tools, understanding, and a sense of community that extends beyond each session. What they learn doesn't stay in the classroom it carries into their everyday lives, helping them navigate challenges with greater ease.

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
CALGARY



WHERE CONNECTION BEGINS

The Welcome Centre

When Angela first began visiting CMHA Calgary's Welcome Centre, she carried a quiet presence. For weeks, she kept to herself, sitting apart, avoiding conversation, and choosing not to join activities.

We know that stepping into a new space can be overwhelming, especially when someone is navigating mental health challenges. That's why our team meets every person where they are, without pressure or judgment.

Over time, with the support of a peer worker who offered one-on-one connection, things began to shift. Slowly, Angela's circle of trust grew. She started opening up to more of our staff, allowing herself to be seen and heard.

And just this past week, something beautiful happened, Angela joined others in our group painting activity. What may look like a simple brushstroke was, in truth, a powerful step toward belonging, healing, and hope.



CANADIAN MENTAL HEALTH ASSOCIATION
peer services
CALGARY

Canadian Mental Health Association
Calgary
Mental health for all

RENEW

Live. Learn. Thrive.

A year of renewal.

A community moving forward together.

This year, we renewed spaces, strengthened programs, expanded connections, and helped thousands of Calgarians build the skills, confidence, and support they need to **live well** and **thrive**.



HELPING STABILITY TAKE ROOT

Housing, Outreach and Support Services (HOSS)

CMHA Calgary supports individuals on their journey toward stability and independence through a continuum of housing services, including Addiction and Mental Health (AMH) Supported Housing and LAMDA, creating opportunities to build strong foundations and meaningful community connections.

NEW CLIENTS 4

CLIENTS SUPPORTED (OVERALL) 4

SAFE AT HOME

NEW CLIENTS 109

CLIENTS SUPPORTED (OVERALL) 661

INDEPENDENT LIVING SUPPORT

NEW CLIENTS 28

CLIENTS SUPPORTED (OVERALL) 233

APARTMENTS

NEW CLIENTS 28

CLIENTS SUPPORTED (OVERALL) 59

GROUP HOMES

NEW CLIENTS 85

CLIENTS SUPPORTED (OVERALL) 75

POST-DISCHARGE TRANSITION

In the last year we supported...

1057 clients

of which 588 were new clients!

STRENGTHENING WELLNESS
Recovery College

2,187 PEOPLE

including **547 new students,** building knowledge and resilience.



STRENGTHENING CONNECTION
Peer Support

2,386 PEOPLE

reaching **351** unique clients and many more anonymously.



STRENGTHENING ACCESS
Our Community Navigator

690 PEOPLE

connected to vital supports through accessible, outreach and system navigation.



STRENGTHENING WELLBEING
Recovery Recreation

2,054 PEOPLE

engaged in wellness activities, with **148** people joining for the first time.



STRENGTHENING COMMUNITY
Community Education

19,740 PEOPLE

participated in a Community Education Workshop!

The most frequently facilitated community education sessions were:

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

STRENGTHENING OUTCOMES
The Numbers Behind Our Work

94% of participants felt safe to be themselves while in the program.

93% of participants reported gaining new knowledge or skills through the program.

89% participants said the program supported them in meeting their own goals.

91% of participants reported improved their mental wellbeing.

14,732
CALGARIANS SERVED
from all walks of life across our city

142,769
SERVICE INTERACTIONS
moments of support, connection, learning, and hope

88,674
HOURS OF SUPPORT
invested by our staff in service delivery

Thank you ♡

to our community partners, donors, and volunteers for walking alongside us and helping create change that lasts.

BUILDING A STRONGER COMMUNITY TOGETHER

CMHA Calgary would like to thank all grantors, funders, corporations, and individual donors for your ongoing support so that individuals and families living with a mental health or substance use concern can find the help and resources they need.



























































Federated
Co-operatives
Limited

We are also deeply grateful to the individual donors who supported CMHA Calgary throughout the year through campaigns, events, monthly giving, memorial gifts, workplace giving, and personal contributions. Your generosity helps ensure more people in our community can access connection, resources, and mental health support when they need it most.

FINANCIALS

	2026	2025
Revenue		
Alberta Health Services	$ 8,005,242	$ 9,059,589
Fund Development	1,749,092	1,539,417
United Way	300,000	300,000
City of Calgary	480,878	532,489
Other	601,479	724,885
Grants	75,433	325,009
Province of Alberta	1,799,730	-
	13,011,854	12,481,389
Expenses		
Salaries and benefits	9,928,925	10,401,548
Building occupancy	1,115,032	1,111,668
Purchased services	449,289	652,606
Other programs	548,772	406,140
Office and administrative	80,253	183,524
Amortization	144,517	142,636
Program travel and education	94,158	93,959
Promotion and education materials	103,358	90,031
Recruitment and recognition	101,379	77,415
Divisional fees	53,659	51,208
	12,621,342	13,210,735
Surplus (Deficiency) of revenue over expenses	$ 390,512	(729,346)






PALS

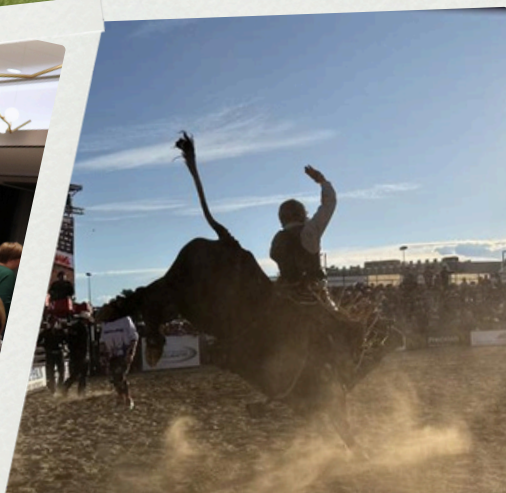







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CANADIAN MENTAL HEALTH ASSOCIATION recovery college CALGARY

YOUTH SMART

CANADIAN MENTAL HEALTH ASSOCIATION peer services CALGARY

kidSMART

EQUIPPED

CANADIAN MENTAL HEALTH ASSOCIATION – CALGARY REGION

At Canadian Mental Health Association – Calgary Region, we are committed to growing a mentally healthier community for all. Since 1955, we've been a trusted leader in reducing the impact of mental illness and addiction through compassionate, person and family-centered care.

Mental health is something we all share, and creating a mentally healthy community takes all of us. With your continued support, we look forward to building a stronger, more connected Calgary where everyone has the opportunity to live, learn, and thrive.

By working together, we will grow and create a healthier community for all!

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