Canadian Mental Health Association
Calgary
Mental health for all

More Than a FEELING

The holidays can hold more than one feeling.

2026 Holiday Wish Book

Give connection, understanding and hope.



Behind every feeling is a person.

Remember circling something special in a holiday wish book? This holiday season, we invite you to give something meaningful: connection, understanding and support.

Whether you know us already or are discovering us, welcome. We're **the Canadian Mental Health Association – Calgary Region (CMHA Calgary)**.

Through peer support grounded in lived experience, welcoming spaces, practical help and mental health learning, we help people build connection, belonging and support to live, learn and thrive.

The holidays can bring a mix of emotions - joy, loneliness, grief, overwhelm, hope and anger - for many, these feelings can coexist, making the season complex to navigate.

More Than a Feeling recognizes that we all have feelings, while everyone's experience is different. Eight illustrated characters connect familiar moments to the support we provide.

Your gift helps make that support possible throughout the year, long after the holidays end.

Be there for the person behind the feeling.



Connection & Belonging



Give someone a place to belong.

Solo Magpie is surrounded by others but feels outside the conversation. Giddy Squirrel finds joy in a shared laugh or a friendly hello. Both remind us how much connection can matter.

At CMHA Calgary, connection can begin with a welcome, a shared activity or someone taking time to listen. Our Welcome Centre offers opportunities to gather and participate. Peer Support brings understanding grounded in lived experience, while Recovery College connects people through learning.

Your gift helps make room for people to feel heard, included and part of a community.





Help make this support possible.
$25 · $50 · $100 · $250 · Your choice

Scan to give an amount that feels right for you.

Understanding & Breathing Room



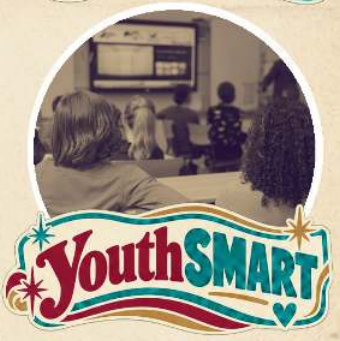
Give someone space to find a next step.

Prickly Porcupine's sharp edges may hide stress, hurt or exhaustion. Worried Weasel knows the worry that keeps a mind busy long after the day is done.

Having someone listen, learning a practical skill or finding the right resource can make the next step feel more manageable. Through Recovery College, YouthSMART and Community Education, CMHA Calgary helps people understand mental health and build everyday skills. Community navigation helps people explore resources and support suited to their needs.

Your gift helps make understanding, learning and practical support available.







Help make this support possible.
$25 · $50 · $100 · $250 · Your choice

Scan to give an amount that feels right for you.

More Than a FEELING

Possibility & a Starting Point



Give someone support to begin.

Weary Woodpecker has stopped pecking. Even familiar tasks feel heavy. "I'm Fine" Coyote gives the same answer at every check-in, unsure how to say more.

A starting point might be a conversation, a welcoming activity or help with an everyday challenge. CMHA Calgary offers peer connection, community navigation and practical support.

In our supportive living programs, we help residents build daily living skills, strengthen relationships and work toward their own recovery goals.

Your gift helps sustain support that recognizes people's strengths and meets them where they are.





Help make this support possible.
$25 · $50 · $100 · $250 · Your choice

Scan to give an amount that feels right for you.

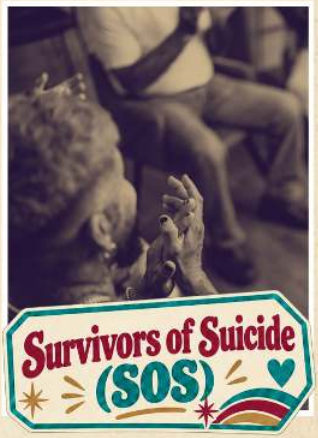
Compassion & Hope



Give someone understanding along the way.

Quiet Jackrabbit carries a leaf that reminds them of someone they miss. Hopeful Chickadee reminds us that hope can exist alongside grief, without making the loss any smaller.

Grief has no schedule, and the holidays can make an absence feel especially present. CMHA Calgary's Survivors of Suicide program offers support for people impacted by suicide loss. Our Welcome Centre, Peer Support and Recovery College provide further opportunities to connect, learn and find community.





Your gift helps make space for companionship, understanding and hope, without an expectation to feel differently.

Help make this support possible.
$25 · $50 · $100 · $250 · Your choice

Scan to give an amount that feels right for you.

More Than a FEELING

Canadian Mental Health Association
Calgary
Mental health for all

The Difference You Make

YOUR GENEROSITY HELPS MAKE CONNECTION POSSIBLE.

Your gift can help someone feel less alone.

A warm welcome. A conversation with someone who understands. A chance to learn something new or get support with a difficult next step. These are the moments you help make possible.

Through your generosity, people across Calgary can find welcoming spaces, peer connection, mental health learning and practical support.

The holidays come and go, but the difference you make can reach well beyond the season.

Behind every feeling is a person.
You can help them find somewhere to turn.



Be there for the person behind the feeling.

More connection. More understanding.
More opportunities to find community and a starting point.

Your generosity helps support mental health in Calgary.

Online
Scan the QR code or visit cmha.calgary.ab.ca to make your gift.

By cheque
Make your cheque payable to CMHA Calgary and write "More Than a Feeling" in the memo line.

Mail it to:
CMHA Calgary
Unit 200, 2540 Kensington Road NW
Calgary, AB T2N 3S3

Please include your name, mailing address and email so we can thank you and send your donation receipt.

Questions about giving?
Contact gifts@cmha.calgary.ab.ca.

Thank you for being there for the person behind the feeling.

More Than a Feeling