



# CALGARY ASSOCIATION OF SELF HELP

"Helping Each Other to Bridge the Way to Wellness"

1019 7th Avenue SW  
Calgary, Alberta T2P 1A8  
Phone: 403-266-8711 Fax: 403-266-2478  
Email: [info@calgaryselfhelp.com](mailto:info@calgaryselfhelp.com)  
Website: [www.calgaryselfhelp.com](http://www.calgaryselfhelp.com)

Your Community Mental Health Centre

## You make a lot of people happy!

Shell Canada Volunteers recently joined us to sponsor, plan, prepare and serve the 9<sup>th</sup> annual *New Year's Meal* through Shell Canada's *United Way Days of Caring*. Like our other Holiday Meals, the *New Year's Meal* was developed to offset poverty, to provide nutrition and nourishment and to provide support to people who are alone with their mental illness over the holidays.

It is also a vivid reminder to the folks that we serve that there are those in our community willing to ensure people with a mental illness are remembered and cared for throughout their illness and recovery. In fact, the youngest Shell volunteer summed up the day best. He was looking around at one point, smiled and stated simply "This is going to make a lot of people happy." He was absolutely right - you did make a lot of people very happy!



Many hands make light work! If you and yours are keen to volunteer call 403-266-8711 & ask for Bev.



Shell Canada volunteers work hard to make the meal memorable.

Always a hit with the 100+ guests, Bernie the Magician asked Bernie to assist this year. Great fun for all!



What's more comforting than dessert after a delicious meal shared with friends?

## Volunteers essential, now more than ever

"In the weeks and months ahead, more and more organizations and volunteers are facing growing pressures to meet high demands and provide services to those in need. From soup kitchens to local food banks to large hospitals, Canada needs to embrace volunteerism as part of its social and economic infrastructure. Any opportunity to work more closely with this government to spotlight the most fundamental act of citizenship and philanthropy in our society - *volunteerism* - would be welcomed."

Don Lapierre, Senior Manager of Programs and Volunteer Sector Relations for Volunteer Canada, *Charity Village*, Cover Story, February 2, 2009  
[www.charityvillage.com](http://www.charityvillage.com)

## Care to know?

- \* During the fiscal year ended March 31, 2008 1,175 people were registered in programs.
- \* There were 8,929 counselling sessions held and 2,044 rehabilitation classroom sessions offered during this period.
- \* Average Resource/Activity Centre (social/leisure/counselling program) visits for the year were 28,290.



SAVE THE DATES!

KEEP  
IN  
TOUCH



## A few words of thanks

In December 2008 individuals, companies and service organizations banded together to give Christmas Hampers filled with essentials like food, clothing, and personal items to some of the folks we serve who would have otherwise been forgotten. Here are some words of thanks on how it felt to be remembered...

- \* You really gave me a Christmas I will never forget. When I opened all the presents I started to cry. I felt like a king.
- \* I never felt so loved and cared for.
- \* This was the *first* Christmas that I was ever given gifts.
- \* I had the card you gave me blown up, laminated and framed so that I can look at it everyday and remember how special you made me feel.

I want to help fight stigma.  
What happens next?

Learn the FACTS about mental illness  
and then talk about it out loud.

Read about Canada's  
mental health crisis.

[www.GlobeandMail.com/breakdown](http://www.GlobeandMail.com/breakdown)

### The link between homelessness and mental illness is well documented:

30-35 percent of the homeless in general, and up to 75 percent of homeless women specifically, have a mental illness.\*  
20-25 percent of homeless people suffer from concurrent disorders (severe mental illness and addictions).\*

\*City of Toronto (1999) Taking Responsibility for Homelessness: An Action Plan for Toronto

## GET FACTS

### Just for fun...a quick contest

- \* Your support of our staff strengthens their commitment to mental wellness in our community.
- \* Currently 29% of our staff have a first name that starts with the letter "M".  
Can you name all 7 of them?
- \* The first 3 people to email [Cory.Wilson@calgaryselfhelp.com](mailto:Cory.Wilson@calgaryselfhelp.com) with the correct answer will win an assortment of three (3) blank Calgary Association of Self Help Art Cards with envelopes. (sample below)



**Y**our donations of \$6,520 towards our 2008 Annual Campaign will ensure folks in our community have access to our unique, client-centered programs and services 7 days a week, 364 days a year. *Thank you!*

## GIVE

### → ESSENTIALS

No matter how much each of us has been hurt by the economic downturn, there are those more affected and with less opportunity to recover. Here is an essential item that will help us strengthen the programs and services that help those in need :

KENMORE 20.6 CU. FT. TOP FREEZER REFRIGERATOR  
value: \$849.97

In part or in full, we'd welcome your support

### → FUNDS

online: [www.calgaryselfhelp.com](http://www.calgaryselfhelp.com)  
mail to: 1019 7th Avenue SW Calgary, AB T2P 1A8

### → USED ADULT CLOTHING & HOUSEHOLD ITEMS

Deliver to: 1019 7th Avenue SW  
Call 403-266-8711 and ask for Cory Wilson

## VOLUNTEER

**CASINO VOLUNTEERS NEEDED JULY 28 AND JULY 29**

Call 403-266-8711 and ask for Bev Wadsworth

[WWW.CALGARYSELFHELP.COM](http://WWW.CALGARYSELFHELP.COM)

Charity Registration # 10683 0078 RR0001