



CALGARY ASSOCIATION OF SELF HELP

"Helping Each Other to Bridge the Way to Wellness"

1019 7th Avenue SW

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Your Community Mental Health Centre



Here's how we do all that we do... it's YOU!

- . Alberta Health Services
- . 1 Anonymous Donor
- . 3 Foundations
- . 6 Monthly Donors
- . 7 Corporate Donors
- . 14 Board Members
- . 24 Staff
- . 32 Individual Donors
- . 110+ Volunteers sharing 10,000+ volunteer hours



4+ no-money ways to fight the affects of mental illness!

Now more than ever, it's important for you to make every dollar count....

- . When people ask you what you want for your birthday, ask them to give a donation to promote mental wellness.
- . Offer to prepare and serve a special event meal for our folks. Bring friends and colleagues and make it a day to remember!
- . Visit, sit and listen to someone with a mental illness. Listening is a gift.
- . Donate adult clothing to our free clothing bank to help fill our clients' needs for necessity, warmth, style and comfort

For more valuable win-win tips visit **What's New:**
www.calgaryselfhelp.com

➔ **MOVING PICTURES:** We're having a 5 minute film created to tell our story, to show the impact of our programs and services in the community, to strengthen and enhance our online presence. Release date: May 2010.

When you're ill the support of others means everything. On behalf of our clients, board and staff thank you for strengthening our resources.

Shell Canada Volunteers joined us to sponsor, plan, prepare and serve the a Thanksgiving Meal and this month they'll serve an Easter Meal through Shell Canada's *United Way Days of Caring*. Like our other Holiday Meals, these meals were developed to offset poverty, to provide nutrition and nourishment, and to provide the folks we serve with an opportunity to socialize and share a meal with others.

Shell Canada Volunteers also spent a few days last fall helping us clean, paint and spruce up the Association, making a brighter environment for all.

EnCana Artists for Charity: By creating and donating their art, **EnCana's employees and contractors** joined with the **artists from Calgary Association of Self Help's Art Program** to further charge this intensive program with creativity, hope and significant financial support and, in turn, lessen the stigma, isolation and anxiety felt by individuals in our community with a mental illness.

Imperial Oil Foundation's generous donation through their Volunteer Involvement Program (VIP) in recognition of our Board Chair Johannes C. den Boer went towards the purchase of a much-needed fridge in our Resource Activity Centre.

➔ **KEEP IN TOUCH**

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Many families are finding that they need to downsize their homes or their parents' homes – and they all have the same question –

“What do we do with the furniture? The lamps? The dishes? Adult clothing?”

We have the solution!

Recently **Brian Lehman Evaluations** (<http://www.whatsitworthbrian.com>) was working with two Calgary families to ensure the household contents of their loved ones would stay clear of the landfill and end up in the homes of Calgarians who desperately need furniture and all the basics to make their homes comfortable.

And that's where Calgary Association of Self Help can help...

Calgary Association of Self Help accepts donations of household goods, furniture.

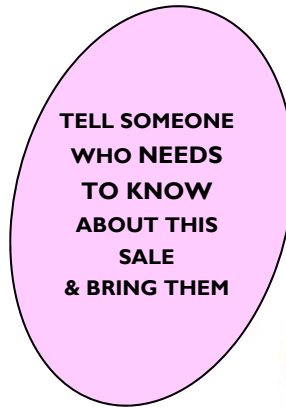
Our clients volunteer their time and work with staff to sort, clean and repair or refinish donated items which are then priced and displayed for sale at our Garage Sales. Garage Sales are held bi-weekly for the Association's clientele as well as, semi-annual sales for the general public. Sales are run by the volunteers with staff support. These sales offer a rewarding experience for the volunteers and help generate funds that are used to enhance programs at Calgary Association of Self Help.

We accept adult clothing for our free clothing bank from the general public.

➔ **Donations are accepted Monday through Friday 8:30 – 4:30 pm at 1019 7th Avenue S.W.**

- Access our back door by entering the alley between 7th and 8th Avenue and 9th and 10th Street SW; ring the doorbell at the right of door and one of our staff will help you bring your donations into the building.

- We do not have the capacity to pick up donations. We do not accept fridges, stoves, washers, dryers, freezers and mattresses.



TELL SOMEONE WHO NEEDS TO KNOW ABOUT THIS SALE & BRING THEM



SAVE THE DATES!

SPRING

Community Garage Sale

April 16th 11 am - 5 pm

April 17th 10 am - 3 pm

2010

The future looks bright!

Did you know in January 2010,

the Sustainability Committee began studying brief snapshots of Calgary Association of Self Help including marketing and development audits, strategic plans, environmental scans and detailed year-to-year comparisons on funds raised and how our donors, like you, like to give.

The Sustainability Committee is a new standing committee of Calgary Association of Self Help's Board of Directors, responsible to provide guidance for a diversified fund development portfolio and a strategic communications portfolio.

Upcoming activities to strengthen our mission and programs include Client, Board, Staff Visioning exercises and strategic planning for 2010-2011.

We'd love to hear from you

If you have questions or comments on the next 35+ years at Calgary Association of Self Help, please contact

Cory Wilson at 403-266-8711 ext. 247



I want to learn the FACTS about mental illness. Where should I start?

www.calgaryselfhelp.com

Charity Registration #
10683 0078 RR0001

The Mental Health Commission of Canada is a non-profit organization created to focus national attention on mental health issues and to work to improve the health and social outcomes of people living with mental illness.

www.mentalhealthcommission.ca

Yes, we have a monthly giving program! It's affordable; it's hassle-free! Call Cory Wilson at 403-266-8711 ext. 247 cory.wilson@calgaryselfhelp.com