



CALGARY ASSOCIATION OF SELF HELP

"Helping Each Other to Bridge the Way to Wellness"

1019 7th Avenue SW
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Website: www.calgaryselfhelp.com

Your Community Mental Health Centre



Celebrate with us!

You're invited to Calgary Association of Self Help's 35th Anniversary Open House Celebration on Monday October 5, 2009 between 12 Noon and 5 pm.

Please join us in our celebrations and support our efforts to make recovery from mental illness and the promotion of mental wellness a priority in our community.

Come see Calgary's community mental health centre for yourself! (1019 7th Avenue SW)

You make a lot of people happy!

Your 2007/2008 individual donations have been leveraged with a \$25,000 grant under The Alberta Community Spirit Donation Grant Program. This generous support has strengthened the resources in our Resource Activity Centre, Community Skills and Supports Programs and the Art Program. For this, we are truly grateful!

Need more info? <http://culture.alberta.ca>

What's available right under our noses?

In these times there are many resources that can be tapped, as people look to add depth to their lives. Here are a few:

- * Check out the Calgary initiative <http://borrowme.com> that encourages individuals to borrow instead of buy, gift an item instead of tossing it, rent from a neighbor or buy from a friend.
- * Check out our 17 *no-money-ways* to support mental health today (Go ahead, flip the page!)

Volunteering is...

an excellent way to boost value, meaning and purpose.

In 2008, our lifeline of 123 volunteers shared 10,245 hours of their time, skill and friendship.

You can make a real difference.

To volunteer call Bev at 403-266-8711

Did You Know?

The Enhanced Charitable Tax Credit increases the Alberta portion of the personal charitable tax credit so that the total tax credit for personal donations over \$200 is 50%. That means that giving \$200 to Calgary Association of Self Help only costs you \$100 after the \$100 personal tax credit on your Alberta and Canada Income Tax.

Need more info? <http://culture.alberta.ca>

KEEP
IN
TOUCH

403-266-8711

info@calgaryselfhelp.com

www.calgaryselfhelp.com

SAVE THE DATES!



FALL Community Garage Sale
OCT 30th 11 am - 5 pm
OCT 31st 10 am - 3 pm

**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

**TELL SOMEONE WHO NEEDS TO KNOW ABOUT THIS SALE
& BRING THEM WITH YOU!**

**Recently, the members of
the OES Chinook
Chapter #133 Past
Matron's Club were
looking for ways to make
an impact in their
community and they
found the perfect match.**

"We were looking for an ongoing project to participate in that was within the capabilities of our group. Calgary Association of Self Help has many areas where volunteer support is needed but supplying items for the Recycling Project and providing items for the Prize Room was perfect for us."

**Linda Cathrea
Worthy Matron
OES Chinook Chapter #133**

**Need more info on how to
get your group, family and
friends involved in
supporting mental health?**

**Call Cory at 403-266-8711
ex.247**

www.calgaryselfhelp.com

**Charity Registration #
10683 0078 RR0001**

**Now more than ever, it's important for you to make every dollar count.
That's why Calgary Association of Self Help is committed to "doing the most good" with
your donations. And that's why we've included this list of**

17 no-money-ways you can support mental health today!

- * Donate adult clothes for necessity, warmth, style and comfort.
- * Re-gift household items (we'll take it all except mattresses, fridges, stoves, washers & dryers)
- * When people ask you what you want for Christmas or a birthday, ask them to give a donation to promote mental wellness.
- * Offer to serve a light meal. Or help prepare one. Bring friends, family and colleagues and make it a day to remember!
- * If you crochet or knit and have extra yarn sitting around, gather your friends and families and make winter scarves or gloves or blankets.
- * Write to the people you know in the mental health field and let them know how much you appreciate their work.
- * Visit, sit and listen to someone with a mental illness. Take time to learn - listening is a gift.
- * Donate your books, sporting goods, electronics, CD's and DVD's, furniture, etc.
- * Add a community service project or charity fundraiser to your conference or event.
- * Add a clothing drive to your next conference or event.
- * Change your will to benefit Calgary Association of Self Help.
- * Tell someone about us. Word of mouth is the best way to spread the mission of an organization. Our mission is to promote the abilities of adults with a mental illness through support counseling, skill development and social/recreational opportunities.
- * Write a letter to the editor and tell them about the importance of having Calgary Association of Self Help in the community.
- * Bring your friends, family, colleagues and neighbors to Calgary Association of Self Help's Community Garage Sales, Christmas Craft Sales, Art Shows and Writer's Club Coffee Houses.
- * Call Bev Wadsworth, our Coordinator of Volunteers, to see how you can make a difference by sharing your time and talents. (403-266-8711)
- * Add your email to our newsletter list (email cory.wilson@calgaryselfhelp.com) and check out What's New online (www.calgaryselfhelp.com)
- * Come for a tour of Calgary Association of Self Help (call 403-266-8711)