



Your Community Mental Health Centre

Fighting mental illness since 1973

September 2006



Thank you FirstEnergy Capital Corp. for strengthening our resources with your generosity and ingenuity; and for encouraging others to match our commitment to achieve mental wellness in our community.

During Stampede week, FirstEnergy Capital Corp. made another remarkable contribution towards the health and well-being of our community. They collected more than \$100,000 in donations in lieu of admission to their FirstEnergy Rowdy '06 and, more importantly, they introduced their guests to the essential work of four local charities: Calgary Association of Self Help, Calgary Seniors' Resource Society, Servants Anonymous Society of Calgary and YWCA of Calgary.

We wanted you to know that 100% of the \$25,268 donation to Calgary Association of Self Help collected at FirstEnergy Capital Corp.'s FirstRowdy '06, will go towards sustaining our Art Program in 2007-2008, and in turn, the Artists who rely on the Art Program for their mental wellness.



Art Card 1:
Mother and Child
by Brian Pawlak



Art Card 4:
Celtic Burial
by Ivan Gibson



Art Card 2:
Sunflowers
by Jesus Nuñez



Art Card 5:
Violet Mood
by Ivan Gibson



Art Card 3:
Thank you for the Donation
by Jesus Nuñez

We're selling Art Cards that promote the work of the Artists in our Art Program . Proceeds sustain the Art Program and in turn, sustain the Artists who rely on the program for their mental wellness.

4 x 6 card & envelope \$3.00 each

To purchase Art Cards or to arrange sales for your club, community or company call Cory at 266-8711 ext. 247 or email her at cwilson.selfhelp@shaw.ca

We applaud you Harjeet, Doug, Phay, Hans, Michelle, Jan, Trevor, Helen, Mick, Verna Mae, Randy, Shelley, Shari, Tanille, Faye, Carole, Etan, Dalia, Bonnie, Jackie, Kathleen, Karen, Debra, Arlene, Diane, Janet, Kam, Peter, Brandy, Irene and Dwight **for your significant contribution as Casino Volunteers.**



Keep Us in Mind: An Open House for Everyone

who's wondering how to support someone
diagnosed with a mental illness

You're invited to learn about rehabilitation, counselling and
social/leisure programs that promote abilities and sustain
mental wellness in our community

Calgary Association of Self Help

Tuesday, October 3, 2006

1019 - 7th Avenue SW

1:00 - 5:00 pm

Beside the 10th Street C-Train Station
Street parking and pay lots on 8th Avenue
www.calgaryselfhelp.com

Mental Illness Awareness Week
<http://miaw.ca>
October 1 - 7, 2006

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ogether we make a difference:

"I was diagnosed with a mental illness about ten years ago and hospitalized shortly thereafter. The first seven to eight years were very difficult for me. I spent half of that time as a patient in hospitals, trying new and different treatments. The other half of the time, I spent at home, in bed, getting up only to eat and reluctantly to meet with my therapists. I tried every medication. Nothing worked. People who have never been sick don't understand this, but simple things like brushing my teeth or taking a shower were, for me, like running a marathon – and I was seriously out of shape! Things changed for me about two or three years ago and Self Help was a big part of that. In the two years, since I've been a member of Self Help, I have not been hospitalized. I have not been suicidal. I've been a different person. People in my family see it in me and I see it in myself. I still have my rough days and I'm still feeling the effects from all that has happened, but coming to Self Help is a major pick-me-up." by Brandy O.



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all is arriving and it's almost time to harvest the savings at our
Huge Garage Sale

The sale features thousands of household items
and books—all at bargain prices!

October 20 11:00 am — 5:00 pm

October 21 10:00 am — 3:00 pm

3rd floor, 1019 7th Avenue SW 266-8711
All proceeds go to The Recycling Project.

The Recycling Project addresses environmental concerns,
provides skill development for participants, and
ensures valuable bi-monthly sales for our clientele.

Donation drop-offs of new and lightly-used household
items, furniture & electronics are always appreciated.

In partnership with



calgary health region



THE CALGARY
FOUNDATION

How can you make an immediate difference?

- * **Donate online** at www.calgaryselfhelp.com or by mail to
1019 - 7th Avenue SW Calgary, AB T2P 1A8
- * **Volunteer** by calling Bev Wadsworth at 266-8711
- * **Drop by the Keep Us in Mind - Open House** or the **Fall Garage Sale**