



# 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**

**Your choice to make a difference helps us live our mission every day. People in our community living with a mental illness have access to client-centered, flexible services like support counselling, skill development and social recreational programs 78 hours a week, 7 days a week, thanks to you.**

## **Like many baby-boomers, Alice (not her real name) sometimes feels alone in a city of a million-plus people.**

Alice is a 50 year old woman with schizophrenia who was recently hospitalized for a year. In July, Alice returned as an active volunteer in the Recycling Program. Smiling, she describes how she feels coming to Calgary Association of Self Help. "This is the first place I came to when I got out of the hospital in July. My friend picked me up and brought me here. My worker, Shelley, listens to me. They don't pick your brain here. It's comfortable."

Since first becoming a member 15 years ago, Alice has focused on being self-reliant. "I first came here to learn how to save money," she reports, "I live with four others - and pay \$900 in rent, food and laundry. So I have \$150 of my AISH to pay for phone and cable. That's not a lot. I learned budgeting here. And now I have a job at Tim Horton's too."

Alice is a keen volunteer in the Recycling Project. She loves jewelry, working at all the monthly sales for members of the Association and the community Garage Sales in the spring and fall, and the people. "I work with Sue (staff) - she's fun. I have friends here." Alice also drops by the Resource Activity Centre one night a week to make jewelry. Showing off her earrings, and describing some of the gifts she's made for her family and friends for Christmas, she nods. All these activities help Alice feel re-connected in her community. "I tell my friends to come here. The last special dinner, I got a ticket for one of my friends so we could eat together."

*Editor's note: Thank you Alice for supporting Calgary Association of Self Help and giving back to our community.*

## ***The support of your community and your friends can mean a world of difference.***

Sometimes being alone with an illness is more detrimental than the illness itself. That's where we come in. When asked to describe the benefits of attending Creative Arts, one of our key Community Supports Skill Development Programs, participants were quick to respond.

- \* I learn new skills—both creative and personal.
- \* I isolate when depressed, which makes me more depressed. Creative Arts helps break that cycle.
- \* Coming helps me get out of the windmills of my mind.
- \* I don't mix well with other people, but I feel safe coming to class.

## ***Creative Arts***

**Monday/Tuesday/Thursday 9 AM - 12 NOON**

Creative Arts focuses on creative activities in a social environment. Participants learn and develop skills in various arts and crafts media and have opportunities to develop social connections with others.



## **F**all is here and it's time to harvest the savings at our **Huge Garage Sale**

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

**October 31st 11:00 am — 5:00 pm**  
**November 1st 10:00 am — 3:00 pm**

**1019 7th Avenue SW 403-266-8711**  
**All proceeds go to The Recycling Project.**

**We're always happy to hear from you.**

**Stay in touch!**

**Phone: 403-266-8711**

**Email: [info@calgaryselfhelp.com](mailto:info@calgaryselfhelp.com)**

where were  
you in '73?

For 35 exciting years, you've trusted us with the important role we play as *Calgary's Community Mental Health Centre*.

In 1973, mental health workers and mental health consumers concerned about service gaps for persons with illness collaborated to form Calgary Association of Self Help. In honour of our Anniversary here's some fun facts...

- \* the median household income was \$10,512.00; stamps cost \$0.08 each
- \* Bette Midler was the best new artist of the year at the Grammy's
- \* Stevie Wonder's *Innervisions* won Album of the Year
- \* We were watching *All in the Family* and *The Waltons* on TV; *The Sting* won the Best Picture Oscar
- \* Pet rocks were in fad - and so were CB radios and backgammon
- \* There were over 400,000 people in Calgary
- \* Pierre Trudeau was Prime Minister, Peter Lougheed was Premier, and Rod Sykes was the Mayor of Calgary

Calgary Association of Self Help places a high value on our relationship with you. We believe that transparency and accountability are essential to our success. With this in mind, we have recently joined Imagine Canada's Ethical Code Program.

The Ethical Fundraising and Financial Accountability Code lays out a set of standards for charitable organizations to manage and report their financial affairs responsibly. By adhering to these standards, we are complying with generally accepted practices for soliciting and managing donor dollars.

This is important because you, our supporters, are entitled to transparency and the greatest impact possible for your investment in us. If you have any questions about our adherence to the Ethical Code, please feel free to contact Marion McGrath, CEO at 403-266-8711. You can also download the Ethical Code itself by going to [www.imaginecanada.ca](http://www.imaginecanada.ca).



**Did you know why... we added the Imagine Canada Ethical Code logo to our printed materials?**



Looking for that *special something* for someone special? Support mental health services at our

**Christmas Craft Sale**  
**December 9 -11**  
**10 am - 4 pm daily**  
**1019 7<sup>th</sup> Avenue SW**



This three day event features beautiful holiday decorations and unique gifts handcrafted by the members of the Occupational/Leisure Skills and Creative Arts Programs.

**Myth:**

I can't do anything for a person with a mental illness.

**Fact:**

You can do a lot.

**Learn the facts about mental illness, and then tell someone else**  
([www.theglobeandmail.com/breakdown](http://www.theglobeandmail.com/breakdown))

**Own a piece of a healthier Calgary**

**Donate**

Funds

online: [www.calgaryselfhelp.com](http://www.calgaryselfhelp.com)

mail to: 1019 7th Avenue SW Calgary, AB T2P 1A8

Adult clothing & Household Items

Deliver to: 1019 7th Avenue SW

Call 403-266-8711 and ask for Cory Wilson

**Volunteer**

Call 403-266-8711 and ask for Bev Wadsworth.

**Believe**

**Not just in our ability to make a real difference in the lives of people in our city with a mental illness.**

**But in yours.**

[www.calgaryselfhelp.com](http://www.calgaryselfhelp.com)

Charity Registration # 10683 0078 RR0001