



CALGARY ASSOCIATION OF SELF HELP

"Helping Each Other to Bridge the Way to Wellness"

Your Community Mental Health Centre

Together, we're stronger than mental illness

June 2007

We are pleased to announce that Calgary Association of Self Help was awarded the 2006 Calgary Award for Community Advocacy by the City of Calgary. The City has presented the Calgary Awards since 1994 to honour members of the community who have made significant contributions to improving the quality of life for other Calgarians and for positively affected the community. Thank you for this recognition in support of mental wellness in our community.



For those of you who like your facts straight up...an update!

Calgary Association of Self Help was established to provide community based rehabilitation, counselling and social/leisure services for people with mental illness to support their re-integration into the community. The Association has a statistical system in place where data is collected daily and recorded in monthly and annual reports.

During the fiscal year ended March 31, 2007 1,114 people* were registered in program. There were 9,995 counselling sessions held and 1,938 rehabilitation classroom sessions offered during this period. Average Resource/Activity Centre (social/leisure/counselling program) visits for the year were 29,243*.



LAST YEAR 120 FOLKS SHARED 10,352 HOURS OF THEIR TIME & TALENT TO GIVE US BALANCE & SUPPORT.

*THESE NUMBERS DON'T REFLECT THE THOUSANDS OF FAMILY MEMBERS, PEERS, FRIENDS, NEIGHBORS AND EMPLOYERS AFFECTED BY SOMEONE'S MENTAL ILLNESS.

Who's at the back door? It's YOU!

Thank you to the spring cleaners and garage sale hosts who are cleaning out their closets for a cause - saving the environment - and sharing their abundance!

- * Your donations give the folks we serve the opportunities to create comfortable homes with modestly priced household goods, sporting equipment, games and books from our Recycling Project.
- * Your donations of adult clothing ensure our clients have access to our free Clothing Bank when their funds can't stretch to meet their need for necessity, warmth, and comfort and job safety.

You can help us
by introducing your friends
and colleagues to
Calgary Association of Self Help.

*Download the
*2006-2007 Annual Report (PDF)
www.calgaryselfhelp.com

*Tour our services
1019 7th Avenue SW
Calgary, Alberta T2P 1A8

*Pass along this newsletter
or download a copy for a friend
www.calgaryselfhelp.com

You give peace of mind to those who need it most



**A big thank you to Chris Addante
for having our windows cleaned.**

The artists and writers on all three floors will enjoy a clear, bright view of the world when they attend classes at Calgary Association of Self Help.

We've got great friends...

Drop by Dakota Deli - 706 9th Street SW and say hi to Sam Wolde. Sam has been a friend, donor and generous supporter of our Association's work for years. And his sandwiches are beyond compare!

Thank you Sam for your commitment to the people in our city and for your generosity to our folks.

thank you for supporting the *Lucerne Ice Cream Day* and *The Book Sale* at Thorncliffe Safeway in May!

The national 2007 **Safeway We Care Program** has wrapped up. We'd like to extend our gratitude to the staff and customers of **Thorncliffe Safeway** for making us their charity of choice for 2007, and for helping us raise awareness and \$20,000 funds in support of mental health.

Donations to Self Help give the people in our city who have a mental illness access to our dedicated mental health professionals for support 78.5 hours a week, 364 days a year.

**In our Life Skills/Initiatives programs last year 40 brave souls tackled life's questions.
One grad recently wrote to the instructor:**

I know that it has been said that "we" do the work of healing, learning and changing our lives. It's true. What we learned in class from you is that we have a really big 'tool box' with many books and instructions, lessons and skills.

What's always been missing is someone that will support, guide me and be right by my side. The difference this time is that I learned from, and alongside a group of "support builders".

What stands out is that I finally did start to feel better, change some things, and realize that I could do it. I still have many things to change, and will work on them, probably for a long time. I know that is ok though. Thank you for the most incredible eight weeks I have had in many years.

OUR 2007-2008 BOARD OF DIRECTORS

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ASK QUESTIONS

If you'd prefer to receive information through email or online through our website, please contact Cory Wilson at Cory.Wilson@calgaryselfhelp.com

we're open 364 days a year

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