



Your Community Mental Health Centre

Fighting mental illness since 1973

February 2007



Thornccliffe Safeway #2243 has chosen Calgary Association of Self Help as their charity of choice for the 2007 *We Care* Campaign and we couldn't be happier! Since November, Thornccliffe Safeway employees, our *We Care* co-captains and store manager Brian Powrie have welcomed and worked with our volunteers, staff and board to raise funds by participating in both national (*Charity Checkout Day* and *Miles Bring Smiles Day*) and local events (*We Care Raffle*).

Dear Customers, Staff and Management of Thornccliffe Safeway:

Your financial support strengthens our commitment to helping Calgarians with mental illness get well and stay well.

You've told us the effects that mental illness has had on your families, in your workplace and in our community. We wanted you to know we welcome the opportunity to listen to your stories, to be supportive and to share our experience and resources. Your trust and faith in the work we do means the world to us.

We'll see you again at **We Care Day** on March 10th!



Please and thank you!

Etiquette experts say once a gift is given, it's the recipients' to do with as they wish, whether it be returning it, or re-gifting it. Good etiquette doesn't require you to keep anything, just that you are grateful when you receive it.

If you've received an article of clothing, appliances, furniture, electronics or household items that you don't want or don't need but that someone else could benefit from, please consider re-gifting it to Calgary Association of Self Help's Recycling Project. Re-Gifts are accepted weekdays 8:30-4:30 or by appointment at 266-8711.

The Recycling Project offers our clientele a range of skill development opportunities in a supportive, pre-vocational environment. When Self Help receives donations from the general public, client volunteers and staff work together to sort, clean and repair or refinish items which are then displayed. Then we fundraise for the program by holding in-house, bi-monthly Garage Sales for the Association's clientele and semi-annual Community Garage sales for the general public.

BARGAINS! Community Garage Sale runs April 20 (11 -5) & April 21 (10 -3)



We applaud the Shell Canada employees, retired employees, friends, children and spouses from Shell Canada who recently prepared and served their 7th Annual New Year's Meal through Shell Canada's United Way Days of Caring.

Their skills shine, their enthusiasm is infectious, but most of all they show respect, compassion and understanding to the one hundred folks who gather for this special event each year.

SEE WHAT'S NEW

www.calgaryselfhelp.com

BOOK A TOUR

1019 7th Avenue SW
Calgary, Alberta T2P 1A8

FIND OUT MORE

Phone: 266-8711

Together we make a difference



Thanks to a generous gift of carpet from **John Fitzsimmons at Fitz Flooring**, our writers will work in a fresh, warm learning environment when they begin to explore their creativity in April.

As a result of a significant three year commitment from an Anonymous Donor and support from the Calgary Health Region, we have reinstated the innovative and successful Writers' Club.

The Writers' Club will provide a safe and nurturing environment for those individuals with mental illnesses who wish to pursue creative expression through writing.

For more information contact the Writers' Club Instructor Penelope Rokeby at 266-8711.

We've got GREAT neighbours...

As you know, feeling alone when you're struggling to manage an illness can be as detrimental to the spirit as the illness itself.

We're so grateful to Celine Arsenault for sharing our story with her fellow employees at FortisAlberta again this year.

They brought a donation of \$500 in collected monies, personal care and assorted gifts and then stayed for a tour to see how they could help us again in the future.

Our services, where appropriate are more cost effective compared to hospital or institutional care. The annual cost for a mental health bed was estimated at \$169,000 in 2002; the Association's current average annual cost for one program space is \$1,908. Our services also provide much more user friendly access for those in need.

"As a director of Self Help I can attest to the strong financial governance and passion of the staff for delivering service with value. Self Help keeps bureaucracy to a minimum and seeks to serve its client base cost effectively. There are no frills, just valued services 7 days a week, 364 days of the year." - Rosemary Bussi -

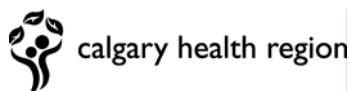
The following excerpt is from "Must I paint you a picture" by Timothy Wild; *Perspectives Magazine*. The City of Calgary Community and Neighborhood Services; Fall 2006. Thank you to Mr. Wild for capturing in words the impact of our Art Program and the Artists who rely on the program for their mental wellness.

"The artistic component is important of course. It boosts my confidence. The socialization is invaluable too and because it is based around mental health, it's not a stigma here. Reflecting the tremendous therapeutic benefits of such a program, Gayle noted that 'I would end up at the hospital more than I have been due to depression and isolation. And that depression can lead to suicidal tendencies. This program has saved my life many times over.'"



Violet Mood by Ivan Gibson

In partnership with



HOW MANY INDIVIDUALS DO WE SERVE?

The Association was established to provide community based rehabilitation and counselling 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, 2006 1,084 people* were registered in program. There were 10,127 counselling sessions held and 1,537 rehabilitation classroom sessions offered during this period. Average Resource/Activity Centre (social/leisure/counselling program) visits for the year were 31,903*. As we approach our year-end and finalize current stats, we'll be sure to update you.

**Of course, these numbers do not reflect the thousands of family members, peers, friends, neighbors and employers affected by someone's mental illness.