



# CALGARY ASSOCIATION OF SELF HELP

"Helping Each Other to Bridge the Way to Wellness"

## Your Community Mental Health Centre

Winter 2008

1019 7th Avenue SW Calgary, AB T2P 1A8  
403-266-8711 info@calgaryselfhelp.com



### How can I make a difference?

Living in Calgary isn't cheap. We all know people in our communities at work, school and church who are really struggling to create comfortable homes for their families. You don't have to be wealthy to make an impact on the everyday lives of others in need. Here's how you can help:

1. Let everyone know about the household items, toys, dishes, bedding, kitchen appliances, furniture and thousands of quality used books being sold for very modest prices at the **Calgary Association of Self Help's Huge Spring Garage Sale Friday April 18 (11-5) and Saturday April 19 (10 - 3) 1019 7th Avenue SW**
2. Save money! And take that extra step - You and yours can *shop on behalf of those who are most in need* but are unable to attend due to physical, financial or social challenges.

We offer a unique combination of programs, unduplicated anywhere else in Alberta. Since incorporation in 1973, Calgary Association of Self Help has grown to a multifaceted agency with client-centered programs such as our Resource/Activity Centre, Volunteer Program, Activities of Daily Living, Life Skills, Initiatives, Support Groups, Occupational & Leisure Skills, Creative Arts, Recycling Project, Art Program and Writer's Club.

### Program Spotlight on our Mental Health Support Groups



***The group has helped keep me alive. This is a very healthy place to come to. I feel part of this group, which helps battle feelings of isolation and loneliness. This way of thinking is new to me—but it works!***

The Mental Health Support Groups offered at Self Help provide a supportive atmosphere where individuals can come together to share their concerns and successes. The mission of the groups is to enable people in attendance to gain support from their peers, to build connecting and healthy relationships with others, to learn effective problem solving skills, build confidence and self-esteem and to end the isolation that can result from mental illness.

You may never need us. For those who do, please note that 7 days a week, 364 days a year we care about your mental health.

### Myth:

People with a mental illness are dangerous.

### Fact:

Studies have proven that a person with a mental illness is no more likely to be violent than someone who does not have a mental illness.

Studies have proven that people with a mental illness are much more likely to be victims of violence.



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

We wanted you to hear these excerpts from the notes of gratitude our clients sent to the individuals and corporations who do everything humanly possible to make sure they are supported throughout their illness and recovery, and especially during what most describe as the hardest time of the year, the holidays. Thank you all!



You took the time to recognize that I am no different than anyone else.  
Thank you for making me feel good about myself.  
You gave me the dignity of being able to give my sister a present.  
This was exactly what I needed, plus more.  
Now I can purchase food and have my sister over for dinner.  
I haven't had anything new for years.  
Your actions spoke louder than words.  
The laundry and dish soap allowed me to save money for January so I can use it for food.  
Thank you for caring for me and treating me like a worthy citizen, no matter my health status.  
You were one of the first groups of people to help me along my journey into my new life.  
To know you care when you've never even met me really makes a difference.  
One day I will be there for others as you were there for me.

## Calgary! You've done more than you might realize.

- You donated \$1.2 million to the 2007 Calgary Herald Christmas Fund
- And one man amongst you matched that total so that each of the 14 beneficiary agencies (including Self Help) could put \$172,000 to immediate work on behalf of our city's men, women and children in need
- You read the compelling stories of those in need in our city and took them to heart and best of all - you made a choice to make a difference. Proving once again, that you are the philanthropic champions in our community.

We are overwhelmed by and grateful for your willingness to share your abundances.  
Thank you for matching our commitment to achieve mental wellness in our community.



## Without Self Help, where would you be now?

In December '08, we'll be celebrating our 35th Anniversary  
as your Community Mental Health Centre

Haven't a clue what to get us?

We made a wish! We're looking for stories about your experiences with Calgary Association of Self Help. Your story about Self Help may be the one that folks remember when they find themselves in need of support for their mental wellness.

email your thoughts to [cory.wilson@calgaryselfhelp.com](mailto:cory.wilson@calgaryselfhelp.com) or call her at 266-8711 ext. 247

If you'd rather get an  
E-newsletter, please contact  
[cory.wilson@calgaryselfhelp.com](mailto:cory.wilson@calgaryselfhelp.com)

Phone: 403-266-8711  
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[info@calgaryselfhelp.com](mailto:info@calgaryselfhelp.com)  
[www.calgaryselfhelp.com](http://www.calgaryselfhelp.com)

In partnership with



calgary health region

## Give today.

Every dollar you donate will be used to  
promote the abilities of adults with mental illness.

Donations accepted online at [www.calgaryselfhelp.com](http://www.calgaryselfhelp.com)  
Legacy Gifts, Securities and Monthly donations welcome.

Donations of adult clothing and used household items,  
electronics and furniture welcome (Monday through Friday 8:30—4:30)  
1019 7th Avenue SW Calgary, Alberta T2P 1A8

Registered Charities Number: 10683 0078 RR0001