



CALGARY ASSOCIATION OF SELF HELP

**Your Community
Mental Health Centre**
Fighting mental illness since 1973

March 2006

We're all committed to a healthier Calgary

Thanks to the **Living Spirit United Church** congregation for its generous support of our Re-Gifting Drive.

**In 9 hours
over 3 weekends
more than 6 vehicles chock-a-block FULL of clothing, household items and furniture were donated to our Recycling Program/Store.**

Results? PRICELESS!

This program is truly unique. Our Recycling Program volunteers sort, clean, repair and price items to sell to fellow clients and to the public. Participants learn prevocational skills, raise money to support their program, help keep the landfills free of reusable items while maintaining their mental health, building friendships and feeling connected to the overall health and vitality of our community.

If you have items that you'd like to donate or if you'd like to have your own Re-Gifting Drive call Cory Wilson at 266-8711.

Volunteers feel connected

Our volunteers say that volunteering builds confidence, gets you out of the house, helps you learn new skills, makes you feel needed, helps you do things for others, makes you feel better about yourself, helps you get comfortable and ready for a new job, builds confidence, makes you feel like you're productive and giving back, develops your leadership skills, and introduces you to new people and to new friends.

**Last year approximately 100 volunteers
shared over 12,000 hours with
Calgary Association of Self Help.**

Client Volunteers contributed 9, 429 hours.

Community Volunteers shared 2,690 hours.

Simply Brilliant!



Jesus Nunez
Acrylic on Canvas

Marion McGrath celebrates her 30th Anniversary as Self Help's Chief Executive Officer in May 2006

Marion's remarkable and unrelenting commitment to the individuals living with mental illness in our city is an inspiration to all she encounters and evident in all that she undertakes. Our Association is what it is today largely due to her unflinching belief that we can all make a difference in the lives of folks living with mental illness. Recently during her compelling acceptance speech at the Women of Vision Awards, Marion reminded everyone that people with a mental illness are people first and that mental illness does not discriminate. "Mental illness can be successfully managed with good support systems, medication, access to community services, healthy eating and exercise," she said.

Come see for yourself

Book a tour today

Call 266-8711 or email

calgaryselfhelp@shaw.ca

With your support we improve the lives of more than 1100 Calgarians each year

Thank you for your support of our client-centered, flexible programs like the Resource/Activity Centre, Mental Health Support Groups, Activities of Daily Living, the Recycling Project/Store, Life Skills, Occupational and Leisure Skills, Initiatives, Creative Arts, the Art Program and the Volunteer Program .

Making a difference 365 days of the year



Joanne Taylor
Image Transfer with Acrylic

Artists at Self Help tell us that after the onset of mental illness, the Art Program can “get them started with their art again”; re-establishing relationships to Calgary’s art community.

Time and time again, artists tell us that participating in our Art Program strengthens their confidence levels. They can trust themselves, and say that they feel focused on giving presentations on art techniques, selling their art, and showcasing their art in exhibitions at Self Help’s Gallery and at community galleries and coffee houses.

**Find out What’s New at
www.calgaryselfhelp.com**

We are defined, united and differentiated from other mental health rehabilitation programs by our innovative client-centered programs. We are solidly anchored in integrity, efficiency, team spirit and client satisfaction.

Our Resource/Activity Centre (RAC) is open:

- **Monday through Friday 10 -9 pm**
- **Weekends and Holidays Noon – 8 pm**

The RAC is the only program in Calgary where individuals have one-stop, daily free access to enriching and interesting social/recreational activities and special holiday events, support counselling services, crisis intervention and resolution, support and referrals.

All our programs are client-centered and flexible. Some folks use all the benefits of the RAC program - some choose just one or two. Recently one client realized that his illness had kept him alone in his apartment for an extended time and that he was isolating himself due to his illness. While touring the RAC he saw a pool table and realized that coming to Self Help would be his only chance to participate for free in a past time that he had enjoyed before the onset of his illness.

Reportedly, he’s rarely missed a day in the RAC since. He looks forward to games of pool and the conversations that go along with it, participating in other activities of interest and accessing his counselor when he needs direct support .

All individuals crave connection - a chance to participate in a group that stimulates creativity, fosters a sense of community and a chance for good conversation with friends.

Participants in our Creative Arts and Occupational and Leisure Skills Programs attend classes three days a week that provide those essential connections.

Your donations sustain our programs and in turn, you help folks sustain their mental wellness...out of hospital and in the community. Thank you!

In partnership with



calgary health region



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