



# **CALGARY ASSOCIATION OF SELF HELP**

Your Community Mental Health Centre

Vision: "Helping Each Other To Bridge The Way To Wellness."

Mission: The Association provides client centered, flexible services promoting the abilities of adults with mental illness. This is accomplished through our rehabilitation, counselling and social/leisure programs.

**One in four Calgarians will develop a mental illness in their lifetime.  
Three in four Calgarians can help.**

Yes, I would like to ensure people in my community  
with a mental illness have access to  
mental health services 78 hours a week, 7 days a week.

Thank you in advance for your

**I am pleased to make a tax deductible donation in the amount of:**

\$10.00    \$25.00    \$50.00    \$100.00    Other \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone Number: \_\_\_\_\_



**CALGARY  
ASSOCIATION  
OF SELF HELP**

Your Community Mental Health Centre

Registered Charity Number  
10683 0078 RR0001

**Forward to: Calgary Association of Self Help  
1019 - 7 Avenue S.W.  
Calgary, Alberta T2P 1A8  
Telephone: (403)266-8711**