

## Recycling Program

Participants in this program learn valuable organizational and community service skills while working in volunteer roles to prepare donated items for the Sales and Recycling Store.

*Session times are determined by the participants and coordinator.*

## Volunteer Program

The Centre provides meaningful volunteer opportunities for clients and interested members of the community to help with day-to-day operations, special initiatives and board governance.

*To find out more contact:  
Volunteer Coordinator at 403.266.8711*



## We're here everyday...

*Monday to Friday 8:30am to 6:00pm  
Weekends and holidays 10:00am to 6:00pm*

**Please drop by for a first-hand look at the work we're doing to promote mental health and wellbeing in the Calgary community.**

To book a tour call 403.266.8711.

**We do need support  
from people like you  
to do our work**

**To donate  
call or email**

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**elements**  
CALGARY MENTAL HEALTH CENTRE

*Care. Acceptance. Respect. Advancement.*

*Programs that balance mental,  
physical, emotional, social  
and overall wellbeing.*

## Vision

*Calgary's courage and energy,  
working together for mental health.*

## Mission Statement

*Elements Calgary Mental Health  
Centre provides a range of integrated  
mental health services to inspire, build,  
and advance the abilities of adults  
with mental illness.*

## Support and Recreation Services

**Participants have access to a safe meeting place where they receive caring support and direction in times of need, enjoy a variety of structured and unstructured recreational activities, and connect with others.**

Services include:

- Support counselling, crisis intervention and resolution, and referrals.
- Social and recreational activities.

*The Centre is open daily from 10:00am to 6:00pm*

## Activities of Daily Living

**A 12 week program that teaches healthy options for daily living.**

Participants choose Cooking with Confidence or Budgeting Basics depending on what areas are most relevant for their needs. They gain hands on experience in making good nutritional choices, preparing healthy meals, and managing their money.

*Sessions vary - half day a week determined by the instructor and participant.*

## Art Program

**These visual arts classes open the door for artistic expression through a variety of media. All abilities welcomed from introductory to advanced levels. A small fee covers supply costs.**

*Monday to Friday 9:00am to 4:00pm. Class times determined by the classes selected.*

## Connections

**Activity based learning to enhance mental and physical health.**

This 6 month program focuses on connecting with self, others and community:

- Daily living skills and healthy lifestyles.
- Art therapy and creative expression.
- Developing social networks and leisure interests.

*Monday to Wednesday. Choice of morning or afternoon programs: 9:00am to 12:00noon or 1:00pm to 4:00pm*

## Creative Arts

**Participants in this 12 week program learn a variety of arts and crafts while enjoying creative and social activities.**

*Monday and Wednesday 9:00am to 12:00noon*



## Initiatives

**An 8 week self development course that promotes interpersonal growth and confidence to manage stress, feelings and daily challenges more assertively.**

*Monday to Thursday from 9:00am to 12:00noon*

## Life Skills

**A comprehensive 12-week self-development course that teaches coping and interpersonal skills to help participants take charge of their daily lives.**

Skills training includes:

- Self esteem and assertiveness.
- Interpersonal relationships.
- Communication.
- Problem solving and decision making.

*Monday to Thursday 9:00am to 12:00noon*

## Support Groups

**Support groups provide a forum where participants can share their thoughts in a safe, supportive group environment. Group sessions are facilitated by counselling staff.**

- Mental Health Support Group  
*Monday and Thursday 1:30pm to 3:30pm (drop-in)*
- Reach for Recovery (addiction support)  
*Tuesday 1:30pm to 2:30pm (drop-in)*
- Decluttering  
*Completion of the 15 week education component required before being eligible for support group sessions.*