

Support & Recreation Services

Support & Recreation Services (SRS) is an ongoing program where you determine your level of involvement, from accessing support and counselling, to an array of social and recreational activities.

Support Services

Our mental health team will help you manage distress, build coping strategies for healthy community living, and reduce the need for hospitalization. We offer group sessions and psychoeducational programs, such as:

Mindfulness - this program can help you manage symptoms and build coping skills.

Relaxation Group - A weekly restorative yoga practice which includes targeted poses to assist with relaxation, deep breathing and meditation.

Rewired Program - a 10-week program of basic CBT (Cognitive Behaviour Therapy) principles to help manage depression and/or anxiety. Trained staff help you apply a practical approach throughout the program.

Recreation Services

Recreation Services provides many ways for you to have fun and de-stress in a welcoming, safe, supportive environment that's informal and flexible. Check out this month's calendar for details of activities and how to sign up.

Support & Recreation Services is open daily from 10:00 a.m. – 6:00 p.m.



We need your support

call or email to donate

We're here everyday...

Monday to Friday 8:30 a.m. to 6:00 p.m.
weekends and holidays 10:00 a.m. to 6:00 p.m.

For first-hand information on the work we're doing to promote mental health and wellbeing in the Calgary community; please call 403.266.8711 to book a tour.



400 - 1035 7th Avenue SW • Calgary, AB • T2P 3E9

Phone: 403.266.8711 • Fax: 403.266.2478

info@elementscmhc.ca

www.elementscmhc.ca

Charity Registration # 10683 0078 RR0001



elements

CALGARY MENTAL HEALTH CENTRE

Care. Acceptance. Respect. Advancement.

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

Effective September 1, 2021

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.*

Art Program

In this fine arts program, you'll find a safe and nurturing environment with a focus on your personal development. Class times vary depending on the class you choose. Program runs in 10-week sessions, one half-day a week.

Best of Me

Best of Me teaches healthy living options fundamental to a healthier lifestyle, an improved quality of life, and maintaining mental health in the community. Program runs in 12-week sessions, one half-day a week.

Connections

Connections is a long-term, multi-activity program with three focus areas: connecting with self, building social networks, and exploring your community... all while having fun. Program runs three days a week – you can choose a morning or afternoon session.

Creative Arts

In our Creative Arts program, you'll have fun with your peers while nurturing your creativity. The focus is on arts, crafts and handiworks, which you can turn into a positive pastime and enjoyable hobby. Program runs two half-days a week.

Decluttering

Are you finding yourself overwhelmed by too much stuff in your home? If so, Decluttering is the program for you! We start with an education component to help you understand how clutter affects your health, safety, and self-esteem. The education program runs weekly with 15 half-day sessions.

Decluttering Maintenance Group

After you've completed the educational component of the Decluttering Program, a maintenance group is available to help you keep up the good work. The group is ongoing, with half-day sessions offered twice a month.

Initiatives

Initiatives is a comprehensive self-development course that promotes interpersonal growth and self-confidence. The program combines counselling and education with lots of opportunities for you to practice and apply what you learn. The program runs four half-days a week for 10 weeks.

Embracing Change

If you've completed the Initiatives Program, Embracing Change will help you continue to enhance and maintain the skills you learned. There are two half-day sessions per month.

Support Groups

Elements Support Groups provide a safe place for you to share your thoughts and feelings, and feel supported. Skilled and experienced facilitators lead all support groups. Call the Centre for days and times.

Mental Health Support Group

This group meets in a supportive atmosphere where you can connect with peers and explore issues that affect your mental health. In addition to peer support, participants learn skills for healthy relationships, effective problem-solving, self-confidence and improving self esteem.

Reach for Recovery

This group offers a safe setting to discuss mental health and substance use concerns, explore issues and strategies to prevent relapse, and help you keep on track to be sober and drug-free.

Volunteer

If you want to make a real difference and have a genuine interest in working with people who have a mental illness, we need you! A variety of volunteer opportunities are available for the Centre's clients, as well as members of the community. All our volunteers receive training, ongoing support and recognition.

