

Eligibility

Must be 18 years of age or older and have a diagnosed mental illness as primary presenting condition.

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. 10 week sessions, 1 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, 1 half day a week

Connections

Connections is long-term, multi-activity program with three focus are: 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. 2 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 is 15 week sessions, 1 half day a week.

Initiatives

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

Support Groups

Mental Health Support Group

A weekly group 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

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

Support & Recreation Services

The 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 Group*
- *Relaxation Group*
- *Rewired Program* - a CBT informed 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 on the recreational activities and how to sign up.

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

Volunteer Program

If you 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.

FOR MORE INFORMATION CALL 403.266.8711

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