



**CALGARY  
ASSOCIATION  
OF SELF HELP**  
Managing Mental Health Together

# **HOUSEHOLD DONATIONS**

**We greatly appreciate donations of gently used household items and clothing all year round**

## **YOUR DONATIONS**

- ◆ **Keep items out of the landfill**
- ◆ **Benefit the Associations clientele**
- ◆ **Benefit the greater Calgary community**

Items can be dropped off 8:30am-4:30pm Mon-Fri (*back alley*)

**1019 - 7 Avenue SW**

*(after hours please call)*

For more information call 403-266-8711

[www.calgaryselfhelp.com](http://www.calgaryselfhelp.com)