

## Resource/Activity Centre Support & Recreation Services

7 days per week, 10:00am – 6:00pm

This program provides a meeting place where participants can access support and direction in times of need, enjoy a variety of activities, and connecting with others.

*Services and Activities include:*

- Support counselling, crisis intervention and resolution, referrals
- Social and recreational activities
- Free clothing bank for clientele

## Volunteer Program

A variety of meaningful volunteer opportunities assisting in the day-to-day operations are available for both Elements clientele and interested community members.

Volunteers receive ongoing support and recognition while developing their skills and providing valuable assistance to the Centre.



## We're here every day.

We invite you to join us to see the work we're doing in the Calgary Community for yourself.

*Monday – Friday* 8:30am – 6:00pm  
*Weekends & Holidays* 10:00am – 6:00pm

**To book a tour, please call us at 403.266.8711.**

## We can't do all of this without support and assistance from people like you!

Donations of funds, adult clothing, household items and volunteer services are gratefully welcomed and acknowledged.

Donations can be made in-person at our Downtown Calgary location:

1019 7th Avenue SW • Calgary, AB • T2P 1A8

**Phone: 403.266.8711 • Fax: 403.266.2478**

[info@elementscmhc.ca](mailto:info@elementscmhc.ca)

[www.elementscmhc.ca](http://www.elementscmhc.ca)



Charity Registration # 10683 0078 RR0001



**elements**  
CALGARY MENTAL HEALTH CENTRE

*Elements Calgary Mental Health Centre,  
formerly Calgary Association of Self-Help,  
has proudly supported the Calgary  
community since 1973.*

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## Mission Statement

*Elements Calgary Mental Health Centre provides client-centered, flexible services, promoting the abilities of adults living with a mental illness.*

*We accomplish our goals through professionally-guided support counselling, skill development, and social/recreation programs.*

## Activities of Daily Living

**12 week program, session times are determined by each participant and the instructor.**

Activities of Daily Living is a program designed to teach healthy living options and daily living skills. Participants choose the areas most relevant to their needs and gain “hands-on” experience in these areas:

- Nutrition
- Meal preparation
- Budgeting and money management

## Art Program

**Monday – Friday, 9:00am – 4:00pm**  
**Class times vary depending on classes selected**

Participants in the Art Program are given the opportunity to explore the visual arts in classes that encourage artistic expression through a variety of media and are offered at introductory to advanced levels.

## Creative Arts

**12 week program, Monday – Tuesday, 9:00am – 12:00pm**

Creative Arts focuses on creative activities in a social environment. Participants learn and develop skills in various arts and crafts media and have opportunities to develop connections with others through a variety of social activities.

## Initiatives

**8 week program, Monday – Thursday, 9:00am – 12:00pm**

The Initiatives Program is a self-development course that promotes interpersonal growth and self confidence to deal with feelings, problems and stresses more assertively. Learning focuses on skill development in: self esteem, stress management and assertiveness.

## Life Skills

**16 week program, Monday – Friday, 9:00am – 12:00pm**

Life Skills is a comprehensive self-development course that concentrates on enhancing coping skills, interpersonal skills and helps participants to cope more effectively in their daily lives.

*Skill areas include:*

- Communication
- Interpersonal relationships
- Self-esteem and assertiveness
- Stress and anger-management
- Problem-solving and decision-making

## Mental Health Support Groups

**Drop-in program, Monday and Thursday, 1:30pm – 3:30pm**

“Drop-in” groups facilitated by staff provide a forum where participants can share their thoughts and feelings about personal issues in a safe, supportive environment.

## Occupational & Leisure Skills

**6 month program, Monday – Wednesday, Morning program 9:00am – 12:00pm Afternoon program 1:00pm – 4:00pm**

Activity based learning that promotes mental and physical health.

*Learning focuses on:*

- Healthy lifestyles and daily living skills
- Therapeutic arts and creative expression
- Development of social networks and leisure interests

## Recycling Program

**Ongoing Program, Monday – Friday, 10:00am – 3:30pm**

The Recycling Program provides skill development for participants and a valuable service for the community and clientele of the centre.

Participants volunteer their time and work with staff to prepare donated items for the Sales and the Recycling Store.