



Canadian Mental
Health Association
Calgary
Mental health for all

CANADIAN MENTAL HEALTH ASSOCIATION

recovery college
CALGARY

Recovery College

COURSE GUIDE

Winter/Spring 2020

**Where real
people with real
experiences share
what works.**



How to Register

Register for any course at **recoverycollegecalgary.ca**
or call 403-297-1402 or drop-in to
the Welcome Centre at #105, 1040 – 7 Avenue SW, Calgary.

For more information about a particular course, or to speak to
somebody in person, please get in touch; we'd be happy to help.

403-297-1402

recovery.college@cmha.calgary.ab.ca

recoverycollegecalgary.ca

#105, 1040 – 7 Avenue SW, Calgary, AB T2P 3G9

Welcome Centre Hours:

Monday - Friday: 9:30 am - 4:30 pm

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Welcome to Recovery College

Recovery
is a journey.

Using an educational-based approach, Recovery College offers courses to help people recognize and develop their own resourcefulness and awareness in order to support themselves or their loved one's recovery journey. All of our courses are developed and delivered in partnership with our peer supporters and students who are experts by experience: they have their own personal story of a mental health or substance use concern, or are supporting a loved one.

Recovery means creating the best life possible—satisfying, hopeful, empowered and contributing—even with the challenges caused by a mental health or substance use concerns.

Everyone is welcome to attend our free courses and drop-in classes focusing on recovery and wellbeing. No previous experience or education level is required. With more than 45 courses to choose from, there is a course for everyone.

Our Recovery College courses are interactive and create positive learning experiences emphasizing connection, hope and belonging. An emphasis is placed on an individual's talents and strengths. These courses inspire optimism, encourage students to consider future opportunities, and move people towards personal empowerment. Recovery is a journey, not a destination.

CMHA Calgary is also working together with other CMHA sites in Alberta to deliver Recovery College courses in Edmonton, Wood Buffalo, Lethbridge and Central Alberta.

In addition, our new **Recovery is Possible: A Mental Health Podcast** is now available for download through our website or your choice of podcasts apps.

Talk to us; we look forward to meeting you soon.

Call **403-297-1402** or email us at **recovery.college@cmha.calgary.ab.ca**

Frequently Asked Questions

Who can attend Recovery College courses?

Anyone aged 16+ who is looking for support or who wants to explore their own wellness. Those who are supporting family members or friends, as well as people working in the mental health or substance use field are welcome to attend. No referral is needed.

What happens in a course?

Our courses are friendly, informative, engaging and enjoyable to help students in their recovery and wellness journey. Two trainers co-facilitate each course; one an education expert, and the other an expert with lived experience. Those who have personal experience will share their journey as part of the course.

Where will the courses be held?

The majority of courses are held at our Welcome Centre at **#105, 1040–7 Avenue SW** in Calgary. We also deliver courses in community venues across Calgary. Locations for each course can be found at the back of this course guide.

How much do courses cost?

All courses are free. Registration is required before attending. Drop-in courses do not require registration and are open to everyone (indicated in this course guide under Connect With Us).

How is the Recovery College different from mental health support groups/programs?

Our courses offer more structured learning experiences than a typical group program. They are designed with input from qualified and experienced educators and informed by the community. Each course has clear learning outcomes and activities to help you explore and build resiliency. Each course is also co-facilitated by a Peer Support Worker, individuals with personal or family experience with a mental health or substance use concern.

What qualifications do I need to have to attend Recovery College?

None; all of our courses are open to anyone at all levels and during all stages of recovery. All that is required is an open mind and a willingness to participate.

For more information, please visit our website at recoverycollegecalgary.ca



Accessibility & Support

If we don't recognize each other's differences,
then we are ignoring a huge part of who we all are.

At CMHA Calgary, the majority of our sites are wheelchair accessible. Please provide us with any special considerations or concerns you might have when you register.

Recovery Liaison—The Recovery Liaison is someone who works in the Welcome Centre and Recovery College and will assist you in registering for courses, provide course options and information, and offer guidance in regards to our programming. If you are new, the Recovery Liaison can advise and help you select courses. If you have already taken a course, the Recovery Liaison can create a course plan with you.



The Art of Friendship / 8 SESSIONS

Strong friendships give us the power to be our true selves; when we have strong friendships, we feel respected and valued and we work hard to find ways to show our friends that we respect and value them. Strong friendships take work! This course will help you learn about yourself—what you say, the way you act, and how all of your actions can affect relationships with others. Focusing on these aspects, helps us gain confidence in our relationships and we will be more likely to achieve our friendship goals.

AOF-55	MON	Jan 6 – Mar 2 <i>*No Class Feb 17</i>	10 am – 12 pm	South Calgary Primary Care Network
AOF-56	FRI	Jan 10 – Feb 28	10 am – 12 pm	CMHA Green Classroom
AOF-57	WED	Jan 22 – Mar 11	6 – 8 pm	CMHA Blue Classroom
AOF-58	TUE	Feb 4 – Mar 24	2 – 4 pm	The Alex Community Health Centre
AOF-59	THU	Feb 20 – Apr 9	6 – 8 pm	CMHA Green Classroom
AOF-60	THU	Mar 5 – Apr 23	2 – 4 pm	Cochrane Urgent Care
AOF-61	TUE	Mar 17 – May 5	6 – 8 pm	CMHA Green Classroom
AOF-62	MON	Mar 30 – Jun 1 <i>*No Classes Apr 13 and May 18</i>	10 am – 12 pm	CMHA Orange Classroom
AOF-63	TUE	Apr 7 – May 26	10 am – 12 pm	CMHA Orange Classroom
AOF-64	FRI	Apr 24 – Jun 12	10 am – 12 pm	Central Library
AOF-65	MON	May 4 – Jun 29 <i>*No Class May 18</i>	2 – 4 pm	CMHA Blue Classroom
AOF-66	WED	May 6 – Jun 24	2 – 4 pm	CMHA Green Classroom

2SLGBTQIA+ Community Connections / 5 SESSIONS

This course was created by 2SLGBTQIA+ individuals, for members of the 2SLGBTQIA+ community. This course will investigate how our identities affect our self-worth, and how to safely enforce boundaries within our relationships. The ongoing nature of “coming out” will be discussed, and how to access and further expand our self-care toolboxes. Come join us to explore your identity through visual arts, poetry, journaling and conversation with individuals with shared experiences. This course is for anyone who identifies within the 2SLGBTQIA+ community.

COCO-6	WED	Jan 8 – Feb 5	2 – 4 pm	The Alex Community Health Centre
COCO-7	THU	Mar 5 – Apr 2	10 am – 12 pm	CMHA Blue Classroom
COCO-8	THU	May 7 – Jun 4	6 – 8 pm	CMHA Green Classroom

2SLGBTQIA+ Ally-ship / 2 SESSIONS

Are you already an awesome ally to the 2SLGBTQIA+ community, but looking to learn more? Then this course is for you! During this course we will review the basics of LGBTQIA+ ally-ship, and then delve a little deeper into how the things we say and do can unintentionally hurt someone, how to dismantle barriers to community, and how to have productive conversations about LGBTQIA+ identities with other allies.

COCOA-2	TUE	Mar 24 – 31	10 am – 12 pm	CMHA Orange Classroom
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A Good Night's Sleep / 2 SESSIONS

What's the big deal with sleep? Our sleep plays a big part in how we feel and act while we're awake. Throughout this course you will learn about how sleep affects you, and all of the different things you can do to make sure you're getting a good night's sleep.

SLPW-39	FRI	Jan 24 – 31	10 am – 12 pm	CMHA Orange Classroom
SLPW-40	TUE	Jan 28 – Feb 4	2 – 4 pm	CMHA Green Classroom
SLPW-41	THU	Feb 6 – 13	10 am – 12 pm	CMHA Green Classroom
SLPW-42	TUE	Mar 3 – 10	6 – 8 pm	CMHA Orange Classroom
SLPW-43	FRI	Mar 27 – Apr 3	10 am – 12 pm	CMHA Blue Classroom
SLPW-44	WED	Apr 1 – 8	10 am – 12 pm	CMHA Blue Classroom
SLPW-45	MON	Apr 20 – 27	6 – 8 pm	Crowfoot Primary Care Network
SLPW-46	THU	May 14 – 21	2 – 4 pm	CMHA Orange Classroom
SLPW-47	TUE	Jun 16 – 23	2 – 4 pm	CMHA Blue Classroom

Body Image / 2 SESSIONS

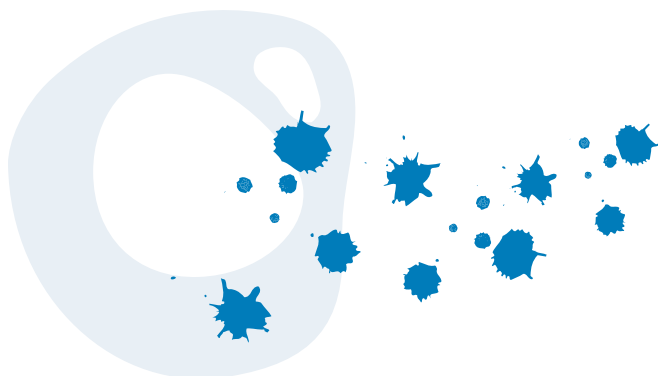
How often do you look in the mirror and think: “If I could just change this one thing about myself, I would be so beautiful”? In this course you will have the chance to talk to others about the pressures society puts on us to look a certain way. You will learn how to change those negative behavior patterns of critically looking at yourself and how to feel happier and healthier every day.

BIMA-13	THU	Feb 13 – 20	2 – 4 pm	CMHA Orange Classroom
BIMA-14	WED	Feb 19 – 26	10 am – 12 pm	South Calgary Primary Care Network
BIMA-15	MON	Mar 16 – 23	10 am – 12 pm	CMHA Orange Classroom
BIMA-16	FRI	May 22 – 29	10 am – 12 pm	CMHA Blue Classroom

Building Better Boundaries / 4 SESSIONS

Boundaries aren’t just for maps! Building better boundaries involves learning how to set boundaries, talking to others about your boundaries, and showing others you respect their boundaries. This course will help you build better boundaries, so you can feel happier and healthier.

BNDR-33	WED	Jan 8 – 29	10 am – 12 pm	CMHA Blue Classroom
BNDR-34	MON	Jan 20 – Feb 10	2 – 4 pm	Southwest Communities Resource Centre
BNDR-35	MON	Jan 27 – Feb 24 <i>*No Class Feb 17</i>	6 – 8 pm	Crowfoot Primary Care Network
BNDR-36	FRI	Feb 7 – 28	10 am – 12 pm	CMHA Blue Classroom
BNDR-37	THU	Mar 12 – Apr 2	6 – 8 pm	CMHA Blue Classroom
BNDR-38	TUE	Apr 7 – 28	2 – 4 pm	Cochrane Urgent Care
BNDR-39	WED	May 6 – 27	6 – 8 pm	Northeast Family Connections – Russet Court
BNDR-40	MON	May 11 - Jun 8 <i>*No Class May 18</i>	10 am – 12 pm	CMHA Green Classroom
BNDR-41	THU	Jun 4 – 25	2 – 4 pm	CMHA Blue Classroom
BNDR-42	FRI	Jun 5 – 26	10 am – 12 pm	South Calgary Primary Care Network





Challenging Procrastination / 1 SESSION

Sometimes it feels like we have a million things to do in a day. This can cause stress and result in procrastination. This course will help you learn how to tackle challenges, stop putting things off, and feel organized and productive each day.

CPRO-14	THU	Jan 16	5 – 8 pm	CMHA Green Classroom
CPRO-15	FRI	Mar 6	10 am – 1 pm	CMHA Green Classroom
CPRO-16	MON	May 25	2 – 5 pm	CMHA Green Classroom
CPRO-17	MON	Jun 22	2 – 5 pm	CMHA Green Classroom

Confront the Discomfort / 3 SESSIONS

Whether we like it or not, anxiety is a normal part of life. Anxiety can also get in the way of us enjoying life. In this course you will learn how to value, recognize, and react to important anxiety warning signs, and confront the discomfort in a positive and healthy way.

CODI-35	MON	Jan 6 – 20	6 – 8 pm	South Health Campus
CODI-36	FRI	Jan 17 – 31	10 am – 12 pm	CMHA Blue Classroom
CODI-37	TUE	Feb 4 – 18	10 am – 12 pm	CMHA Blue Classroom
CODI-38	MON	Mar 2 – 16	2 – 4 pm	Southeast Calgary Community Resource Centre
CODI-39	WED	Mar 11 – 25	6 – 8 pm	CMHA Green Classroom
CODI-40	THU	Apr 9 – 23	10 am – 12 pm	CMHA Green Classroom
CODI-41	TUE	Apr 14 – 28	2 – 4 pm	Northeast Family Connections – Russet Court
CODI-42	WED	Apr 22 – May 6	10 am – 12 pm	CMHA Green Classroom
CODI-43	FRI	May 15 – 29	10 am – 12 pm	South Calgary Primary Care Network
CODI-44	TUE	Jun 2 – 16	6 – 8 pm	CMHA Green Classroom
CODI-45	WED	Jun 10 – 24	2 – 4 pm	CMHA Orange Classroom
CODI-46	MON	Jun 15 – 29	10 am – 12 pm	CMHA Green Classroom

Conversations That Matter / 4 SESSIONS

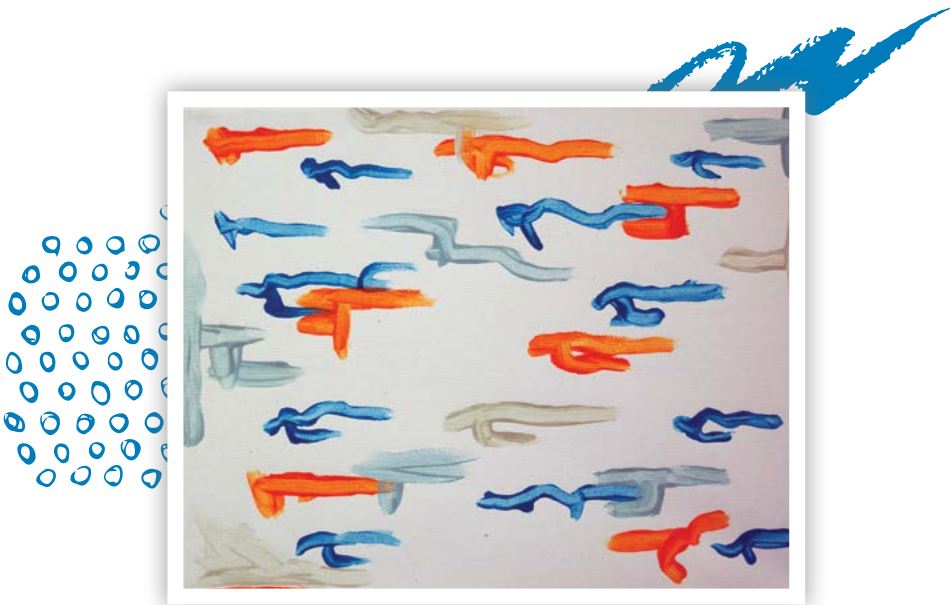
Sometimes it is hard to get a conversation started, and even harder to keep the conversation going! Throughout this course you will learn about communication tools which help create meaningful relationships and friendships.

CONN-25	THU	Jan 9 – 30	10 am – 12 pm	CMHA Green Classroom
CONN-26	MON	Feb 24 – Mar 16	2 – 4 pm	CMHA Green Classroom
CONN-27	TUE	Mar 10 – 31	2 – 4 pm	CMHA Green Classroom
CONN-28	WED	Apr 8 – 29	6 – 8 pm	CMHA Green Classroom
CONN-29	THU	May 7 – 28	10 am – 12 pm	CMHA Green Classroom

Coping with Current Events / 3 SESSIONS

The news can have a huge impact on our mood, sense of control, and overall wellbeing. As our world continuously becomes more connected, we are aware of the never-ending stream of news from around the world. In this course you will learn how to gain perspective when interpreting the news, and practice coping strategies to help you process how you feel about the issues facing our world today.

COPE-23	TUE	Jan 7 – 21	2 – 4 pm	CMHA Green Classroom
COPE-24	MON	Mar 23 – Apr 6	2 – 4 pm	CMHA Green Classroom
COPE-25	WED	Jun 10 – 24	6 – 8 pm	CMHA Blue Classroom





Female Empowerment / 4 SESSIONS

In this course you will have real conversations about healthy boundaries and body image. We will celebrate our strengths, talk about past and current experiences of gender identity and equality, and develop a well-rounded perspective on what it means to be a woman today. This course is for anyone who identifies as female.

FEEM-11	TUE	Jan 7 – 28	10 am – 12 pm	CMHA Blue Classroom
FEEM-12	FRI	Feb 7 – 28	10 am – 12 pm	CMHA Orange Classroom
FEEM-13	WED	Mar 4 – 25	2 – 4 pm	Northeast Family Connections – Russet Court
FEEM-14	THU	Apr 9 – 30	2 – 4 pm	CMHA Green Classroom
FEEM-15	MON	Jun 8 – 29	6 – 8 pm	CMHA Green Classroom



Food and Mood / 3 SESSIONS

Everything you put into your body affects how you feel! In this course we will look at why and how we eat and the impact this has on our mood and energy levels.

FDNM-32	MON	Jan 6 – 20	2 – 4 pm	CMHA Orange Classroom
FDNM-33	TUE	Jan 14 – 28	10 am – 12 pm	CMHA Green Classroom
FDNM-34	THU	Feb 13 – 27	6 – 8 pm	CMHA Blue Classroom
FDNM-35	FRI	Mar 6 – 20	10 am – 12 pm	CMHA Orange Classroom
FDNM-36	TUE	Apr 7 – 21	2 – 4 pm	The Alex Community Food Centre
FDNM-37	TUE	Apr 14 – 28	10 am – 12 pm	CMHA Green Classroom
FDNM-38	WED	May 6 – 20	2 – 4 pm	CMHA Blue Classroom
FDNM-39	MON	Jun 8 – 22	10 am – 12 pm	CMHA Orange Classroom

Hopes and Dreams / 3 SESSIONS

As much as we might want to, we can't tell the future! In this course you will have the space to explore your future possibilities. You will discover and act on realistic, positive, and healthy future goals.

HNDR-11	THU	Jan 9 – 23	2 – 4 pm	CMHA Orange Classroom
HNDR-12	TUE	Feb 11 – 25	10 am – 12 pm	CMHA Green Classroom
HNDR-13	TUE	Mar 3 – 17	6 – 8 pm	South Health Campus
HNDR-14	WED	Apr 8 – 22	2 – 4 pm	CMHA Orange Classroom
HNDR-15	MON	May 4 – 25 <i>*No Class May 18</i>	2 – 4 pm	CMHA Orange Classroom
HNDR-16	TUE	Jun 16 – 30	10 am – 12 pm	CMHA Green Classroom

In Someone Else's Shoes / 4 SESSIONS

We are influenced by so many things: culture, spirituality, and our view of ourselves in society. Throughout this course you will learn how to recognize individuality and uniqueness in others, and communicate holding space and consideration for inclusion, tolerance and acceptance of all.

SSHO-6	MON	Apr 6 – May 4 <i>*No Class Apr 13</i>	10 am – 12 pm	CMHA Blue Classroom
SSHO-7	THU	Jun 4 – 25	10 am – 12 pm	CMHA Green Classroom

Keep Calm and Dream On / 1 SESSION

As the seasons change, so do our goals, energy levels and overall focus. During times of reflection we have the chance to seek new life opportunities and explore future dreams. In this course you will create your very own mind map and vision board bringing all of those wonderful thoughts and feelings to life!

MMVB-17	FRI	Jan 10	10 am – 1 pm	CMHA Blue Classroom
MMVB-18	WED	Apr 8	10 am – 1 pm	CMHA Orange Classroom
MMVB-19	TUE	Jun 30	2 – 5 pm	CMHA Green Classroom

Letting Go Through Laughter / 3 SESSIONS

We know that laughter is one of the best medicines. Humor can help us heal and cope with everyday challenges. By exploring recovery through humor, you will find laughter in places you didn't think possible!

LGTL-8	THU	Jan 9 – 23	2 – 4 pm	Cochrane Urgent Care
LGTL-9	FRI	Mar 6 – 20	10 am – 12 pm	CMHA Blue Classroom
LGTL-10	WED	Apr 15 – 29	10 am – 12 pm	CMHA Blue Classroom
LGTL-11	TUE	Jun 9 – 23	2 – 4 pm	CMHA Green Classroom

Men, Let's Talk / 4 SESSIONS

In this course you will explore the experience of what it's like to be male in society. In a safe space you can redefine masculinity, explore stereotypes, and learn healthy coping alternatives to support embracing your individual gender role. Discussing how male roles have changed within families and communities over generations, you will learn how to connect with other men in meaningful ways. This course was built in collaboration with King of Hearts. This course is for anyone who identifies as male.

MEMP-7	WED	Feb 5 – 26	10 am – 12 pm	CMHA Green Classroom
MEMP-8	THU	Mar 19 – Apr 9	2 – 4 pm	CMHA Green Classroom
MEMP-9	TUE	May 5 – 26	10 am – 12 pm	CMHA Blue Classroom
MEMP-10	THU	Jun 4 – 25	6 – 8 pm	CMHA Blue Classroom

Money Basics / 4 SESSIONS

Money, Money, Money! Learning about financial matters is a major part of your overall wellness. In this co-facilitated course with the Further Education Society of Alberta you will learn about your relationship with money; the basics of borrowing and exploring how money makes you feel. No matter your experience level, we will help you create a realistic budget that will take you closer to your financial goals.

MB-21	MON	Apr 20 – May 11	2 – 4 pm	Southeast Calgary Community Resource Centre
MB-22	WED	Jun 3 – 24	10 am – 12 pm	CMHA Green Classroom



Navigating Your Own Recovery Journey / 4 SESSIONS

When living with mental health or substance use concerns, finding the right help at the right time can be overwhelming. Many of us lack the support or the tools to advocate for ourselves. This course aims to empower you to be in control of your own recovery journey. You will be able to identify your own support system and learn the skills to advocate for yourself, while navigating the mental health and addiction supports in Calgary.

NVRJ-1	MON	Jan 6 – 27	2 – 4 pm	CMHA Blue Classroom
NVRJ-2	THU	Apr 9 – 30	2 – 4 pm	CMHA Blue Classroom

Practicing Compassion / 4 SESSIONS

Practicing compassion helps us to connect with others, manage our emotions, and give us a sense of belonging. Throughout this course you will learn how to focus your energy on becoming a part of a community where your efforts are appreciated and valued!

PCOM-13	THU	Feb 6 – 27	2 – 4 pm	CMHA Green Classroom
PCOM-14	WED	Mar 18 – Apr 8	10 am – 12 pm	CMHA Green Classroom
PCOM-15	TUE	May 5 – 26	2 – 4 pm	CMHA Green Classroom
PCOM-16	MON	Jun 8 – 29	2 – 4 pm	CMHA Orange Classroom



Rethinking Our Thoughts / 4 SESSIONS

What's more important, thinking or feeling? Both! How we think, and what we think can often make us feel better or worse. This course will help you learn about yourself and how your thoughts can affect how you feel and act—we will focus on self-awareness, perspective, thought-behavior consistency, and finding ways to use our thoughts to help us deal with everyday challenges!

CBT-20	THU	Jan 9 – 30	2 – 4 pm	CMHA Green Classroom
CBT-21	TUE	Jan 21 – Feb 11	10 am – 12 pm	CMHA Orange Classroom
CBT-22	TUE	Feb 11 – Mar 3	6 – 8 pm	CMHA Green Classroom
CBT-23	THU	Feb 20 – Mar 12	10 am – 12 pm	CMHA Orange Classroom
CBT-24	WED	Mar 4 – 25	10 am – 12 pm	CMHA Orange Classroom
CBT-25	TUE	Mar 10 – 31	10 am – 12 pm	CMHA Green Classroom
CBT-26	FRI	Apr 3 – May 1 <i>*No Class Apr 10</i>	10 am – 12 pm	CMHA Green Classroom
CBT-27	MON	Apr 20 – May 11	2 – 4 pm	CMHA Green Classroom
CBT-28	MON	May 4 – Jun 1 <i>*No Class May 18</i>	6 – 8 pm	Crowfoot Primary Care Network
CBT-29	WED	May 13 – Jun 3	2 – 4 pm	The Alex Community Health Centre
CBT-30	WED	May 20 – Jun 10	10 am – 12 pm	CMHA Blue Classroom
CBT-31	TUE	Jun 2 – 23	10 am – 12 pm	CMHA Blue Classroom

Road to Recovery / 4 SESSIONS

The road to recovery is not an easy path. It is a journey of reinventing how you think about yourself, your mental health or substance use, and your recovery can be a challenging one! Throughout this course you will explore how to think and act in ways that move you towards a more meaningful life.

AREC-43	THU	Jan 9 – 30	10 am – 12 pm	CMHA Blue Classroom
AREC-44	TUE	Jan 14 – Feb 4	2 – 4 pm	CMHA Orange Classroom
AREC-45	WED	Feb 5 – 26	6 – 8 pm	CMHA Green Classroom
AREC-46	WED	Feb 19 – Mar 11	2 – 4 pm	Cochrane Urgent Care
AREC-47	TUE	Mar 3 – 24	10 am – 12 pm	CMHA Blue Classroom
AREC-48	THU	Mar 19 – Apr 9	2 – 4 pm	South Calgary Primary Care Network
AREC-49	WED	Apr 1 – 22	2 – 4 pm	CMHA Blue Classroom
AREC-50	FRI	Apr 17 – May 8	10 am – 12 pm	CMHA Blue Classroom
AREC-51	THU	May 7 – 28	2 – 4 pm	CMHA Green Classroom
AREC-52	TUE	May 19 – Jun 9	2 – 4 pm	CMHA Blue Classroom
AREC-53	MON	Jun 1 – 22	10 am – 12 pm	CMHA Blue Classroom

Self-Care Starter Pack / 1 SESSION

Taking care of yourself is not selfish; we all need a ‘time-out’ occasionally. In this course you will learn ways to take time for yourself, build up self-esteem, and maintain healthy boundaries in order to keep yourself mentally and physically well.

SLRC-16	TUE	Jan 7	10 am – 12 pm	CMHA Orange Classroom
SLRC-17	THU	Feb 6	10 am – 12 pm	Southeast Calgary Community Resource Centre
SLRC-18	WED	Feb 12	2 – 4 pm	South Calgary Primary Care Network
SLRC-19	FRI	Mar 27	10 am – 12 pm	CMHA Green Classroom
SLRC-20	MON	Apr 6	6 – 8 pm	CMHA Green Classroom
SLRC-22	WED	Apr 15	10 am – 12 pm	CMHA Green Classroom
SLRC-23	TUE	May 12	2 – 4 pm	CMHA Blue Classroom
SLRC-24	THU	Jun 18	2 – 4 pm	South Calgary Primary Care Network

Connect With Us

**NO REGISTRATION REQUIRED
FOR DROP-IN!**

2SLGBTQ+

Come connect with other members of your community in a fun and recovery focused environment! Meet new people, build friendships, and discover peer support in a new way. Every week we will engage in a different topic of discussion or activity.

Calm to Connect

This group is for those looking to learn about how meditation and increased awareness can positively change your life. Take time to calm your nervous system and connect with your inner resources to better cope with life challenges.

Caregiver Connections

In this environment we provide family and friends with a way to find balance, acceptance and hope while focusing on your needs as a family member or friend. A new opportunity to take care of yourself and develop a support network.

Treat Yourself Tuesdays

Treat Yourself Tuesdays is all about you and the importance of staying well. Drop in for the treat of the week, participate in amusing activities, and genuinely connect with others; all the while maintaining your mental and physical wellness.

**2ND and 4TH
TUESDAY
OF EVERY MONTH**

5–7 pm
CMHA Welcome Centre

**1ST
WEDNESDAY
OF EVERY MONTH**

12–1 pm
CMHA Recovery College

MONDAYS

6–8 pm
CMHA Recovery College

TUESDAYS

6–8 pm
South Health Campus
Wellness Centre

TUESDAYS

2–4 pm
CMHA Welcome Centre

Welcome Wednesdays

Welcome Wednesdays provides an introduction into CMHA's program and services and recovery model. This group is open to anyone; those already connected to CMHA and those new! Food and fun included. We can't wait to meet you.

Feel Good Fridays

It's always a good day to feel good! Enter your weekend feeling energized and empowered by engaging in a unique activity or talking about a different topic every Friday. Feel Good Fridays offer a safe and judgment-free space to feel good.

The Bench

In this youth drop-in group you can meet new people, practice skills, build friendships, and discover peer support in a new and exciting way. This group is targeting individuals aged 16-24.

Circle of Friends

After you have completed the Art of Friendship, come and connect with us at the Circle of Friends to practice all of the skills you learned in the course. Meet new people, build friendships, and discover peer support in a new way.

Weekly Smudge

A longstanding practice in Indigenous cultures, smudging involves the burning of sacred herbs, like sage and sweet grass, for a spiritual cleansing or blessing. Start your week off by joining in this sacred tradition.

WEDNESDAYS

2–3 pm

CMHA Welcome Centre

FRIDAYS

1–3 pm

CMHA Welcome Centre

1ST and 3RD

TUESDAY

OF EVERY MONTH

5–7 pm

CMHA Welcome Centre

THURSDAYS

1–3:30 pm

CMHA Welcome Centre

THURSDAYS

1–3:30 pm, Central Library

FRIDAYS

1–3:30 pm

CMHA Welcome Centre

MONDAYS

9:30–10 am

CMHA Welcome Centre

Shades of Self-Disclosure / 2 SESSIONS

Sharing is tough! Sometimes it's difficult to know what to share, or who to share with. Throughout this course, you will learn how to be open, yet remain cautious about self-disclosure—leading to a practice of self-disclosure that makes you feel comfortable when interacting with others.

SHAD-19	FRI	Jan 10 – 17	10 am – 12 pm	CMHA Orange Classroom
SHAD-20	MON	Feb 3 – 10	10 am – 12 pm	CMHA Blue Classroom
SHAD-21	TUE	Mar 10 – 17	2 – 4 pm	CMHA Orange Classroom
SHAD-22	TUE	Apr 28 – May 5	2 – 4 pm	CMHA Blue Classroom
SHAD-23	THU	Jun 18 – 25	2 – 4 pm	CMHA Green Classroom

The Search for Meaningful Work / 3 SESSIONS

Throughout our lives most of us will spend an average of 90,000 hours at work! It is important to find work that compliments your passions, interests and skills. By the end of this course you will be able to define your type of meaningful work, and develop a plan to taking productive steps towards finding and/or creating your dream job!

TSMW-30	WED	Jan 8 – 22	2 – 4 pm	CMHA Blue Classroom
TSMW-31	TUE	Feb 11 – 25	2 – 4 pm	CMHA Green Classroom
TSMW-32	MON	Mar 2 – 16	10 am – 12 pm	CMHA Green Classroom
TSMW-33	TUE	May 5 – 19	2 – 4 pm	CMHA Orange Classroom
TSMW-34	MON	Jun 1 – 15	2 – 4 pm	CMHA Green Classroom



Soul Connection / 3 SESSIONS

What is the mind? Do we understand the importance of taking care of our soul? Settling in Canada as a new immigrant can be stressful. People often forget to take care of their mind and soul. This course will provide an understanding of how important it is to care for both; your mind and your soul. It will help you recognize that you may need to ask for support.

SOCO-6	TUE	Feb 4 – 18	2 – 4 pm	South Health Campus
SOCO-7	MON	Mar 9 – 23	2 – 4 pm	CMHA Orange Classroom
SOCO-8	TUE	Apr 14 – 28	10 am – 12 pm	CMHA Blue Classroom
SOCO-9	FRI	Jun 5 – 19	10 am – 12 pm	CMHA Green Classroom

Spoken Word / 4 SESSIONS

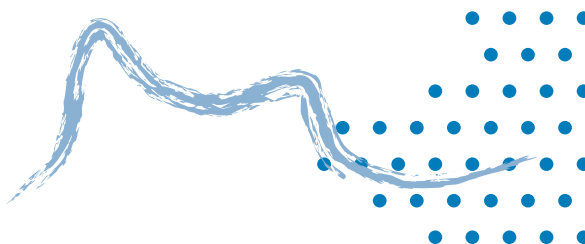
Poetry can help you deal with emotions. During this course you will learn about the different aspects of poetry; public speaking, vocal rhythm, visual representation, rhyme building, and word choices. Through these tools you will learn how to use poetry to help support your mental wellness.

POET-17	MON	Jan 13 – Feb 3	10 am – 12 pm	CMHA Green Classroom
POET-18	TUE	Mar 10 – 31	2 – 4 pm	CMHA Blue Classroom
POET-19	FRI	May 8 – 29	10 am – 12 pm	CMHA Green Classroom
POET-20	TUE	May 26 – Jun 16	2 – 4 pm	CMHA Orange Classroom

Understanding Harm Reduction / 1 SESSION

There is so much buzz around harm reduction that it can be difficult to know where to start! In this course we take a step back to understand harm reduction as it relates to not just substance use, but to everyday life. You will learn to challenge and examine your own biases and judgments, as well as how to apply harm reduction in your own life.

HARM-29	WED	Jan 8	10 am – 1 pm	CMHA Green Classroom
HARM-30	THU	Feb 20	10 am – 1 pm	CMHA Green Classroom
HARM-31	WED	Apr 29	2 – 5 pm	CMHA Orange Classroom
HARM-32	WED	May 13	10 am – 1 pm	CMHA Orange Classroom
HARM-33	THU	Jun 4	2 – 5 pm	CMHA Green Classroom



COURSES FOR

Family, Friends and Parents

Finding Your Balance / 8 SESSIONS

FAMILY AND FRIENDS

Are you supporting a loved one with a mental health or substance use concern? Often times caregivers put their own needs last. In this course you will learn to take care of yourself by finding your own balance, creating a network of support, learning personal coping strategies, and gaining useful tools to support yourself with hope and acceptance. This course is open to all who are looking for support: siblings, children, parents (of a youth or adult child), friends, partners, grandparents, or aunts and uncles.

CARC-21	TUE	Jan 7 – Feb 25	6 – 8 pm	CMHA Orange Classroom
CARC-22	WED	Feb 19 – Apr 8	2 – 4 pm	CMHA Green Classroom
CARC-23	THU	Apr 9 – May 28	6 – 8 pm	CMHA Blue Classroom



Bite-sized Finding Your Balance / 3 SESSIONS

FAMILY AND FRIENDS

Are you supporting a loved one with a mental health or substance use concern? We know you may be busy, so this streamlined course touches on all of the topics that families in our full eight-week Finding Your Balance course discuss; maintaining your own wellness, relinquishing control and ownership, improving relations with your loved ones by seeing the positives, and setting limits. Family and Friends seeking more in-depth discussion, tools and strategies are encouraged to attend the full 'Finding Your Balance' course.

CREF-22	THU	Jan 16 – 30	6 – 8 pm	CMHA Blue Classroom
CREF-23	WED	Jan 29 – Feb 12	2 – 4 pm	CMHA Green Classroom
CREF-24	MON	Mar 2 – 16	6 – 8 pm	CMHA Green Classroom
CREF-25	THU	Mar 19 – Apr 2	10 am – 12 pm	CMHA Orange Classroom
CREF-26	THU	May 7 – 21	2 – 4 pm	CMHA Blue Classroom
CREF-27	FRI	Jun 12 – 26	10 am – 12 pm	CMHA Blue Classroom

Growing Your Relationship as a Parent / 4 SESSIONS

PARENTS

Parenting does not come with a manual! If you are a parent looking to expand your toolbox of parenting skills then this course is for you. This course will provide you with an opportunity to learn different types of parenting and their influence on your child(ren's) mental health and wellbeing. This course is offered in partnership with Further Education Society of Alberta.

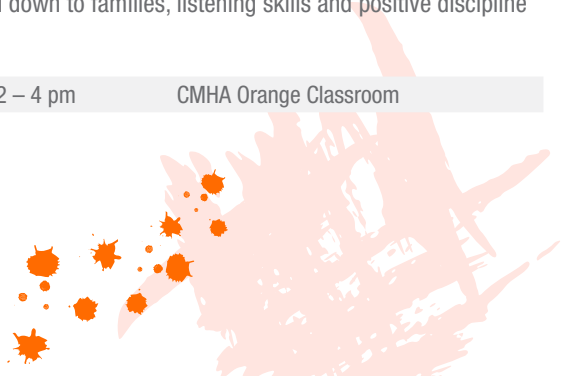
GYRP-1	WED	Mar 4 – 25	10 am – 12 pm	CMHA Blue Classroom
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Growing Your Relationship as a Grandparent / 4 SESSIONS

GRANDPARENTS

Offered in partnership with the Further Education Society of Alberta, this course discusses the role of grandparents in bringing up or caring for their grandchildren, the emotional components of caring as a grandparent and self-esteem and wellness as a whole within that role. Topics such as ensuring values and traditions are passed down to families, listening skills and positive discipline will be discussed throughout the course.

LPSG-2	THU	Jun 4 – 25	2 – 4 pm	CMHA Orange Classroom
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Finding Your Balance within Different Cultures / 3 SESSIONS

FAMILY, FRIENDS AND PARENTS

Whether you are new to Canada or have been here for many years, your culture influences your life. This course focuses on helping others to learn how to take care of themselves while supporting loved ones. We will provide everyone a space to connect with others and build their own capacity through talking about: maintaining wellness, self-care, identity, and setting limits.

MFYB-5	WED	Jan 15 – 29	10 am – 12 pm	CMHA Orange Classroom
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Parenting After Violence / 6 SESSIONS

PARENTS

After experiencing a violent situation, it can be hard to know what to do. This course has been designed specifically to support parents who have left an abusive situation, and would like support with family relationships. Offered in partnership with Further Education Society of Alberta, this course is delivered from a trauma-informed lens, ensuring that you are able to feel safe and secure while learning.

PAVI-5	THU	Feb 6 – Mar 12	2 – 4 pm	CMHA Blue Classroom
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Relationship Reflections / 4 SESSIONS

FAMILY AND FRIENDS

Relationship Reflections is a journey of personal growth helping family members or friends get the tools to maintain healthy relationships and ensure that all of their emotional needs are met. This course delves into topics such as conflict resolution, understanding human behavior, building trust, and improving communication.

AREL-9	MON	Feb 3 – Mar 2 <i>*No Class Feb 17</i>	2 – 4 pm	CMHA Blue Classroom
AREL-10	MON	Mar 30 – Apr 27 <i>*No Class Apr 13</i>	2 – 4 pm	CMHA Orange Classroom



Counsellor Led Courses

These two courses are through our counselling department. Fees are based on a sliding scale. No one is refused service due to financial reasons. Registration for these courses must be done by phone (403-297-1708) or through email (counsellingintake@cmha.calgary.ab.ca).

Capable Carers / 8 SESSIONS

The Capable Carers therapeutic group is a place where family members can get support when their loved one is impacted by mental health concerns. Capable Carers, led by a CMHA counsellor, offers a safe nonjudgmental environment that uses a psycho-educational and practical approach. This 8-week closed group will explore some topics such as self-care, boundaries, communication, grief and loss, crisis recovery, etc. It is a place where participants can openly discuss and share experiences, empathetically connect with others, and create a sense of hope. Family members receive education on coping skills and capacity to support loved ones, while understanding the tools to help decrease burnout for themselves. The group environment provides opportunity for connection to others, decreased feelings of isolation and increased feelings of hope.

CAPC-1	TUE	Jan 21 – March 10	6 – 8:30 pm	CMHA Calgary – 2nd Floor
CAPC-2	WED	Apr 1 – May 20	6 – 8:30 pm	CMHA Calgary – 2nd Floor

Life After Loss / 8 SESSIONS

The Life After Loss group is facilitated by experienced CMHA Calgary counsellors. Individuals will receive knowledge about the grief process, in an environment they can create connections with others to develop a network of support. The group provides members with an opportunity to meet others who have experienced a similar loss, and to explore their own grief on a new level in a safe and supportive environment.

LALO-1	WED	Jan 22 – March 11	6 – 8:30 pm	CMHA Calgary – 2nd Floor
LALO-2	MON	Mar 30 – Jun 1	6 – 8:30 pm	CMHA Calgary – 2nd Floor
<i>*No Class Apr 13 and May 18</i>				

Discovery College

Discovery College is a youth adaptation of Recovery College that has been imagined, built and led by our young people!!

If you are between the ages of 16 and 24, come join us to discover the meaning and purpose in your journey. It's an opportunity to really delve into who you are, what you want out of life and the possibilities available to you because of all the hidden qualities you possess. Discovery College is about learning from each other, sharing experiences and ideas, and exploring your own interests and potential outside the limits of mental health.

Adulting 101 / 4 SESSIONS

Transitioning to adulthood can be tricky and we often don't know where to start. In this course you will be encouraged to discover your own definition of success. You will explore topics like choice, money, relationships and taking care of yourself. Join this course and learn how to put your adulting skills into practice. **This course is recommended for individuals between the ages of 16 to 24 years old.**

YADL-23	WED	Jan 8 – 29	6 – 8 pm	CMHA Green Classroom
YADL-24	MON	Mar 9 – 30	10 am – 12 pm	CMHA Blue Classroom
YADL-25	WED	Apr 8 – 29	6 – 8 pm	CMHA Blue Classroom
YADL-26	WED	Jun 3 – 24	6 – 8 pm	CMHA Green Classroom

Body Image / 2 SESSIONS

How often do you look in the mirror and think: "If I could just change this one thing about myself, I would be so beautiful"? In this course you will have the chance to talk to others about the pressures society puts on us to look a certain way. You will learn how to change those negative behavior patterns of critically looking at yourself and how to feel happier and healthier every day. **This course is recommended for individuals between the ages of 16 to 24 years old.**

BIMA-17	TUE	Mar 31 – Apr 7	2 – 4 pm	CMHA Orange Classroom
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Find Your Voice / 2 SESSIONS

Our voice helps us to share with others what we want in our lives. Throughout this course you will learn different ways of expressing yourself, keep you happy and healthy and in charge.

This course is recommended for individuals between the ages of 16 to 24 years old.

ASRT-1	THU	Jan 30 – Feb 6	6 – 8 pm	CMHA Green Classroom
ASRT-2	WED	May 13 – 20	6 – 8 pm	CMHA Green Classroom

Hopes and Dreams / 3 SESSIONS

As much as we might want to, we can't tell the future! In this course you will have the space to explore your future possibilities. You will discover and act on realistic, positive, and healthy future goals. **This course is recommended for individuals between the ages of 16 to 24 years old.**

HNDR-17	TUE	May 12 – 26	6 – 8 pm	CMHA Green Classroom
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Keep Calm and Dream On / 1 SESSION

As the seasons change, so do our goals, energy levels and overall focus. During times of reflection we have the chance to seek new life opportunities and explore future dreams. In this course you will create your very own mind map and vision board bringing all of those wonderful thoughts and feelings to life! **This course is recommended for individuals between the ages of 16 to 24 years old.**

MMVB-20	THU	Jan 9	5 – 8 pm	CMHA Green Classroom
MMVB-21	WED	Jun 3	5 – 8 pm	CMHA Blue Classroom
MMVB-22	THU	Jun 25	5 – 8 pm	CMHA Green Classroom



Making Space for Me / 4 SESSIONS

Being a young adult and supporting someone with a mental health or substance use concern can be difficult. Through this course you will have the chance to make space for yourself and chat with others, learn coping strategies, and pursue your own dreams and ambitions.

This course is targeted to family members and friends aged 16 to 24-year olds.

MSFM-2	MON	Mar 2 – 23	6 – 8 pm	CMHA Blue Classroom
MSFM-3	WED	Jun 3 – 24	2 – 4 pm	CMHA Blue Classroom

Managing Your Inner Critic / 2 SESSIONS

We’re all our own worst critics! This course explores how you identify with yourself and your behaviors. In a group setting and individually, you will learn how to build strategies to challenge and deal with negative thoughts. **This course is recommended for individuals between the ages of 16 to 24 years old.**

SEST-4	WED	Mar 25 – Apr 1	6 – 8 pm	CMHA Blue Classroom
SEST-5	MON	May 4 – 11	6 – 8 pm	CMHA Blue Classroom
SEST-6	THU	Jun 11 – 18	6 – 8 pm	CMHA Green Classroom

Self-Care Starter Pack / 1 SESSION

Taking care of yourself is not selfish; we all need a ‘time-out’ occasionally. In this course you will learn ways to take time for yourself, build up self-esteem, and maintain healthy boundaries in order to keep yourself mentally and physically well. **This course is recommended for individuals between the ages of 16 to 24 years old.**

SLRC-25	WED	Jan 8	6 – 8 pm	CMHA Blue Classroom
SLRC-26	TUE	Mar 24	6 – 8 pm	CMHA Orange Classroom
SLRC-27	WED	May 27	6 – 8 pm	CMHA Green Classroom
SLRC-28	THU	Jun 11	2 – 4 pm	CMHA Green Classroom

Shades of Self-Disclosure / 2 SESSIONS

Sharing is tough! Sometimes it's difficult to know what to share, or who to share with. Throughout this course, you will learn how to be open, yet remain cautious about self-disclosure—leading to a practice of self-disclosure that makes you feel comfortable when interacting with others. **This course is recommended for individuals between the ages of 16 to 24 years old.**

SHAD-24	TUE	Apr 14 – 21	2 – 4 pm	CMHA Blue Classroom
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Older Adults

Recovery College delivers a selection of specifically tailored courses to adults 50+. Through these courses, you can share diverse life experiences confidently, and benefit from mutual connections with others. Recovery College courses offered in this format are meant to be of particular relevance, and include topics such as the individual nature of the recovery journey, the impact of popular culture and media on personal wellbeing, and the development and maintenance of healthy relationships and positive connections with others.

The Art of Friendship / 8 SESSIONS

AOF-67	THU	Apr 16 – Jun 4	10 am – 12 pm	CMHA Blue Classroom
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Coping With Current Events / 3 SESSIONS

COPE-26	THU	Mar 5 – 19	10 am – 12 pm	CMHA Green Classroom
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Keep On Keepin' On / 2 SESSIONS

Each phase of our lives have different challenges. In our senior years, changes in income, loss of friends and family members, change of residence, physical changes, and increased dependency on others can leave us feeling as though we are becoming less vital, less worthy, isolated and lost. Together with the support of each other, we can face these challenges, explore an understanding of our purpose, and re-discover our passion for life.

KOKO-3	MON	Feb 3 – 10	10 am – 12 pm	Kerby Centre
KOKO-4	MON	Mar 23 – 30	10 am – 12 pm	CMHA Green Classroom

Keeping up with the Kids / 3 SESSIONS

Technology and media is the new way of communicating. Our kids and grandkids grew up with it; but we did not. Technology offers us the opportunity to stay in touch with our families and friends around the world. We can see, talk and type our way to connection; if we only knew how! This course offers hands-on instruction to help learn the basics of how to use Facebook, Facetime, email, text messaging, etc. All students will need to bring a smart phone (iPhone or Android, not a flip phone).

KUWK-3	MON	Feb 24 – Mar 9	10 am – 12 pm	Kerby Centre
KUWK-4	MON	Apr 20 – May 4	10 am – 12 pm	CMHA Green Classroom

Road to Recovery / 4 SESSIONS

AREC-54	MON	Mar 9 – 30	2 – 4 pm	CMHA Blue Classroom
AREC-55	TUE	Jun 2 – 23	10 am – 12 pm	CMHA Orange Classroom

First Nations, Métis, Inuit

Smudge and Storytelling / 1 SESSION

Come and join us for a smudge and stories from the land.

FNTC-1	WED	Jan 15	2 – 4 pm	CMHA Green Classroom
FNTC-2	TUE	Apr 7	6 – 8 pm	CMHA Blue Classroom

Teachings of the Medicine Wheel / 5 SESSIONS

The Medicine Wheel teaches you the four quadrants of the human being: emotional, spiritual, mental and physical. Learn about healing as a whole person using traditional First Nations teachings. Note: first session will be 3 hours; subsequent sessions are 2 hours.

FTMW-1	TUE	Mar 3	6 – 9 pm	CMHA Blue Classroom
		Mar 10 – 31	6 – 8 pm	

Sunrise Ceremony / 1 SESSION

Summer solstice is the longest day of the year. In Blackfoot First Nation culture, the sun is the power of growth. Come and join a ceremony to honor the sun.

SUNR	SAT	Jun 20	4:30 am	Nose Hill Park
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Weekly Smudge

A longstanding practice in Indigenous cultures, smudging involves the burning of sacred herbs, like sage and sweet grass, for a spiritual cleansing or blessing. Start your week off by joining in this sacred tradition.

MONDAYS

9:30 – 10 am
CMHA Welcome
Centre

CMHA Programs and Services



Welcome Centre

CMHA Calgary's Welcome Centre provides individuals, family members and the community with tools and skills to learn about mental health and wellbeing. In addition, visitors are provided with information about supports and services available for those with a mental health or substance use concern. Staff by our Peer Supporters – those individuals with personal or family experience of a mental health or substance use concern – our Welcome Centre is open to everyone, with support available in person, through email or over the phone. No appointment is necessary.



Peer Support

Our Peer Support service provides the opportunity for anyone – individual, family member, friend or professional – looking for a connection with someone who understands what it's like to experience a mental health or substance use concern, and the chance to speak with someone with personal experience.



Recovery College

Using an educational-based approach, Recovery College offers courses to help people recognize and develop their own resourcefulness and awareness in order to support themselves or their loved one on their recovery journey. Everyone – family, friends, caregivers, professionals and the general public – are welcome to attend our free courses supporting recovery and wellbeing. All of our courses are interactive, offer positive learning experiences and emphasize hope and opportunity.



Recovery Recreation

The Recovery Recreation program is available to clients already enrolled in other CMHA Calgary programs. The program focuses on enhancing self-esteem, building confidence and promoting recovery in a safe, empowering environment through participation in social and recreational activities. The program offers opportunities for socializing, building a community network, physical and mental health enhancements, increased recreational skills for community transition, guided activity-based discovery through peer led activities in the community, and leadership opportunities to mentor peers and explore the community.



Family Counselling

Family and friends often have a difficult time coping with a relative or friend who is experiencing a mental health or substance use concern, and wonder how best to help. Feelings of grief, frustration, anger, sadness, resentment and confusion are common experiences. The Family Support Program provides support, education and information to help people learn how to deal with these emotions, and to develop healthy strategies to support their loved one and to look after themselves through one-on-one counselling and therapeutic groups. Our services are open to individuals, couples and families.



Suicide Bereavement Counselling

The experience of a suicide-related loss is often isolating because of the stigma attached to this type of death. The Suicide Bereavement Support Program offers a variety of services such as one-on-one counselling, a psycho-educational therapeutic group, individual peer support, drop-in support groups as well as educational presentations and debriefings to assist survivors in dealing with grief and loss. Our services are open to individuals, couples, and families.



Street Outreach and Stabilization (SOS)

The SOS Program works to link hard to reach individuals experiencing homelessness and mental health or substance use concerns to essential community services. The SOS team supports individuals with resources needed to help turn their lives around. SOS offers specialized, culturally inclusive supports to Indigenous people who have mental health or substance use concerns and experience homelessness. Supports provided include linkage to psychiatric and medical treatments, income support, housing referrals and daily living skills, which enables homeless individuals to get back on their feet so they can live in safety and comfort.



Recovery and Discovery College on Demand

We are happy to bring our courses to you. Please connect with us should you be interested in hosting your own Recovery and/or Discovery College course.




YouthSMART

YouthSMART (Youth Supporting Mental Health and Resiliency Together) integrates collaborative, youth-led mental health leadership and learning opportunities in local junior and senior high schools. Open to schools in the Calgary area serving grades 7-12, this yearly initiative works with SMART School Leaders to transform the culture of their school-community surrounding mental health. Kicking-off each fall, YouthSMART welcomes a new cohort each year.

About CMHA

CMHA Calgary has been providing community-based programs and services in the Calgary Region for over 60 years. We are part of a national association of 75 CMHAs across the country continuously evolving to serve the needs of our communities since 1918. We work closely and collaboratively with local community serving agencies to foster better system coordination and to share and learn current, or emerging best practices. CMHA Calgary is recognized as a national leader of recovery. Our staff has participated on local, provincial and national working groups. We have been developing and testing recovery model practices with local, provincial, national and international health and social services agencies and their community providers, clinicians and peers.

We are a recovery-focused organization—our programs and services are designed to empower individuals with the tools and resources to live a meaningful life, despite diagnosis or condition. We believe the focus of our programs and services should be less about diagnosis and/or symptoms and focus more on what an individual needs to live independently with an illness or condition. We are proud to walk with individuals living with a mental health or substance use issue and their families as they travel along their recovery journey.



Thank you to
Lindsey Gagnon,
John Gerrard, Natalie
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the Course Guide.

CMHA Calgary would like to thank the following organizations:

Alberta Health Services
Calgary Foundation
Calgary Learns
Family & Community Support Services (FCSS)
Government of Alberta Ministry of Health
Morris Foundation
RBC Foundation
United Way Calgary and Area

Course Locations

Canadian Mental Health Association – Calgary Region Welcome Centre and Recovery College Classrooms

#105, 1040 – 7 Avenue SW, Calgary, AB T2P 3G9

P 403-297-1700 **F** 403-270-3066

cmha.calgary.ab.ca
recoverycollegecalgary.ca

 [cmhacalgaryregion](https://www.facebook.com/cmha Calgary region)

 [CMHACalgary](https://twitter.com/CMHACalgary)

 [cmhacalgary](https://www.instagram.com/cmha Calgary)

SE QUADRANT

Carya

428 – 9 Avenue SE

Central Library

800 – 3 Street SE

East Calgary Health Centre

4715 – 8 Avenue SE

South Calgary Primary Care Network

#4000, 1800 – 194 Avenue SE

South Health Campus

4448 Front Street SE

Southeast Calgary Community Resource Centre

2734 – 76 Avenue SE

The Alex Community Food Centre

4920 – 17 Ave SE

The Alex Community Health Centre

2840 – 2 Avenue SE

SW QUADRANT

Kerby Centre

1133 – 7 Ave SW

Southwest Communities Resource Centre

#42, 2580 – Southland Drive SW

NE QUADRANT

Northeast Family Connections – Russet Court

#704, 2631 – 38 Street NE

Village Square Leisure Centre

2623 56 Street NE

NW QUADRANT

CBI Health Centre

#1707, 1632 – 14 Ave NW

Crowfoot Primary Care Network

#201, 60 Crowfoot Crescent NW

OUTLYING AREAS

Cochrane Urgent Care

60 Grand Boulevard, Cochrane



Canadian Mental
Health Association
Calgary
Mental health for all

CANADIAN MENTAL HEALTH ASSOCIATION

recovery college
CALGARY

**BUILD
HOPE**

**CREATE
CONNECTION**

**FIND
BELONGING**