

## **CMHA Programs and Services**

### **Red Deer Housing Team**

The Red Deer Housing Team, a partnership with Safe Harbour and Women's Outreach, helps individuals and families, who have a history of homelessness, find and maintain housing. The program focuses on helping people increase their self-sufficiency.

### **Assistance for Personal Decision Makers**

The program helps families and individuals examine substitute decision making options for vulnerable adults. This includes personal directives, supported decision making, co-decision making, or guardianship. Assistance is also provided to complete required documents.

### **Buffalo Apartments**

The Buffalo Apartments are owned and rented to tenants by Potters Hands Housing. The 39 unit complex supports tenants using a Housing First model. Individuals with a history of homelessness and addictions move directly off the street into permanent, affordable housing. Twenty-four hour staffing is provided by CMHA.

### **Alberta Brain Injury Network**

The Brain Injury Program at CMHA is part of a provincial brain injury network. Service Coordinators support adults and their families who are experiencing the effects of an acquired brain injury. The program is delivered in partnership with Catholic Social Services.

### **Bargain Treasures**

A volunteer operated thrift store that provides an affordable shopping alternative for all ages, styles, and needs. Donations of quality clothing, games and small housewares are gratefully accepted. Proceeds support local programs and services offered by the Canadian Mental Health Association.

### **Volunteer Program**

The Volunteer Program is a vital part of CMHA's operation. It provides members of Central Alberta communities the opportunity to participate in the activities of the organization while benefiting from the volunteer experience. Volunteer opportunities include the Board of Directors, education program, Bargain Treasures Thrift store, fund raising and special projects,

### **The CMHA Education Program**

The Education Program develops and delivers educational programming focusing on recovery, resilience, and hope, to individuals with mental illnesses, family members, service providers, and the general community. This includes our popular Art of Friendship and Living Well with a Mental Illness courses and a spring and fall series of evening presentations.