

**REFERRAL
PATHWAY**

WELLNESS CENTRE

Canadian Mental Health Association, Alberta South Region



IS THIS PROGRAM/SERVICE FOR ME?

This program/service is for individuals who may benefit with support in their mental health recovery, mental illness and or addictions.

WHO DO I NEED TO TALK TO?

If you call, you will talk to the Wellness Centre Program Coordinator

WHAT I SHOULD KNOW ABOUT THE PROGRAM/SERVICE

This program/service can be accessed through a referral from your physician or mental health case workers. Services occur in-person and/or virtually.

This program/service is available for no cost.

Typically you are able to access the program/service within 2-3 weeks. Once the referral is accepted, the Program Coordinator will contact you to book an intake interview.

CONTACT INFORMATION

 403-329-4775

 426 6 St. S. (Main Office)

 admin@cmhalethbridge.ca

 <https://lethbridge.cmha.ca/>

 Monday- Friday. 8:00am-3:00pm

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more information* ←