



Canadian Mental
Health Association
Alberta South Region
Mental health for all

Mental Health Week

Meet n Greet

Do you work in the social services sector and want to learn more about what role Canadian Mental Health Association, Alberta South Region is and how they can support the incredible work you do? Want to know how to make a referral to one of the many programs? Unsure of when to reach out?

Join staff from the Canadian Mental Health Association, Alberta South Region and system partners for an afternoon of learning more about the programs and services that are offered in Lethbridge, and when to connect those that you are supporting to them!

Programs & Systems available include:

- *Community LINKS*
- *Coordinated Access Round Table (CART) (Lethbridge Housing Authority)*
- *Crisis Intervention Team*
- *Distress Line of Southwestern Alberta*
- *HomeBASE Adaptive Case Management*
- *Lethbridge Integrated Coordinated Access (ICA)*
- *Peer Support & Wellness Centre*

Lethbridge Public Library—Main Branch
Upstairs Community Room

Thursday, May 9th - 2:00 pm—5:00 pm

Presentation on CMHA at 2pm; Open House to Follow

#CompassionConnects

CMHA Mental Health Week **May 6–12, 2024**