



# Working Together Makes It Better

## Our Great Community that was Affected by the Flood

Are you tired? Feeling down? Do you feel like something is missing? Were you affected by the 2020 Flood?

If you are dealing with mental health issues, you have a place to go.

### Canadian Mental Health Association

A local agency that offers mental health support to the community. CMHA offers courses that cover the following:

- Recognition and Health
- Development of personal resourcefulness and awareness
- Building Better Boundaries
- Effective Communication
- Understanding Mental Health
- Compassion Fatigue
- Healthy Relationships
- Having Difficult Conversations
- Mental Health First Aid Training (MHFA)

CMHA also supports people who live with mental health through various services and programs:

- Income Support
- AISH applications
- Appointments and advocating for support
- Supports for Parents and Caregivers
- Resources for youth and families

#### Contact Information

780-743-1053  
www.woodbuffalo.cmha.ca

### Multicultural Association of Wood Buffalo

The MCA aims to reduce language barriers through their Interpretation and Translation department, which helps to provide written and verbal communication in other languages.

The MCA offers Cultural Awareness training to help reduce cultural barriers and understanding of other cultures.

The MCA also runs the English Language Learners Assistance (ELLA), a free program helps students reading, writing, speaking and listening skills.

#### For more information, contact

Rima Kadri  
projects@mcawb.org (587) 723-1522  
Interpretations and Translation  
iandt@mcawb.org

### Waypoints

A local agency that provides direct client services for mental health, including free counselling by a registered counsellor, as well as supports for individuals impacted by family violence.

#### 24/7 Family Violence Crisis Line

(780) 743-1190

### YMCA

The YMCA currently has a community-wide Resource binder to accommodate community member needs.

The Flood Community Coordinator is working with families affected by the flood, providing supports, referrals, and access to direct counselling.

The YMCA has a Support for Wellness program and One-on-One free counselling with a registered social worker for participants 18 and older.

#### For more information, contact:

Amanda Crawford  
YMCA Community Flood Coordinator  
amanda.crawford@northernalberta.ymca.ca  
(587) 723-1638

### St. Aidan's Society

A local agency that offers outreach services for seniors age 60+. St. Aidan's Society does not offer direct mental health services, but does offer referrals for seniors to local resources.

#### Contact information

Pam Burns, Outreach Supervisor  
780-743-4370 Ext. 2  
pamb@staidanssociety.ca

### Some Other Solutions

A local mental health agency that provides health and wellness support for the community. SOS provides everything from counselling services to grief and loss workshops, as well as child and youth programs.

#### For more information

www.someothersolutions.ca  
(780) 743-8605

### Center of Hope

A local agency offering services to individuals experiencing OR at risk of homelessness. The COH offers a wide range of services from meeting patron basic daily needs to housing supports.

There is also a full time mental health and addictions counsellor on site, available 8AM - 4PM Monday to Friday, with no appointment necessary.

#### For more information, contact:

Rosie Keating, Executive Director  
execdirector@fmcentreofhope.com  
(780) 743-3912 ext 222  
or  
Liz Keating  
Mental Health and Addictions Counsellor  
mentalhealth@fmcentreofhope.com  
(780) 743-3912 ext 227



# Reach out to us. We are here to help!



\*\*This poster can be translated into: French, Spanish, Hindi, Mandarin, Punjabi, Arabic, Amharic, and Tagalog