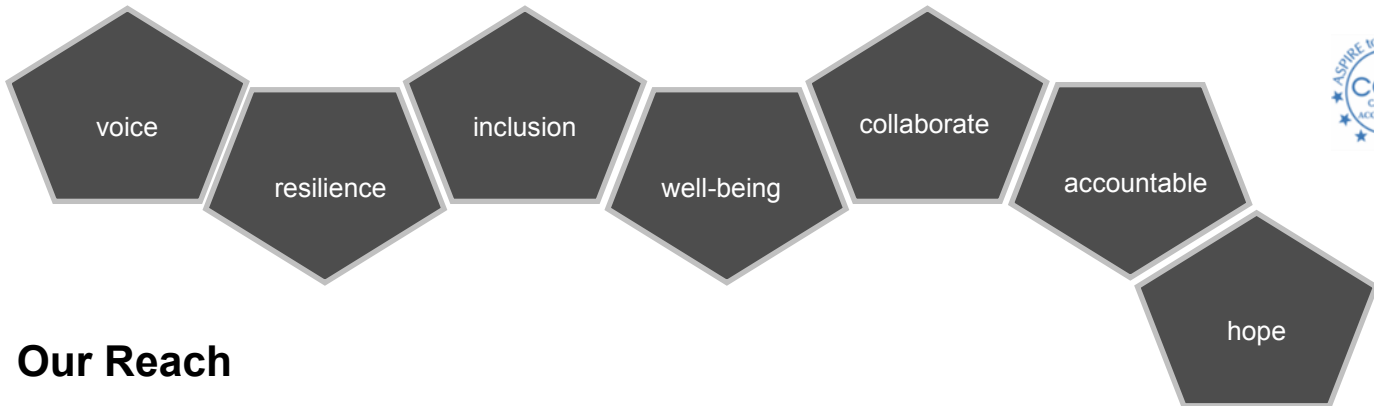


# Program Highlights 2017 - 2018

The Association provides services in six major areas and has over thirty programs. The major areas include employment, housing, mental health services, volunteer, women, and youth.

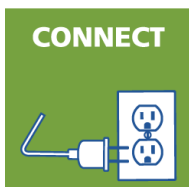


## Our Reach

|       |   |        |   |
|-------|---|--------|---|
| 3,634 | crisis calls answered by Crisis Line Program  | 25,193 | store front traffic to the four EK Employment Centres   |
| 94    | refuge and support provided to women and children at Kootenay Haven Transition House              | 42     | women and children given second stage transition housing services at Haven Gardens                        |
| 132   | youth and families supported through our Youth Outreach & Family Support Programs                 | 83     | volunteers placed in Kootenay agencies by our Volunteer Centres   |
| 170   | children and their parents received support services in the PEACE Program                         | 489    | individuals received doctor referrals to BounceBack services to reclaim their health                      |
| 142   | women experiencing or at risk of violence accessed support through the Community Outreach Program | 492    | persons at risk had safe and affordable housing in our various housing complexes throughout the Kootenays |

## New This Year

The East Kootenay Sexualized Assault Response Team (EK - SART) is a team of volunteers and professionals in Cranbrook who are trained to deal with emergency and crisis services that have collaboratively planned out how they will respond to disclosures of sexualized violence. EK - SART is always seeking volunteers to assist those in need.



We value client centered service using the most current information on best practice principles. One way we practice our client centered vision is to collect feedback from people served, stakeholders and community service providers with whom we collaborate. If you would like to give us some feedback, contact us.

Main Administration Office:  
100 - 1000 21st Ave North  
Cranbrook BC V1C 5L9

Phone: 250-426-5222

Fax: 250-426-2134

Website: [kootenays.cmha.bc.ca](http://kootenays.cmha.bc.ca)

# Our Vision and Mandate

## Mental health for all

To promote the mental health, wellness and emotional stability of all individuals within the communities we serve.



# AT A GLANCE

The Association has a diverse funding base and delivers a wide range of services to varying populations considered to be at risk throughout the Kootenays. With a highly competent staff team, engaged Board of Directors, and diverse membership base **we are, together, making a difference.**

## Frequently Asked Questions

### Who Are We?

CMHA for the Kootenays was incorporated in 1994 and is a charitable, non-profit agency which provides a variety of community support services in six areas, including:

- Employment
- Housing
- Volunteer
- Women
- Youth
- Mental Health Services

### What Do We Do?

The objectives of our programs are to support individuals and families to function in healthy and productive ways in their personal life and in their community. This is achieved through access to:

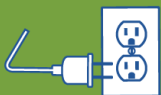
- Enhanced mental health
- Enhanced wellness
- Enhanced emotional stability
- Social and life skill development
- Ability to make healthy behavior choices

### How Do I Get Involved?

There are numerous ways to become involved with our Agency. However, the top five ways to become involved are:

- Sign up for a membership
- Make a donation
- Volunteer with any one of our program areas
- Become a member of the Board of Directors
- Research current employment opportunities

## CONNECT



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