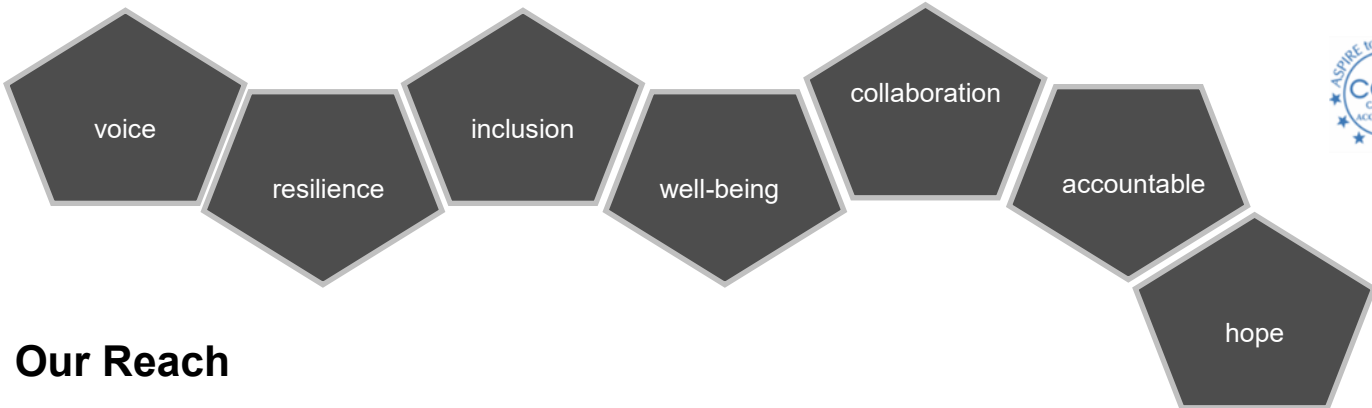


Program Highlights 2020—2021

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

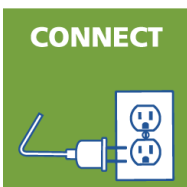


Our Reach

2,758	crisis calls answered by Crisis Line Program	5	mental health trainings held (ASIST, safe-Talk, and Mental Health First Aid, Mental Health in the Workplace)
88	refuge and support provided to women and children at Kootenay Haven Transition House	44	women and children given second stage transition housing services at Haven Gardens
75	youth and families supported through our Youth Outreach & Family Support Programs	43	volunteers placed in Kootenay agencies by our Volunteer Centres
55	children and their parents received support services in the PEACE Program	519	individuals received doctor referrals to BounceBack services to reclaim their health
55	women experiencing or at risk of violence accessed support through the Community Outreach Program	588	persons at risk (adults & children) had safe and affordable housing in our housing complexes throughout the Kootenays

New This Year

In the 2020-2021 fiscal, the Association hosted our second Coldest Night of the Year. Due to COVID-19 restrictions the event was held virtually—all walkers enrolled and submitted funds on-line and then walked wherever they wanted. This event is a family-friendly national walk-a-thon that raises funds to serve the hungry, homeless and those hurting in the community. This year we raised over \$28,000 to help those in our community and some funds were shared with ANKORS in the purchase of tents for the homeless. While a portion of last year's funds were shared with Salvation Army Cranbrook and Homeless Outreach Services at Community Connections.



We value participant centered service using the most current information on best practice principles. One way we practice our participant 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
www.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 providing a variety of community support services in five areas, including:

- Housing
- Women
- Mental Health Services
- Volunteer
- Youth
- Public Education

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

How Do I Get Involved?

There are numerous ways to become involved with our Association. Here are the top five ways to become involved:

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

CONNECT



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