



**Canadian Mental
Health Association**
Mental health for all

The Canadian Mental Health Association, Regina Branch

“Due to the increasing spread of the Variants of Concern in Regina, we have made the difficult decision to **temporarily close the Branch to members effective Tuesday March 23, 2021 at 4 pm.**”

While we would like to reopen to members on May 12, 2021, this will be confirmed closer to that time, pending any directives from the Public Health Authority. Thank you for your understanding, patience and cooperation as we all navigate through this time.”

CMHA Executive Director: Leroy Berndt

For information and support, call 306-525-9543.

If you cannot get through, leave a detailed message and we will return your call ASAP.

CMHA REGINA WELLNESS SUPPORT RESPONSE LINE: 306-535-4292

Emergency Numbers:

Mobile Crisis: 306-757-0127

Regina Mental Health Clinic: 306-766-7800 (COAST: Community Outreach and Support Team)

8-1-1: Province-wide Professional Health Advice and Mental Health Support

2-1-1: Saskatchewan 24/7 Crisis Hotline OR 9-1-1 for urgent emergencies

Addictions Services; Brief and Social Detox: 306-766-6600

May 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Please continue to check with us on our tentative reopening date. Until we can reopen safely, please call us or email to let us know if you would like to participate in a Zoom activity listed on the below calendar; we would love to see you virtually or call us at 306-525-9543 to chat!

70th annual CMHA Mental Health Week May 3-9, 2021

For more information and tools, visit mentalhealthweek.ca

<p>3</p> <p>2:30-3:30pm: Peer Support on Zoom</p>	<p>4</p>	<p>5</p>	<p>11-12pm: Member Zoom Chats</p>	<p>7</p> <p>11-12pm: Supporting Anxiety</p>
<p>10</p> <p>2:30-3:30pm: Peer Support on Zoom</p>	<p>11</p>	<p>12</p>	<p>11-12pm: Member Zoom Chats</p>	<p>14</p> <p>11-12pm: Supporting Anxiety</p>
<p>17</p> <p>2:30-3:30pm: Peer Support on Zoom</p>	<p>18</p>	<p>19</p>	<p>11-12pm: Member Zoom Chats</p>	<p>21</p> <p>11-12pm: Supporting Anxiety</p>
<p>24</p> <p>2:30-3:30pm: Peer Support on Zoom</p>	<p>25</p>	<p>26</p>	<p>11-12pm: Member Zoom Chats</p>	<p>28</p> <p>11-12pm: Supporting Anxiety</p>

CANADIAN MENTAL HEALTH ASSOCIATION, REGINA BRANCH, 1810 ALBERT ST. 306-525-9543

WHAT'S GOING ON in May at the Members' Club

Every Monday:

- 2:30-3:30 pm: Peer Support via Zoom with Karmin

Every Wednesday:

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Every Thursday:

- 11-12pm: Member Zoom Chats

Every Friday:

- 11-12pm: Supporting Anxiety on Zoom with Suzanne

VIRTUAL GROUPS:

Recorded Relaxation with Karmin: Take a moment for yourself and listen to this audio recording to help you relax. [Relaxation.mp3](#) The link is also provided on our website.

“Writing For Your Life” is a peer lead group facilitated by Lyn. They are welcoming new participants! This creative writing group is currently focusing on freewriting and then discussion. They meet by phone on a three-way call, via SaskTel, every second and fourth Saturdays of the month at 2:00 p.m. If you are interested in joining or learning more about WFYL please let staff know and we will link you to the facilitator of the group for more information.

Peer Support via Zoom: Our Peer support is offered to support the personal well-being of our members with a focus on individual resilience, including discussions about strengths and challenges while fostering connections to others who may be in similar circumstances and to community resources. You must pre-register so we can send you the link for Zoom to participate. Email: karmin@cmharegina.com

Member Zoom Chats: Every Thursday morning staff will set up Zoom in the club so we can chat with members from approved homes and others who cannot come down to the club. You must pre-register by email. Send your info to: suzanne@cmharegina.com you will be sent the link to Zoom the day before.

Please let us know via email or phone if you would like to participate in a Zoom activity listed on the calendar, we would love to see you,
Virtually, or call us to chat! 😊

*CMHA's 70th annual Mental Health Week May 3-9, 2021
- “and this year we’re diving into how we feel.”*

For more information and tools, visit mentalhealthweek.ca