

OUR VISION, MISSION + VALUES

Our vision...

CMHA Niagara is a catalyst for an innovative, inclusive, recovery-based community.

Our mission...

CMHA Niagara furthers its vision by serving individuals holistically to develop and strengthen their place in the community.

Our values...

Service
Respect
Integrity
Teamwork
Competency

*healthy individuals = strong communities
healthy communities = strong individuals*

WHAT DO WE DO?

CMHA Niagara is a mental health organization that provides services in: crisis, counselling, housing, justice, public education, community support, employment, resources and information.

WHO DO WE SERVE?

We provide service to Niagara Region adults living with mental health conditions.

Our Locations:

St. Catharines

15 Wellington Street
36 Page Street

Niagara Falls

6760 Morrison Street

Fort Erie

20 Jarvis Street

Welland

195 East Main Street

905-641-5222

www.cmhaniagara.ca



funding provided by:

VOLUNTEER PROGRAM SERVICES



Canadian Mental
Health Association
Niagara



www.cmhaniagara.ca

SOCIAL CONNECTIONS

Do you want to feel more socially connected? Are you on the waitlist for services or feel that you need some extra support?

Specially trained volunteers engage with you via telephone or Skype to talk about various social topics. This program will help you improve your social skills and will provide support if you are feeling isolated.

COMMUNITY ENGAGEMENT

Do you want to be more connected to the community? Do you enjoy social, leisure and recreational activities?

Consider joining this program! Participation can include one-on-one support or group activities if you are looking to meet new people. You may develop your current interests or explore new ones. Make connections through various leisure and recreational activities.

We also have opportunities for you to volunteer with CMHA. Opportunities include the above programs, and additionally:

Speakers Bureau: Share your story about mental illness to help raise awareness, provide education and decrease the stigma surrounding mental illness

Committee Member: Become a member on our Client Program and Advisory Committee

What are the requirements to join?

- For Social Connections, you may be a client or someone who has previously received services from CMHA
- For Community Engagement, you must be a current CMHA participant who regularly meets with your case manager and has good attendance habits
- You are living well and understand that the program is for social and recreational purposes only

What is the length of the program?

- Service is generally from 6 to 8 months, and up to a year
- After care program provides brief social support for 1 to 2 months

What types of activities can I do?

- When matched with someone, you can discuss activities that you both enjoy. Activities could include: hiking, playing games, exercising or just simply talking out in the community.

What are my responsibilities?

- To work on goals related to social and leisure and to progress while participating in the program
- To attend scheduled appointments or provide notice in the event of cancellation
- To communicate with CMHA worker about mental health and with volunteer about social and leisure topics
- To complete an exit survey upon discharge from the program

- Would I like to explore new things?
- Would I like to meet new people?
- Would I like to have someone to talk to socially?
- Would I like to get out and participate in activities in the community?
- Do I believe that social and leisure activities will improve my overall mental health?
- Am I willing to meet regularly with a volunteer and will I keep my appointments?

If you answered YES to some of the above questions, the volunteer program may be for you!

Connect with your CMHA Worker or Intake to request volunteer services.

**ARE YOU INTERESTED
IN VOLUNTEERING?**

Connect with the Volunteer Coordinator
905-641-5222