

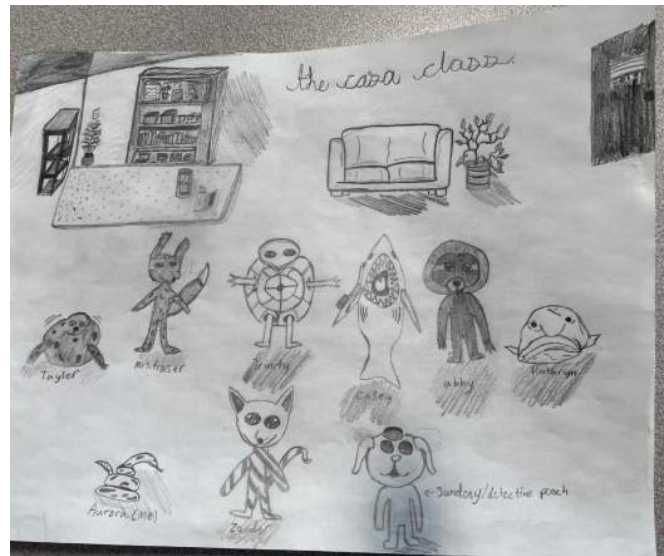
**Circle of Care** is CASA Mental Health’s quarterly publication for child, youth and family mental health in Alberta.

## CASA Classrooms are transforming patients' and families' lives

CASA Mental Health’s newest program is like “winning the lottery” for families and children.

Lynne’s daughter recently attended a CASA Classroom at Fort Saskatchewan Elementary where she experienced “incredible growth.”

“We saw such incredible improvement in her confidence and social skills,” Lynne says. “She went from very much struggling to make friendships, particularly socializing in small and large groups, to being so much more confident and competent.”



*Patient artwork depicting their CASA Classroom*

[Read More](#)

## Colby Cave mural unveiled at CASA Centre



Children and youth attending CASA Centre are now able to enjoy a new mural honouring late Edmonton Oilers player Colby Cave.

The mural was commissioned through the Colby Cave Memorial Fund at the Edmonton Oilers Community Foundation and Colby’s Kids, initiatives that help support CASA Mental Health’s Day Programs and CASA House.

“Every time a child comes into CASA, they are welcomed into CASA with a Colby Cave knapsack filled with everything they need for their journey at CASA,” says Nadine Samycia, Chief Donor Love Officer. “I like to think of it as a warm hug directly from Colby and Emily to our kids.”

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more

## CASA Mental Health volunteer opportunities forge friendships

Hasnaa Eldakrouri and Adwoa Boadu met for the first time at the CASA Thrive Gala in May 22, when they both signed up as "roaming auction volunteers" to help with the promotion of the online auction and 50/50 raffle for the fundraising event.

The energetic pair bonded over shared interests and from that fateful day, their friendship blossomed. Adwoa and Hasnaa can now be seen together at most volunteer opportunities.



*Hasnaa Eldakrouri and Adwoa Boadu*

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more

## Our commitment to doubling the number of patients served

CASA set an ambitious goal in 2022 to double the number of kids and family members we serve by 2025. Our reach dropped significantly during COVID from an estimated average of 4,000 each year to approximately 2,500. We made a commitment to return to our average and double it to 8,000 kids, youth AND family members - something we hadn't accurately captured before.

As of March 2024, we are proud to say we've reached 7,100 children, youth and family members across the province, through our many Edmonton-based programs and our CASA Classrooms now across several Alberta communities.

Give  
Help

Get  
Help

## Scholarships for CASA Youth

Do you know a CASA patient or graduate who is pursuing education or employment?

Tell them about CASA Mental Health's Scholarship Programs! CASA is currently accepting applications.



Please note: the spring application deadline has been extended to Wednesday, May 1, 2024.

[Learn more!](#)

## CASA IN THE NEWS

### The Importance of Sleep

As adults, we know sleep can have huge impacts on our mood and cognition. For kids and young adults, it's even more critical. **Isabella Rees**, a registered nurse at CASA Mental Health, joined Global News Morning to talk about just how important sleep is for children.

[Watch the segment here](#)



### CASA Classrooms

Clinical Managers **Tanya Kendall** and **Lori Roe** joined Global News Morning to talk CASA Classrooms, CASA's new model for school-based mental health service.

[Watch the segment here](#)



### Unique Advantages of Group Therapy

Most of us know about individual therapy, but what about group therapy?

Clinical Manager of CASA's Core Program **Caitlin Ebbers** joined Global News Morning to talk about the unique advantages of group therapy and how it creates a sense of community and connection for patients and their families.

[Watch the segment here](#)



## Mental Health Week is May 6-10

For more than 70 years, people across Canada have come together in May for **Mental Health Week**. May 6-10, 2024 is a week to celebrate nation-wide improvements to mental health awareness, advocacy, programs and treatment, but it's also a reminder of how much more work still needs to be done.

We are incredibly grateful to our community of supporters. Your contributions enable us to reach more kids and break down barriers to mental health care as we expand services across Alberta.

P.S. CASA's spring fundraising campaign will kick off during Mental Health Week. Stay tuned for details!

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### Patient Artwork

Check out artwork made by patients at CASA House!



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### Estate Administration Week

Every April, the [Edmonton Community Foundation](#) hosts a series of free presentations during **Estate Administration Week** April 15-19. They aim to help Edmonton and area residents learn the ins and outs of effectively administering an estate. In the series,

volunteer estate lawyers provide information and answer your questions about estate planning.

[Learn more here](#) and [consider an estate gift to CASA Mental Health](#)

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## EVENTS

Interested in becoming an event partner to showcase your brand and highlight your community involvement? To learn more, contact **John Markey** at **780-991-9276** or [events@casaservices.org](mailto:events@casaservices.org).



### Minds Over Mountains Cycle Tour

Forty cyclists and 10 support team members will hit the road from June 15-22, 2024, for a week of inspired riding through B.C. and Alberta. They'll cycle 836 km in support of the important mental health services CASA provides for children, youth and families in Alberta. Join us for the Minds Over Mountains Ride-In Celebration and cheer on cyclists as they cross the finish line on Saturday, June 22 at 1 p.m. at [JDK Heating & Cooling](#) in Sherwood Park. [Learn more or donate here.](#)

### CASA golfs FORE mental health!

Join CASA Mental Health for the CASA Golf Classic in support of child, youth and family mental health in Alberta. These tournaments feature hosted food and beverages, hole-in-one opportunities and proximity prizes and draws, followed by a banquet. Don't miss the opportunity to network with like-minded business professionals at private clubs committed to an unforgettable golf and social experience. [Register by April 30 for an early bird discount.](#)

- **Central Alberta:** Monday, Aug. 12, 2024, at the Red Deer Golf & Country Club.
- **Edmonton:** Thursday, Aug. 22, 2024, at Blackhawk Golf Club. This tournament is proudly supported by Durabuilt Windows & Doors.





## The CASA Carnival returns Nov. 1

Step into the night circus at the award-winning CASA Carnival, presented by Concrete Blonde and JDK Heating & Cooling. Immerse yourself in stunning aerial performances, live music and gourmet delights. Join CASA Mental Health for this upscale gala on Friday, Nov. 1, 2024, at the Edmonton Convention Centre in support of child, youth and family mental health in Alberta.

Save the date – tickets will be on sale in April. Want to be a corporate partner? Contact **John Markey** at 780-991-9276 or [events@casaservices.org](mailto:events@casaservices.org).

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## Community Fundraisers

### Thank you to our recent community fundraisers!

- JATED Created
- NAIT Ooks Women's Hockey Team
- District Cafe and Bakery
- Rotaraction for Change
- Baseline Wine and Spirits
- SAMIES International Order of Old Bastards Canada
- Strathcona Creative

### Check out these ongoing community fundraisers!

- Recycling with [SkipTheDepot](#)
- The Self-Love Book by [Wishing Star Publishing](#)

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