



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

CASA Mental Health expanding circle of services around Alberta

CASA Mental Health is eager to expand its circle of care and programming to Calgary and beyond.

On May 10, the Government of Alberta announced an investment of \$148 million for CASA over the next two years. The investment will allow CASA to build and operate three brand-new [CASA House/Adolescent Day Program](#) facilities and collocate adolescent day services an expanded Edmonton CASA House. Community and donor support will help turn these new buildings into homes for teens receiving mental health services.



Government of Alberta and CASA Mental Health leadership.

The government investment will also triple the number of [CASA Classrooms](#) and expand the [Trauma program](#) into Calgary.

"When our Classrooms are up and running, more than 1,350 kids across this province every year will get more timely interventions. As we think about our CASA House program... we'll increase the number of kids by more than 300 a year," said CEO Bonnie Blakley, speaking at Calgary's Bishop Carroll High School, where a CASA Classroom will open in September.

Read
More

Introducing the Circle of Care, a CASA Mental Health podcast

Circle of Care is more than a newsletter now! It's also CASA's podcast about all things mental health. Each episode will feature an interview with a guest expert, plus relevant mental health news.

The Circle of Care podcast is here to provide youth, parents and caregivers with practical advice on family mental health. We'll also talk



 A CASA Mental Health Podcast

about the mental health care system: the supports and services available for children and youth with mental illness in Alberta and across Canada.

Three episodes are now available wherever you get your podcasts.

- Supports and Services in Alberta with Bonnie Blakley, CASA's CEO
- The Importance of Gratitude with Chelsea Ohlmann, MA, R.Psych
- Group Therapy with Caitlin Ebbers, MA, R.Psych

New episodes will be released regularly.

[Listen Now](#)

Lavanya finds purpose and fulfilment as a CASA volunteer

Lavanya Jain, a registered nurse, has been volunteering with CASA Mental Health since June 2020. She volunteers on a monthly basis with CASA, contributing more than 150 hours since joining the volunteer team.

Lavanya has supported many programs and events at CASA, including the 2022 CASA Thrive Gala and the inaugural [CASA Golf Classic in Red Deer](#). She has provided more than 60 volunteer hours in child-minding and support group assistance for CASA's clinical programming, helping to reduce barriers for parents and caregivers to allow for undistracted participation in therapy.



Lavanya Jain is a passionate CASA volunteer.

[Read More](#)

CASA Mental Health's Spring Campaign

A huge thank you to everyone who donated during our spring campaign and in honour of Mental Health Week. Thanks to the generosity of our donor community, we raised more than **\$30,000**.

We're grateful to **Starlight Casino Edmonton** and **GatewayGIVES** for matching all donations up to \$7,500. [Learn more](#) about the incredible ways they are supporting and investing in the causes that matter most to our communities.

**Give
Help**

**Get
Help**

Minds Over Mountains Cycle Tour

Thirty-seven cyclists and 17 support team members are currently on the road for the seven-day, 787 km cycle tour of a lifetime from Kelowna, through Banff, to Sherwood Park, in support of mental health care for kids, youth and families!

Cyclists proudly wear the “[buttercycle](#)” symbol, designed by the late Ben Davidson, which honours children who have passed before their parents. This year, the symbol celebrates its 10th anniversary.



Want to get involved?

- [Donate to support a cyclist, team or the event](#)
- [Participate in the online auction.](#)
- Cheer on cyclists as they cross the finish line at the ride-in celebration from 11:30 a.m.-3 p.m. on Saturday, June 22 at [JDK Group in Sherwood Park.](#)

Thanks to cycle tour organizers, [Concrete Blonde](#), [JDK Group](#) and all our partners and donors for making this ride possible!

CASA IN THE NEWS

Easing the School-to-Summer Transition

The end of the school year will be here before we all know it, but what does that transition mean for kids and teens? Exam stress and a lack of routine can be more difficult for young people than you might imagine. **Isabella Rees**, a registered nurse at CASA Mental Health, joined Global to talk tips for building better routines and combatting exam stress.



[Watch the segment here](#)

Mental Health Week

How can we ensure that Alberta kids and youth struggling with mental illness have access to a mental health plan and system of care?

CASA CEO **Bonnie Blakley** joined Global News Morning to speak about why Mental Health Week (May 6-12) is an important time to ask questions like this.



[Watch the segment here](#)

Family Smart: Caring for Caregivers

FamilySmart aims to help children and young people by helping those most important in their lives – their parents and caregivers.

The B.C.-based organization works closely with CASA Mental Health, but any family with a child struggling with mental health issues can access their resources. CEO and founder **Keli Anderson** joined Global News Morning to explain the importance of supporting the whole family.



[Watch the segment here](#)

Leave a Lasting Legacy

Making a gift through your will is an easy way to support a cause that is important to you. With a legacy gift, you can shape the future of mental health in Alberta. Your will makes a difference. [Learn more.](#)

Patient Artwork

Check out artwork made by patients at CASA House!



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.



Zin on the River

On June 26, Zin on the River presented by **Concrete Blonde** and **JDK Group** returns to the Fairmont Hotel Macdonald in support of CASA Mental Health. Enjoy an evening of live entertainment, fine wine and scotch tastings, plus a sampling of charcuterie and desserts. Proceeds from the event support child, youth and family mental health in Alberta.

[Get tickets!](#)

CASA golfs FORE mental health!

Early bird pricing for the CASA Golf Classic on **Aug. 12** in Central Alberta is extended to **June 30**. [Register your team today](#) for a day of golf at the Red Deer Golf & Country Club and support child, youth and family mental health in your community.

Golf spots for the CASA Golf Classic in Edmonton on **Aug. 22** are almost sold out! Don't miss your chance to golf at the premiere Blackhawk Golf Club and support the vital mental health services that CASA provides for Alberta kids and

families. [Register now.](#)



CASA Carnival tickets now on sale!

Step into the night circus at the award-winning CASA Carnival presented by **Concrete Blonde** and **JDK Group**. 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. [Buy tickets.](#)

Community Fundraisers

Thank you to our recent community fundraisers!

- IKEA
- Leduc Black Gold Pro Rodeo & Trade Fair
- Peace Within by Sherwood Park Run Squad
- Great Canadian Exteriors Pickleball Tournament

Check out these ongoing community fundraisers!

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

Get help, give help. Visit our website at casamentalhealth.org

Like this email? Forward it to a friend and encourage them to [subscribe.](#)



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