



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

## Expanding CASA's Trauma program to southern Alberta

Children and youth in the Calgary area will soon be able to receive complex trauma treatment, as CASA Mental Health expands its programming to southern Alberta.

The Trauma program will be for children between the ages of five and 17 and their caregivers.

"There's lots of places you can get assessments and understand, 'oh, that's why you're acting like this,'" says Sarah Andres, clinical manager of the Calgary Trauma program. "But this program takes it one step further into the treatment and the resolution of, ideally, those traumatic events."



*CASA Mental Health is expanding programming to Calgary, Alta.*

[Read More](#)

## CASA is bringing mental health services directly to where kids live and learn

**CASA Classrooms** are a new model of school-based mental health service, in conjunction with the Government of Alberta Ministry of Mental Health and Addiction, Ministry of Education and Alberta school divisions.

This September, nine CASA Classrooms opened across Alberta located in Bonnyville, Calgary, Edmonton, Fort McMurray, High River, Red Deer and Sherwood Park.

Eight CASA Classrooms are already



serving kids and families throughout Edmonton, Fort Saskatchewan, Medicine Hat, Red Deer, Sturgeon County and Wetaskiwin.

*Government of Alberta and CASA Mental Health leadership.*

With these new classrooms up and running, the CASA Classrooms program can provide up to 408 Alberta children and youth with much-needed services annually. Eventually, up to 60 classrooms will be operational across the province, serving 1,500 children and youth from approximately 140 communities.

[Read More](#)

## Emily brings music to CASA House

Emily Liu began volunteering with CASA Mental Health in September 2023 and has since contributed more than 75 hours of her time.

She first provided child-minding services to CASA's Trauma and Attachment Group for teens. Then, as an experienced and talented pianist, she arranged with Volunteer Resources to provide weekly 'Piano 101' lessons on Fridays at CASA House.

CASA House youth have enjoyed Emily's lessons since January and will continue in the fall, after she takes a summer break.



Emily Liu has been teaching piano to CASA House patients.

[Read More](#)

## CASA Mental Health's Fall Campaign

Help make sure kids going back to school have the mental health supports they need! Every donation CASA Mental Health receives this fall will be matched up to \$25,000 thanks to a generous CASA supporter.

We can never thank our generous community of donors enough for their commitment to helping more children, youth and families thrive.

Don't miss this opportunity to make double the impact! **Make your gift** before **World Mental Health Day on Oct. 10** to help advance mental health care in Alberta.

[Give Help](#)

[Get Help](#)

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## Circle of Care Podcast



 A CASA Mental Health Podcast

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

Check out the latest episodes on sleep advice, and a university student on his experiences with the mental health system. [Available wherever you get your podcasts.](#)

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## Building Community at CASA

On Sept. 14, patients, families, volunteers, staff and community members came together to celebrate the resilience and perseverance of those who access and provide children's mental health at **CASA Family Fest**. The outdoor event focused on fun activities, community building and wellness for all ages.

The event — organized by CASA's **Youth and Family Advisory Council** — brought people together and helped those with mental illness feel seen and better understood. It also provided opportunities to learn about CASA's programs and services and contributed to destigmatizing some of the negative connotations associated with kids and youth who experience mental health struggles.



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## CASA IN THE NEWS

### Talking to Kids about Extreme Weather Events

Alberta had a summer of heat waves,

hailstorms and wildfires. As adults, we can regulate our feelings of stress and worry during these situations – but how are our kids coping? CASA Clinical Manager **Chelsea Ohlmann** joined Global to give tips on how to talk them through these events in age-appropriate and supportive ways.



[Watch the segment here](#)

## Practicing Gratitude

You have probably heard about the concept of gratitude over the past few years. There are gratitude journals, some people use gratitude questions to reflect, and many are practicing gratitude to shape their own feelings of happiness and joy. CASA Clinical Manager **Chelsea Ohlmann** joined Global to talk about gratitude and its role in child and family mental health.



[Watch the segment here](#)

## Fort McMurray youth mental health facility expected to open in 2027

CASA Mental Health CEO Bonnie Blakley spoke with Fort McMurray Today about the organization's plans to expand services to northern Alberta by 2027.

[Read More](#)

## Alberta non-profit expands mental health services for youth and families across the province

Read the Red Deer Advocate's coverage of CASA Mental Health's journey to expand mental health services and provide more timely access to care for youth and families across Alberta.

[Read More](#)

## Consider a Legacy Gift to CASA during Wills Week, Oct. 7-11

Wills Week is a series of free presentations that help Edmonton and area residents learn the value of creating and maintaining an up-to-date will. In-person and virtual sessions are available.

The Edmonton Community Foundation partners with a dedicated team of volunteer estate lawyers to answer your questions about wills and estate planning. Wills Week sessions are free of charge to the public and offer information about:

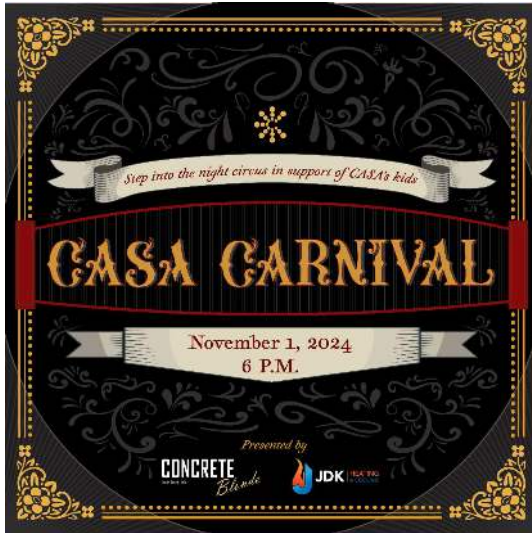
- Creating or updating a will.
- What a will can and cannot do.

- How a will can help save taxes for both you and your estate.
- Why it is so important to have a will prepared with the help and expertise of a lawyer, accountant, and financial and estate planner.

[Learn more.](#)

## 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).



### CASA Carnival | Nov. 1

CASA Carnival, presented by Concrete Blonde and JDK Group, raises funds to expand mental health across Alberta for kids and youth aged three to 18. CASA's programs aim to meet the needs of the missing middle: services between home and hospital, where mental illness is too complex to be cared for in community or by physicians alone, and should not require a hospital. CASA's services centre around the child and wrap around the entire family.

[Buy tickets!](#)

## SUMMER EVENTS RECAP

### Zin on the River

On June 26, we welcomed guests to **Zin on the River, presented by Concrete Blonde and JDK Group**. Attendees sampled a variety of wines and scotch while enjoying the views of Edmonton's river valley at the Fairmont Hotel Macdonald. Funds raised support CASA's expansion of vital mental health services across Alberta.



### Central Alberta CASA Golf Classic

Golfers at the **Central Alberta CASA Golf Classic** hit the green for kids' mental health on Aug. 12 at the Red Deer Golf & Country Club. Guests enjoyed a great experience thanks to our dedicated event partners (shout out to VETS Group for their golf cannon!) and some perfectly-



timed weather. Interested in the next CASA Golf Classic? [Sign up to be notified.](#)

### Edmonton CASA Golf Classic

The **Edmonton CASA Golf Classic, presented by Durabuilt Windows & Doors**, returned to Blackhawk Golf Club on Aug. 22. Golfers experienced fun activities like trying to outdrive CASA CEO Bonnie Blakley and working on their putting game, all while raising money for an important cause. Next year is the 10th anniversary of the tournament so be sure to [sign up to be notified.](#)



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## Community Fundraisers

**Thank you to our recent community fundraisers!**

- Emily Taylor Legacy Project 50/50 Raffle at the NASCAR Canada NAPA 300 Series
- Peace in the Park with Strength & Grace Yoga
- Charity Glow Golf Tournament in support of the Adam Meyer Scholarship
- ATCO EPIC Golf Tournament

**Check out these ongoing community fundraisers!**

- Rise Up Charity Golf Tournament with [Alquinn Homes](#)
- [Climbing for Change](#) with Accurate Network Services
- [Edmonton Cause Players](#)
- Recycling with [SkipTheDepot](#)
- The Self-Love Book by [Wishing Star Publishing](#)

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