



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

New CASA Facilities Set to Open in 2027 and 2029

CASA Mental Health is a big step closer to helping more kids and their families get access to critical mental health care where they need it, when they need it.

As part of our five-year strategic roadmap, CASA is expanding its CASA House and adolescent day treatment programs across Alberta and co-locating them in new facilities. This allows for a seamless continuum of care, where patients can transition to and from the two programs without disruption.



CASA's Capital Expansion team.

The expansion is happening in two stages. Facilities will be built in Fort McMurray and Calgary, and are planned to open in 2027, while a new building in southern Alberta and an updated facility in Edmonton are slated to open in 2029.

[Read More](#)

CASA Psychiatrist Recipient of King Charles III Coronation Medal

Dr. Andrew Bremness, a psychiatrist at CASA Mental Health for more than 30 years, received the King Charles III Coronation Medal on Dec. 5, 2024, presented by The Honourable Salma Lakhani, Lieutenant Governor of Alberta.

The medal commemorates the Coronation of His Majesty King Charles III, which occurred on May 6, 2023.

Recipients of the medal must have made a significant contribution to Canada, or a particular province,

territory, region or community of Canada; or have made an outstanding achievement abroad that brings credit to Canada.



Dr. Andrew Bremness is a recipient of the King Charles III Coronation Medal. Photo courtesy of the Office of the Lieutenant Governor.

[Read More](#)

Winter Campaign Update

Thank you to all who supported CASA's winter fundraising campaign. **You helped raise more than \$124,000** for children, youth and families who rely on CASA's mental health services! We couldn't have done it without you.

Stay tuned for details about Mental Health Week from May 5-11, 2025!

[Give Help](#)

[Get Help](#)

Circle of Care 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, including a conversation about inclusivity with CASA's IDEA partner Imogene Roulson, and family therapist Chris Truscott discusses playfulness and positive mental health in a two-part episode. [Available wherever](#)

[you get your podcasts.](#)



CASA Director of Clinical Operations Featured in Primary Care Podcast

In February, director of clinical operations **Dena Pedersen** joined Dr. Linda Carter on Primary Care Corner, a local podcast supported by the Sherwood Park Primary Care Network. Pedersen shared information on [CASA's current services](#), our [provincial expansion](#) plans and highlighted our [CASA Classrooms](#) programming.

Thank you to Dr. Carter for having us on to share the important work CASA Mental Health is doing to provide culturally safe wrap-around mental health services to Alberta youth and families!

[Listen to the interview on Spotify.](#)



Supporting CASA Youth Through Scholarships

Thanks to the generous support of our donors, CASA Mental Health offers scholarships to current and former CASA patients aged 25 and under who are pursuing education, training or employment. Our scholarship donors are motivated to directly impact the lives of CASA youth and alumni, and support them in reaching their goals for a bright future.

Scholarships are made possible thanks to the:

- Emily Taylor Scholarship
- Adam Meyer Scholarship
- Devon Craig Memorial Fund
- Nick Lees Scholarship

CASA's 2025 scholarship application deadline is July 15. [Learn more!](#)

CASA IN THE NEWS

Discussing Neurodiversity with Your

Kids

Chelsea Ohlmann, registered psychologist and mental health consultant at CASA Mental Health, joined Global News Morning Edmonton to offer tips on how to talk to your children about neurodiversity, and how to make the world an easier place for those individuals to live in.

[Watch the segment here](#)



Healthy vs. Unhealthy Relationships

Caitlin Ebbers, program manager at CASA Mental Health, joined Global News Morning Edmonton to help caregivers understand what makes for healthy versus unhealthy relationships, and cover some tips on how to start that conversation with your teen.

[Watch the segment here](#)



Even Adults Need to Play Outside

Taking the time to get fresh air is just as important for adults as it is for kids, especially when it comes to our mental health. **Michael Neeland**, a clinical manager with CASA Mental Health, joined Global News Morning Edmonton to talk more about the benefits of spending time outside.

[Watch the segment here](#)



EVENTS

Celebrate 10 Years of the CASA Golf Classic

Returning to Blackhawk Golf Club, this highly anticipated tournament raises much-needed funds to advance mental health care for children, youth and families across Alberta.

The CASA Golf Classic 2025 is an invitational event

Don't miss this opportunity to network with like-minded business professionals at a world-class private club committed to providing an

unforgettable golf and social experience.

[Learn how to become a partner and participate in this meaningful event!](#)



Community Fundraisers

Thank you to our recent community fundraisers!

- Rabbit Hill Snow Resort
- BNI Alberta North
- Canadian Birkebeiner Society
- Running Room
- Boston Pizza - West Edmonton Mall

Check out these ongoing community fundraisers!

- [Edmonton Cause Players](#)
- Recycling with [SkipTheDepot](#)

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

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



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