



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

Preschool Day Program: Early Intervention Helps Kids Thrive

The best part of Tiara Slingerland's job is seeing growth in the children who attend CASA Mental Health's Preschool Day Program – and also in their parents.

The Preschool Day Program helps children ages four and five who experience severe challenges managing their emotions and behaviour. Tiara has been with the program for four years, first as a therapy support assistant and now as a mental health therapist.



Children attend two full days a week during the school year and receive early childhood mental health care in a small classroom setting.

"We have about nine kids in each cohort, so that also helps that we're able to really give our full attention, and also our empathy and our capacity to give intensive interventions to each kiddo," says Tiara. "Because we are a smaller group and we have a big team, we have all those capacities."

*Investing in children early on helps improve long-term outcomes. The Preschool Day Program is **free of charge for families** and helps set up preschool-aged kids for success when they enter Grade 1 in their home schools. You can support the Preschool Day Program, and other wrap-around services at CASA, by making a gift today, during our Warm Hearts, Strong Minds winter campaign.*

[Read Tiara's Story](#)[Make a Gift](#)

Classroom Student Story Shines Through at CASA's AGM

Volunteers, staff, patients, families and partners: community came to life at the annual general meeting of CASA Mental Health's board of directors on Sept. 24.

In addition to annual business, a financial report and three awards, outgoing board chair Janet Hancock provided her report on the year, and CEO Bonnie Blakley provided highlights and stories from 2024-25 – including a record-breaking 11,133 patients and family members served through CASA programs.

CASA Classroom student Kenzie and her mom Brittany were two of those people, telling their story in a panel discussion alongside Classrooms team members Caitlin Josey and Jessica Ryan, and Sturgeon Public Schools Director of Learning Services Shelley Greenwood.



CASA Classrooms panel participants at the 2025 annual general meeting.

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Volunteer Profile: Larissa Gordon Volunteers Time and Art

Larissa Gordon is a passionate CASA Mental Health volunteer, supporting children's mental health by dedicating both her time and artwork.

Larissa began volunteering for CASA in February 2024 and has provided more than 60 hours of childminding assistance to clinical programs and groups. Childminding for patients, siblings and families during therapy appointments reduces barriers for the parents and caregivers, allowing them to fully participate without being distracted or concerned about their child's safety and wellbeing.

Outside of volunteering, working as a registered nurse and studying for entrance to medical school, Larissa is a Métis beader who combines her interests in human anatomy and the art of traditional beadwork.



CASA volunteer Larissa Gordon showcasing her beaded artwork.

At a CASA volunteer appreciation event in March 2025, she donated several of her custom pieces – which take between four and 15 hours to complete – as draw prizes. Most recently, she donated her artwork for a CASA staff raffle. Thank you to Larissa!

[Read More](#)

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.](#)

[Give Help](#)

[Get Help](#)



Envisioning new CASA Houses in Alberta. The latest renderings reflect significant consultation and will continue to change until construction begins.

[Read More - Fort McMurray](#)

[Read More - Calgary](#)

CASA Houses Planned for Fort McMurray and Calgary

On Oct. 16 and Nov. 18, CASA Mental Health hosted two breakfasts, presented by Clark Builders, for community, business and health-care partners in Fort McMurray and Calgary — the locations of two new CASA Houses slated to open in 2027.

Each CASA House will provide much-needed mental health services, closer to home, for about 80 youth patients and their families. Clark Builders is the general contractor on CASA's capital expansion project.

We are excited to share next steps with the community and look forward to future partnerships!

Back-to-School Fundraising Campaign

We are deeply grateful to everyone who helped make CASA's fall fundraising campaign a success. Together, **we raised over \$19,000**, a remarkable achievement that will directly support life-changing mental health care for kids and families, at no cost to them. Your generosity and dedication show that when we each give what we can, we create something truly impactful.

CASA IN THE NEWS

Healthy Role-Modelling During the Holidays

Holidays are a time to relax and recharge but between having our kids home, shopping, socializing and planning, it can end up being more stressful than we'd hoped. The way we react to that stress can be a key teaching moment for our kids.

Asad Qandhari, registered provisional psychologist with CASA's Family Therapy team, joined Global Morning News to show us the healthiest ways to role model stress to our kids.

[Watch the segment here](#)



How CASA Mental Health is Meeting TRC Calls to Action

It's been 10 years since the Truth and Reconciliation Commission of Canada released its Calls to Action. CASA Mental Health is responding to those calls through its clinical mental health work in the community. **Jenn Parenteau**, senior clinical advisor and **Jeremy Albert**, professional practice lead from CASA's Indigenous Services team joined Global Morning News to illustrate how their work is transforming mental health treatment for all CASA patients.

[Watch the segment here](#)



Protecting Children's Mental Health in Online Spaces

These days, everyone is online for hours a day, including our children. It's just part of life, but like everything, it comes with risk. How can we make sure our children's mental health stays protected during their time online? Where is the line between "normal" and "concerning" use? **Caitlin Ebberts**, Registered Psychologist and manager of CASA's Core program joined Global Morning News to talk about protecting kids' mental health in online spaces.

[Watch the segment here](#)



Garden of Hope An Enchanted CASA Carnival for Kids' Mental Health



Join us for **Garden of Hope**, presented by Clark Builders, an enchanting gala where wellness and wonder bloom. Surrounded by the beauty of a flourishing garden, guests will experience a celebration filled with floral elegance, heartfelt connection and ripples of change.

This award-winning event promises an unforgettable evening in support of CASA Mental Health – growing the conversation around family mental health and raising funds for **free, life-changing mental health care for kids and families**. Together, we can make hope bloom.

Tickets are already one-third sold! [Reserve your spot now](#) for this extraordinary experience.

Featured Fundraiser: SAIT Students Host First CASA Fundraiser in Calgary

Five Southern Alberta Institute of Technology (SAIT) business students [organized the first-ever fundraiser for CASA Mental Health in Calgary](#).

Inspired by CASA's new Trauma program and future plans for a CASA House, the team created an art therapy event that brought classmates, family and community members together in a spirit of healing and hope. With brushes and watercolours, participants painted for a cause—and helped the group surpass its \$500 goal.



"We appreciated having CASA feel more like a partner than just a charity," they reflected. Their success shows how passion and community can spark lasting

change for child and youth mental health in Calgary.

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

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