

BRIDGES Program Outline 2024

1. **Outreach & Referrals Program** (goal: improve capacity and resilience for clients & community, support access to mental health supports, reduce stigma surrounding mental illness)
 - 1.1. Drop-in Mental Health Support & Referrals (in person, online, by phone)
 - 1.2. Service Assistance (includes computer access to online services, forms and self-help, printing and document assistance for clients with barriers, assistance with tech-literacy)
 - 1.3. Educational Library and Community Service Providers literature
 - 1.4. Mental Health Education (Library, pamphlets, Mental Health First Aid, ASIST, etc)
 - 1.5. Community Outreach & Promotion (Registration & Info Fair, Family Wellness Fair, Volunteer Recruitment Fair, Presentations to workplaces and community groups, Rural Mental Health Network, Seniors Week Committee, Sexual and Family Violence Interagency, Homeless Task Force, Rural Renewal Stream Committee, Chamber of Commerce, Valley Business Association, Hinton Interagency Network, Mental Health Week, Mental Illness Awareness Week, Suicide Prevention and other national awareness events)
Ask us about presentations to your local group or workplace. 780-865-4464.

2. **Community Meal Program** (goal: positive social engagement and community building, relief of food scarcity, building resources for clients with life skills & nutrition needs)
 - 2.1. Hot Lunch 2x/week
 - 2.2. Carefree Friday BBQs (July)
 - 2.3. NEW 2024: Community Kitchen Groups
 - 2.4. Skills Support (1:1 kitchen skills with clients in need)

3. **Social Recreation Program** (goal: positive social engagement & development of peer connections for mutual support, safe & free access to physical activities and development of healthy practices)
 - 3.1. Games (card/boardgame events, Cribbage with Good Companions)
 - 3.2. Bowling
 - 3.3. Billiards
 - 3.4. Swimming
 - 3.5. Walk & Talk & Nature Photography
 - 3.6. Greenhouse Gardening
 - 3.7. Trivia Nights
 - 3.8. Client Socials (Picnics, Dinner & A Movie, holdover meals/socials paid for by the Rec Program)
 - 3.9. NEW 2024: Gamespace Program: Monthly gaming (board, card, TTRPG & video games) and other social activities led by 2SLGBTQ+ and ally youths+.

4. **Social Arts Program** (goal: positive social engagement & development of peer connections for mutual support, exploring creative self expression for the support of mental health through arts-related activities supportive of cognitive behavioural therapy principles)
 - 4.1. Hinton Ukulele Group (instruction and weekly jams)
 - 4.2. Tuesday Knit Night (Social yarn crafting, lessons and help with the Hinton Yarnbags, peer support)
 - 4.3. Arts & Crafts (Rock painting, cardmaking, art journaling, dreamcatchers , beadwork and other Indigenous art traditions, holiday crafts etc)
 - 4.4. Monthly Community Jam Session
 - 4.5. Karaoke Lounge (family-friendly karaoke events with non-alcoholic refreshments)

5. **Peer Supports Program** (goal: positive social engagement & development of peer connections for mutual support, building resilience and capacity to support mental health)
 - 5.1. Coffee Time – Drop-in Social Peer Supports
 - 5.2. Men’s Group (with Tannis Arsenaault, Family Violence Prevention Worker from Yellowhead Emergency Shelter)
 - 5.3. Alzheimer’s & Dementia Care Partner Support Group (by FCSS)
 - 5.4. BRIDGES is currently seeking interest and leadership for other peer support activities. Inquire by calling 780-865-4464.