

BRIDGES Program Outline 2025

Living with mental illness, other chronic illnesses and disabilities frequently leads to isolation and loneliness. BRIDGES programs are free and open to all, diagnosis is not required. We aim to help you feel connected and empowered with a sense of belonging!

1. **Outreach & Referrals Program** (goal: improve capacity and resilience for clients & community, support access to mental health care, reduce stigma surrounding mental illness)
 - 1.1. Drop-in Mental Health Support, Navigation & 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, Safetalk Suicide Prevention, etc.)
 - 1.5. Community Outreach & Promotion (Community engagement at events and interagency committee participation, such as 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: relief from loneliness and isolation, 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. 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. Swimming
 - 3.4. Walking and hiking
 - 3.5. Greenhouse Gardening
 - 3.6. Trivia Events
 - 3.7. Client Socials (Picnics, Dinner & A Movie, holdover meals/socials paid for by the Rec Program)
 - 3.8. Gamespace Program: Monthly gaming (board, card, TTRPG & video games) and other social activities led by 2SLGBTQ+ and ally youths+. (Peer support*, capacity building, development of peer and social connections and mental health education.)
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)
 - 4.1. Hinton Ukulele Group (beginner instruction and weekly jams)
 - 4.2. Tuesday Knit Night (Social yarn crafting 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)
 - 4.6. Every Body Can Dance (instructor-led casual dance class for all bodies and abilities)
5. **Peer Supports Program** (goal: positive social engagement & development of peer connections for mutual support, building resilience and capacity to support mental wellbeing)
 - 5.1. Coffee Time – Drop-in Social Peer Supports
 - 5.2. Healthy Relationships Peer Group (with Tannis Arsenault, Family Violence Prevention Worker from Yellowhead Emergency Shelter)

5.3. Alzheimer's & Dementia Care Partner Support Group (by FCSS)

"Nothing about us without us." Peer support must come from within the community by folks with lived experience. BRIDGES is currently seeking proposals and leadership for other peer support groups. Inquire by calling 780-865-4464.

5.4. * Gamespace project includes peer support activities