



NORFOLK HOUSING ASSOCIATION

January 2023

CONTACT INFORMATION

1118 Kensington Road NW
Calgary. AB T2N 3P1

Phone: 403.270.3062

Email: admin@norfolkhousing.ca

www.norfolkhousing.ca

After Hours Emergency:
403.651.3717

OFFICE HOURS:

Monday - Friday
9:30am-4:00pm

Upcoming Holiday Closures:
February 20th

FOLLOW US ON INSTAGRAM
AND FACEBOOK FOR UPDATES,
EVENTS, AND MORE.



NORFOLK
HOUSING
ASSOCIATION

COMMUNITY ADVISORY GROUP WITH SPECIAL GUEST!

New year, new CAG.

Well, sort of! The CAG will continue to be our best place to discuss important issues between residents and NHA, be transparent and open, and work on resolving issues and receiving feedback.

But we also want to make it a place to hear from others outside of the organization and build our collective understanding of support options, diversity and inclusivity, and anything that else that comes up.

The January CAG meeting will have a heavy focus on mental health supports and resources and we're working to secure a guest speaker from outside of the organization!

We hope you'll join us - more details to follow in the official invite with agenda.

Save The Date
JANUARY 17th
5:00-7:00pm



MENTAL HEALTH SUPPORTS

If you or someone you know is struggling, please seek support. We hope this information is useful and helpful. Please always call 911 if someone is threatening harm to themselves or others.

MOBILE RESPONSE TEAM

MRT offers urgent mental health support, and / or consultation in crisis situations. They have the ability to arrange urgent psychiatry assessments and referrals as needed. MRT provides mobile and telephone mental health services, including:

- crisis intervention
- crisis stabilization
- trauma response
- mental health education
- professional and / or third-party consultations

To contact this service, please phone through the Distress Centre and request Mental Health Crisis Triage (1-877-303-2642)

ADULT ADDICTION SERVICES

Provides a non-medical treatment facility for those experiencing problems related to their use of alcohol, drugs, gambling, or sex addiction. Services for those who are concerned about someone else's use are also offered.

Addiction treatment services may include:

- short-term, outpatient counselling
- educational, skill, and support group programs
- a four-week, intensive day treatment program for those committed to abstinence
- next business day access to programs following intake

All programs and services are voluntary, confidential, and free of charge. This service also provided 'Rapid Access Addiction Medicine' . Visit their service page for additional details.



MENTAL HEALTH SUPPORTS

ADDICTION SERVICES HELPLINE

1-866-332-2322

Community Addiction and Mental Health Clinics

Location: Sheldon M. Chumir Health Centre

Provides community-based treatment for people with a moderate to severe mental illness.

Services may include:

- intake assessment
- psychiatric consultation
- individual and or group therapy
- managing medication
- transition services (e.g. Independent Living Support)
- case management

MENTAL HEALTH HELPLINE

1-877-303-2642

<https://www.distresscentre.com/>

<https://talksuicide.ca/>

<https://www.canada.ca/en/public-health/services/suicide-prevention/warning-signs.html>

SENIORS CONNECT

If you are concerned about an older adult and believe they are at-risk, please call The Distress Centre 24-hr help line at 403.266.4357 and explain your concerns to the call operator. A Senior Connect social worker will address immediate concerns to stabilize the crisis and connect them to appropriate longer-term supports.



STAY VIGILANT AGAINST SCAMS

Telephone scams are becoming increasingly common, with folks being asked to provide even thousands of dollars to help out "family".

Please do not send anyone money, online, over the phone, or even in person unless you know them and can verify their details including phone number.

According to the news, scammers might use any number of stories, but there are two common themes: urgency and secrecy.

Victims are told to make the payment immediately or there will be consequences. They are also told no one can know because it's embarrassing or because the judge has placed a publication ban or "gag order" on the case.

In any situation like this, do your best to remain calm, get off the phone, and verify details before telling anyone where you live or transferring them money. And if it happens to you, call the police. Stay safe!

ALBERTA BUDGET CONSULTATIONS - HAVE YOUR SAY

The government is asking for your input on the 2023 Alberta budget before January 15, 2023.

Don't miss the chance to be civically involved and share your perspective!

The link can be found here:

<https://www.alberta.ca/budget-2023-consultation.aspx>





THINGS TO DO AROUND TOWN

Zoo Lights continue until January 8th - price varies.

Confederation Park lights remain until January 7th - entrance is free!

Located just off River Walk Plaza in the East Village, Calgarians looking to wind down after a long week are encouraged to check out **the Hygge Hut!** This Scandinavian-style spot is fitted with a cozy fireplace, a warm atmosphere and is perfect for enjoying a cup of Joe or hot cocoa.

When: Fridays, Saturdays, and Sundays

Where: See <https://www.evexperience.com/hygge-hut>

Time: Fridays (3 pm – 6 pm) Saturdays and Sundays (12 pm – 6 pm)

Cost: FREE

NHA MEMBERSHIPS DUE JANUARY 31!

If you would like to be eligible to vote at the Annual General Meeting in April, you must have a valid membership!

Memberships can be purchased for \$1 by going into the office and/or speaking with Fatime. Call 403.270.3062 or email fatime.s@norfolkhousing.ca

DID YOU KNOW? ENOUGH FOR ALL HAS A PODCAST!

Talking poverty and more, they're opening up the dialogue for long-term change. There are many interesting topics already covered and surely many more to come.

Find them on Spotify, Apple Podcasts or Google Podcasts.

Or head here --> <https://enoughforall.ca/podcasts>

