



THE CMHA WAY

Our Philosophy – Something for Everyone

Our Values

- Work hard to listen
- Serve with passion
- Support one another
- Create strong connections
- Be curious
- Honour lived experience
- Discover better ways
- Focus on impact
- Believe it is possible
- Embrace IDEA–inclusion, diversity, equity, and accessibility

Our Approach

- Two-eyed seeing
- Community integration
- Recovery-oriented trauma care
- Reducing harm
- Wholistic and person-centred
- Virtual supports and low-barrier