

Social Media Bank

CMHA, Alberta Division Giving Season

| <p>CMHA, Alberta Division Social Media Handles</p> <p>Instagram - @CMHAAb Twitter: @CMHA_AB Facebook: @CMHAAAlberta</p> | <p>Messaging</p> |
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| <p>Image 1</p> | <p>Give the gift of mental health in your community!</p> <p>Join me in supporting the Canadian Mental Health Association, Alberta Division's annual giving campaign.</p> <p>Your generous gift will support mental health initiatives in rural, post-secondary and first responder communities as well as youth, caregivers and those on their recovery journey.</p> <p>Visit https://alberta.cmha.ca/get-involved/give to learn more and donate!</p> <p>.</p> <p>.</p> <p>.</p> <p>#donate #mentalhealthforall #supportmentalhealth #giftofmentalhealth #whyigive #mentalhealthab</p> |
| <p>Image 2 – Giving Tuesday</p> | <p>Today is #GivingTuesday and I am supporting mental health in Alberta.</p> <p>Join me in helping the Canadian Mental Health Association, Alberta Division reach their goal of raising \$50, 000 for mental health initiatives in rural, post-secondary and first responder communities as well as youth, caregivers and those on their recovery journey.</p> |

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| | <p>Together we can make mental health matter for all Albertans.</p> <p>Visit https://alberta.cmha.ca/get-involved/give to learn more and donate!</p> <p>.</p> <p>.</p> <p>.</p> <p>#donate #mentalhealthforall #supportmentalhealth #giftofmentalhealth #whyigive #mentalhealthab</p> |
| Image 3 | <p>This holiday season, I am giving the gift of mental health in my community. Join me in helping the Canadian Mental Health Association, Alberta Division raise \$50,000 in support of mental health initiatives in our province. Together, we can make mental health matter for all Albertans.</p> <p>Visit https://alberta.cmha.ca/get-involved/give to learn more and donate!</p> <p>.</p> <p>.</p> <p>.</p> <p>#donate #mentalhealthforall #supportmentalhealth #giftofmentalhealth #whyigive #mentalhealthab</p> |