



IN MEMORY

The **Equipped** program has been initiated by a grant that was provided to CMHA Calgary in memory of **Phillip Thomas**.

Phillip passed away in 2019 at the age of 25, following a mental health battle.

Phillip had graduated from the University of Calgary and was pursuing a master's degree. He had an incredible intellect, a passion for truth and justice, and an ability to make everyone laugh.

He was a member of the Calgary Tennis Club and played tennis for the Calgary Dinos.





In Phillip's honour, this symbol will be used throughout these courses to let young adults know when they can go to an exercise in the **Stress Management and Healthy Coping Workbook** to further develop their skills.

To learn more about Phillip, and read a memorial from his family, please visit the [In Memory page](#).

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