



Caregiver Connections – Drop in Support Group

Parents and caregivers often have a difficult time coping with a mentally ill child or young adult and often wonder how best to parent and provide support.

Who can come to this drop-in group?

CMHA's drop in peer-to-peer family support groups are for parents and caregivers of children or young adults experiencing a mental health concern or addiction.

Who is running the group?

The Canadian Mental Health Association (CMHA) is pleased to offer a quality peer-to-peer family support program in your community. The program offers compassionate support from a peer, who has "been there" as well as a CMHA staff member. Specific information and resources will be shared which will assist caregivers as they care for a loved one and care for themselves.

What can a participant expect from the sessions?

Parents and caregivers can drop into this group when they need some extra support. A peer facilitator will guide the conversation according to the needs of the participants. Each week the group will have the opportunity to explore relevant Caregiver Connections materials as well as identify issues and ask questions relevant to their own experience. A CMHA staff member hosting the group will be able to connect people to resources in our community.

Parents and caregivers may attend as many sessions as they like.

Where and when does the group run?

Caregiver Connections is offered on a drop in basis twice a week at the CMHA Wood Buffalo Office, located at 10019 MacDonald Ave (Unifor Building). The program will start on **Saturday, September 16th from 9:30-10:30am** and the next meeting will be on **Tuesday, September 19th from 6:30-7:30pm** (more dates to follow). To learn more about this group please contact CMHA Wood Buffalo at: (780) 743-1053.

Funding for this program is provided by the Government of Alberta