



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.

Who is running the group?

The Canadian Mental Health Association, Central Alberta (CMHA) is pleased to offer a quality peer-to-peer family support program in our 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?

The Caregiver Connections group meets four times a month. Morning groups take place every 2nd and 4th Tuesday, from 10:00 AM – noon starting September 12. Evening groups take place every 1st and 3rd Tuesday, from 6 PM to 8 PM starting September 19. Caregiver Connections meets at the CMHA Learning Annex, First Red Deer Place (ATB Building), 4911—51 Street, Suite 404, in downtown Red Deer. People need not register before attending for the first time and there is no fee for this service.

Caregivers can call CMHA at 403-342-2266 for more information or visit the CMHA website at www.reddeer.cmha.ca/caregiver-connections.

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