

Support Groups



Friendship Circle

Every Wednesday 3:00pm—4:30pm

Cost: free

Friendship Circle provides opportunities to develop and strengthen relationships, participate in community life, and enhance leadership and mentoring abilities. You can expect to improve your physical, mental, emotional, social and spiritual health; create a sense of inclusion and belonging; counteract the effects of stress and become more resilient; nurture healthy habits through creativity and fun; build self-awareness, acceptance, gratitude, positive self-regard and unity; and outreach for stigma busting and transformation.

Caregiver Connections

Every Tuesday from 5:45pm—7:30ish

Except the 5th Tuesday of the month and stat holidays

Cost: free

Many parents and caregivers may be concerned about their child's well-being, or may have a difficult time coping with a mental health concern of a child or young adult. With the support of trained peers with lived experience, parents and caregivers will learn how to best take care of themselves, ask for help when necessary and learn helpful skills. It is a safe place to gather together for shared stories, networking, education, resources, and support. **Caregiver Connections is now open to caregivers of people of any age!**

To Learn More

Visit:

www.reddeer.cmha.ca

Email:

education@reddeer.cmha.ab.ca

Or Call:

403-342-2266

These courses will be held at:

**ATB Building
CMHA Learning Annex
4911 51 Street,
Suite 404
Red Deer, AB T4N 6V4**

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www.reddeer.cmha.ca

