

# FAMILY SUPPORT PROGRAM

The Family Support program provides information, skills and support for families and friends of individuals with a mental illness. The program is designed to reduce the impact of mental illness on parents, partners and siblings. Participants learn to maximize their ability to support their loved ones while staying healthy themselves.



**SKILL BUILDING GROUP** Through group work, people learn how to better cope with their situation. Our program offers:

- A supportive environment in which individuals can safely express their concerns and challenges
- Information on how to identify and set boundaries and healthy communication
- Healthier coping through problem-solving
- Instruction on self-care, stress management, and coping strategies



**Canadian Mental  
Health Association**  
Calgary  
*Mental health for all*

**PEER SUPPORT GROUP** An ongoing weekly drop-in support meeting facilitated by family members of individuals experiencing mental illness. Any and all family members and friends of individuals with a mental health challenge are welcome to attend.

**COUNSELLING** Individual and family counselling to assist people living and coping with a relative or friend experiencing mental health difficulties.

People can refer themselves to the Family Support program by calling 403 297 1700 or emailing [scheduling@cmha.calgary.ab.ca](mailto:scheduling@cmha.calgary.ab.ca).

### Fees

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Fees are charged for the skill building group and for counselling (first session is free). Fees are based on a sliding scale and no-one is refused service due to financial reasons.

## FOR MORE INFORMATION

[cmha.calgary.ab.ca](http://cmha.calgary.ab.ca)  
[facebook.com/cmhacalgaryregion](https://www.facebook.com/cmhacalgaryregion)  
[twitter.com/CMHACalgary](https://twitter.com/CMHACalgary)

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