



Canadian Mental  
Health Association  
Calgary  
*Mental health for all*



# Family Support Program

Family and friends often have a difficult time coping with a relative or friend who is experiencing a mental health or addiction concern, and wonder how best to help. Feelings of grief, frustration, anger, sadness, resentment and confusion are common experiences. The Family Support Program provides support, education and information to help people learn how to deal with these emotions, and to develop healthy strategies to support their loved one and to look after themselves. Our services are open to individuals, couples, and families.

## Drop-in Groups

CMHA Calgary has partnered with South Health Campus to provide a support group for individuals with a relative or friend with a mental health or addiction concern. This group offers a safe, non-judgmental space to openly discuss and share stories, while connecting and networking with other who can relate. It is a place to share experiences, empathetically connect with others and create a sense of hope.

## Capable Carers: 10 Week Support Group

This group offers skills, education and support for those caring for a loved one with a mental health or addiction concern. Family members receive education on coping skills and capacity to support loved ones, while understanding the tools to help decrease burnout for themselves. The group environment provides opportunity for connection to others, decreased feelings of isolation and increased feelings of hope. Some of the topics include self-care, boundaries, communication, grief and loss, and crisis recovery.

## Family Support Counselling

Individual, couples and family counselling is provided for those living, coping and supporting a loved one with a mental health or addiction concern. Family members who are caring for a loved one with a mental or addiction concern are supported through one-on-one interactions to receive coping strategies and maintain their own wellness.

## Canadian Mental Health Association – Calgary Region

#105, 1040 – 7 Avenue SW, Calgary, AB T2P 3G9

**P** 403-297-1700 **F** 403-270-3066

cmha.calgary.ab.ca  cmhacalgaryregion  CMHACalgary  cmhacalgary