Canadian Mental Health Association
Calgary
Mental health for all

WOMEN OF COURAGE

Creating Change Through Peer Support

Women of Courage is a trauma-informed peer training program that supports survivors of family violence in building skills, confidence, and pathways to employment through training, mentorship, and hands-on learning.





> *Peer support is a bridge between leaning on friends and accessing more formal supports — offering connection, understanding, and guidance without pressure or expectations.*

A STORY OF IMPACT: *Skye's story*

When Skye joined Women of Courage, she was looking for opportunities to learn, grow, and deepen her understanding of peer support. What she found was **a program unlike any other she had experienced.**

Through training, group discussions, and interactive activities, Skye discovered the unique role peer support can play in people's lives. She described it as **a bridge between leaning on friends and accessing more formal supports,** offering connection, understanding, and guidance without pressure or expectations.

One of the most valuable parts of the program was learning alongside other women. Through shared conversations and experiences, Skye gained new perspectives and a deeper appreciation for **empathy, understanding, and connection.**

She also learned about capacity building: understanding where you are today, **recognizing your own capacity,** and taking meaningful steps forward.

WHY IT MATTERS

Women of Courage helps participants build **skills, confidence, and connection** while creating pathways toward future opportunities.

It also **strengthens community** by supporting women to use their experiences, knowledge, and empathy to help others.

With continued support,
CMHA Calgary can help more women build confidence, strengthen skills, and move forward in ways that feel meaningful to them.

Empowered women.
Stronger communities.
Better futures.