



## Caregiver Connections

# FAMILY PEER SUPPORT

FOR THOSE SUPPORTING INDIVIDUALS WITH A MENTAL HEALTH CONCERN, MENTAL ILLNESS OR ADDICTION.

## FIND SUPPORT IN YOUR AREA

### EDMONTON

- ☎ 780-414-6300
- 📍 [main@cmha-edmonton.ab.ca](mailto:main@cmha-edmonton.ab.ca)
- 🌐 [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca)

### CAMROSE

- ☎ 780-672-2570
- 📍 [cmhaecr@cabl-lynx.net](mailto:cmhaecr@cabl-lynx.net)
- 🌐 [www.cmhacamrose.ca](http://www.cmhacamrose.ca)

### FORT MCMURRAY

- ☎ 780-743-1053
- 📍 [peer@woodbuffalo.cmha.ab.ca](mailto:peer@woodbuffalo.cmha.ab.ca)
- 🌐 [www.woodbuffalo.cmha.ca](http://www.woodbuffalo.cmha.ca)

### LETHBRIDGE

- ☎ 403-329-4775
- 📍 [admin@cmhalethbridge.ca](mailto:admin@cmhalethbridge.ca)
- 🌐 [www.lethbridge.cmha.ca](http://www.lethbridge.cmha.ca)

### MEDICINE HAT

- ☎ 403-504-1811
- 📍 [pbromley@cmha.aser.ca](mailto:pbromley@cmha.aser.ca)
- 🌐 [www.cmha.aser.ca](http://www.cmha.aser.ca)

### RED DEER

- ☎ 403-342-2266
- 📍 [education@reddeer.cmha.ab.ca](mailto:education@reddeer.cmha.ab.ca)
- 🌐 [www.reddeer.cmha.ca](http://www.reddeer.cmha.ca)



Canadian Mental  
Health Association  
*Mental health for all*

## Mental health diagnosis, concern or addiction

Caregivers Connections is for anyone who is supporting a loved one with a mental health concern, illness or addiction. Formal diagnosis by a doctor is not required for caregivers to attend.

## Caregivers aren't just parents

Caregivers Connections is for any adult who is actively involved in the care of someone with a mental health concern.

## The benefits of peer support

At CMHA, we believe offering peer-led support will:

- Increase emotional support for families
- Reduce isolation, shame and blame
- Assist families in navigating systems of care and improve awareness of resources
- Promote and develop tools for self-care

## ABOUT US

The Canadian Mental Health Association (CMHA) is a nation-wide, voluntary organization that promotes the mental health of all and supports people experiencing mental illness. It is a community organization where Albertans find compassionate support, responsible care and accessible resources.

Caregiver Connections provides support from a peer — someone who has “been there” — who will share information and resources to assist families in achieving wellness for themselves in their journey supporting others.

Peer facilitators are trained by CMHA to ensure the most rewarding experience for all participants.

**Contact us:** ☎ 780-482-6576 ✉ [caregiverconnections@cmha.ab.ca](mailto:caregiverconnections@cmha.ab.ca)



Find family peer support near you at  
[www.alberta.cmha.ca](http://www.alberta.cmha.ca)