

Do you have a family member or friend with a mental health and/or addiction concern?

1:1 Support: Navigating services, mental health education, self-care, building resilience and coping, supporting your family member while maintaining your own well being.

Family Support Group: Confidential and caring support group. An opportunity to share your journey with other families.

Connecting Families: Peer support can be a life line. Families are paired with each other for mutual support and connections.

Community Educational Workshops: Families play a major role in supporting a person with a mental health and/or addiction concern. The workshops enhance the family's capacity to do this through; knowledge, skill building and relationship tools.



Canadian Mental
Health Association
Shuswap-Revelstoke
Mental health for all

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Supporting All Families

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Why a family may seek support?

- ◆ Understand the system of care and how to navigate these services.
- ◆ How best to respond and/or support a loved one.
- ◆ Coping with crisis or worry for a loved one's present situation or future.
- ◆ Mental health and addictions stigma and shame.

What can Family Support offer?

- ◆ Honoring the caregiver experience; what it has been like (feelings, hopes, dreams, fears, frustrations etc.).
- ◆ Someone available to support the family and to help navigate the care system.
- ◆ Mental health and/or addictions information and education.
- ◆ Maintain your own well-being.
- ◆ Relationship skills development; communication, problem solving, boundaries.
- ◆ Connecting to further support (Private Counsellor/Physician/Mental Health/etc.).

Who can refer? Self referral and/or community partner.

What to expect? Families work together with the Family Support Worker to develop a package of support that is meaningful and specific to the needs of each family.

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