

Support Groups



Friendship Circle Peer Support Group

Every Wednesday 3:00pm—4:30pm

Cost: free

Friendship Circle provides opportunities to develop and strengthen relationships, participate in community life, and enhance leadership and mentoring abilities. You can expect to improve your physical, mental, emotional, social and spiritual health; create a sense of inclusion and belonging; counteract the effects of stress and become more resilient. In Friendship Circle we nurture healthy habits through creativity and fun. Together we build self-awareness, acceptance, gratitude, positive self-regard and unity; and outreach for stigma busting and transformation. We encourage you to call us before dropping in for the first time.

Caregiver Connections

Every Tuesday from 5:45pm—7:30ish
Except the 5th Tuesday of the month and stat holidays

Cost: free

Many parents and caregivers may be concerned about the well-being of a person with a mental health concern (including addictions). They may have a difficult time coping and feel isolated and even fearful. With the support of trained peers with lived experience and compassionate CMHA staff, parents and caregivers will learn how to best take care of themselves, ask for help when necessary and develop skills and wellness tools. Caregiver Connections is a safe place to gather together for shared stories, networking, networking, education, resources, and support.

CMHA Central Alberta Programs and Services are funded by: The Government of Canada, United Way Central Alberta, Alberta Health Services Addiction and Mental Health, the Government of Alberta, Lifelong Learning Council of Red Deer, and the City of Red Deer

To Learn More

Visit:

www.reddeer.cmha.ca

Email:

education@reddeer.cmha.ab.ca

Or Call:

403-342-2266

These courses will be held at:

**ATB Building
CMHA Learning Annex
4911 51 Street,
Suite 404
Red Deer, AB T4N 6V4**

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**Canadian Mental
Health Association
Central Alberta**