



Schizophrenia Society of Alberta, Calgary Chapter

#700, 2310 - 2nd Street SW Calgary AB T2S 3C4

Phone: (403) 264-5161 Fax: (403) 269-1727

Website: www.schizophrenia.ab.ca

Charitable # 13048-5816 RR0001

FAMILY SUPPORT PROGRAM

Information about Schizophrenia and Mental Health Services Individual and Family Counselling Twice Monthly Family Support Group Meetings Caregiver Empowerment Program

This unique program provides information, direction and support with regard to issues concerning schizophrenia and related disorders.

INFORMATION

Trained and experienced staff members are available to provide information about schizophrenia including:

- treatment options.
- how to access appropriate medical attention and treatment.
- how to connect with community resources.
- outpatient care.
- navigating through the mental health system.
- how to obtain a mental health warrant.
- information about the Mental Health Act of Alberta.
- supported housing options.

FAMILY SUPPORT GROUPS

“Family Members Helping Other Family Members”

Family members, friends and significant others who are caring for someone with schizophrenia are invited to attend twice monthly drop in family peer support meetings.

These informal, friendly meetings allow group members to:

- increase their knowledge about schizophrenia.
- spend time in a supportive environment sharing their unique experiences and listening to the every day needs and concerns of others who are also involved in caring for someone with schizophrenia.
- offer compassionate support to one another and exchange information about mental health services and other community resources.

- acquire information about new developments in schizophrenia research including treatments and outcomes.

COUNSELLING

The Family Support Program offers free counselling and support for family members, friends and significant others who are involved with someone who has schizophrenia, including:

- confidential telephone consultations.
- in-person information and counselling sessions.
- family group information and counselling sessions.
- crisis counselling and support.
- referrals to other health care providers and support services.
- ongoing support and follow-up.

CAREGIVER EMPOWERMENT PROGRAM

Once a year the SSACC offers a 12-week series of information sessions about schizophrenia and related issues. Guest speakers are available to present topics and answer questions on a variety of matters concerning schizophrenia and related disorders. Topics at these sessions may include:

- understanding schizophrenia.
- treatment options and medications.
- addictions: impact and treatment.
- suicide risks and prevention.
- how to obtain a mental health warrant.
- understanding the Mental Health Act of Alberta.
- how to obtain financial assistance from income support programs such as AISH and Social Assistance.
- legal issues, including power of attorney/guardianship concerns; wills and estates.
- care for the caregiver.
- programs and services offered by the Calgary Chapter of the Schizophrenia Society of Alberta.

“I don’t think I could have done it without (Family Support). You can’t do this alone; too severe, too persistent, too difficult without support. My son benefits indirectly. The stronger I stay the better able I am to take care of him.”

Family Member