



Schizophrenia Society of Alberta, Calgary Chapter

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UNsung HEROES PEER SUPPORT PROGRAM

**GROUP SUPPORT MEETINGS
MONTHLY RECREATIONAL OUTINGS
YEARLY CAMP RETREATS
PARTICIPATORY RESEARCH
PHONE CONSULTATIONS
ART, POETRY, AND WRITING CLASSES**

Unsung Heroes is peer support for people who experience schizophrenia and related disorders. Our goal is to provide mutual peer support, encouragement and understanding. Simply, it is people helping people.

Confidentiality is an important component of the Unsung Heroes Program. Personal information is never shared without permission. The program offers a safe, accepting and supportive environment.

OUR PHILOSOPHY

We believe:

- that all human beings have intrinsic value and worth.
- all people have the right to be treated with respect and dignity.
- all contributions to the success of the group are valued and accepted.
- group spirit, cooperation, and encouragement are key ingredients for the success of the Unsung Heroes Peer Support Group.

GROUP SUPPORT MEETINGS

Meetings take place the twice monthly. There is no cost for membership.

Group meetings provide the opportunity for members to:

- come together to share life experiences.
- decrease feelings of loneliness.
- reduce isolation.
- increase leadership skills and develop responsibility.
- improve mental health.
- develop coping skills.
- place the disorder its proper perspective in their lives.

MONTHLY OUTINGS

Unsung Heroes members participate in once monthly fun recreational outings. Outings include: visits to the Calgary Zoo and Heritage Park, watching community sporting activities, attending movies, and participating in pot luck dinners.

YEARLY CAMP RETREAT

Unsung Heroes members:

- have the opportunity to attend an annual four-day wilderness camping retreat.
- are encouraged to participate in all activities.
- participate in workshop discussions to provide recommendations for improvements to the mental health system.

PARTICIPATORY RESEARCH

Unsung Heroes members, together with the guidance of Dr. Barbara Schneider from the University of Calgary, Faculty of Communications and Culture, have to date produced two participatory research projects. As co-researchers, members help to choose the topics and conduct the research.

ONE ON ONE SUPPORT

The Unsung Heroes Coordinator:

- provides in person and over the phone support and advice for consumers on various issues.
- advocates for consumers to facilitate a resolution to difficult situations.

ART, POETRY AND WRITING GROUP

Once weekly, the Unsung Heroes Program provides an Art, Poetry, and Writing Group meeting. This drop-in group is open to people with schizophrenia and related disorders.

WHAT UNSUNG HEROES PEER SUPPORT MEANS TO ME!

“Unsung Heroes has meant to me friendship and support. I have learned about medication and have been kept informed about new treatment practices for schizophrenia. Unsung Heroes provided empowerment for me.”

Unsung Heroes member

“There is a wealth of experience to draw from here. I learn something every time I come.”

Unsung Heroes member