



1 in 4 Canadians provide care to a family member or friend with a chronic mental or physical illness or disability.

Statistic Canada, 2018



alberta.cmha.ca/caregiverconnections

Caregiver Connections provides support for individuals who care for a loved one or dependent who is experiencing mental health concerns and/or substance use. Caregivers can be parents, family members, spouses, close friends and many more.

If you have a child, youth or young adult who is struggling with mental health issues and/or addiction, there is hope!

Contact our Family Connector, 403-320-4232 ext 204 or email: family.connector@famcentre.ca

for more information or to book a session