



*A free eight-week course to provide education, support, and skills to people caring for a loved one with a mental illness*



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# CMHA's Family Program

*Finding Hope &  
Building Strength*



Canadian Mental  
Health Association  
Prince Edward Island

*In partnership with*



Health and Wellness

## Our Classes

*CMHA's Family Program lasts for eight weeks, meeting once a week for two hours. The program is free for participants. Registration is required to attend.*

## Our Curriculum

*The curriculum was designed in 2017 by a team of CMHA staff, peer facilitators, and community experts. It is designed to be helpful, easy to understand, and engaging. Each week includes discussions, activities, and resources.*

## Our Facilitators

*The program is designed as peer support, which means the facilitators also have a loved one with a mental illness. The facilitators volunteer their time to deliver this program across Prince Edward Island.*

***"This course saved my sanity when I really needed saving. Thank you"  
- Past Participant***



## Week 1 - 4: How Do I Understand My Loved One's Illness?

*Learn about the signs and symptoms of different mental illnesses, the various treatment options, and the community supports available for your loved one. Build skills around coping with a crisis, sharing your story, and de-escalation.*

## Week 5 - 8: What Is My Role In Recovery?

*Learn about the aspect of the recovery process for you and your loved one, including medications, therapies, and lifestyle choices. Build skills to support yourself and your loved one such as self-care, communication, problem-solving, navigation, and advocacy.*