



**Canadian Mental  
Health Association**  
Middlesex  
*Mental health for all*

**Association canadienne  
pour la santé mentale**  
Middlesex  
*La santé mentale pour tous*

## **CMHA Elgin-Middlesex Family Support Program**

If you have a care or concern for the mental wellness of a friend or loved one over the age of 16 years, you may benefit from participating in the CMHA Elgin-Middlesex Family Support Program. Available to all residents of London, Middlesex County and Elgin County who are in an informal caregiving role.

### **This skills-based education program will help you to:**

- Explore the origins of mental illness and emotional distress
- Understand your loved one's unhealthy coping strategies
- Learn how to identify emotional dysregulation in others
- Practice communication skills to help diffuse crisis
- Harness the power of "radical acceptance"
- Maintain healthier boundaries
- Manage your own self-care

This learning is delivered ONLINE beginning with a 3-part foundational workshop called "Empowered Carers" followed by several shorter skill-based sessions that are meant to augment the foundation course. We also offer a monthly peer support group for family caregivers who are practicing these skills to come together and encourage one another and share both their struggles and success.

To become involved, please email the family support worker to complete a brief orientation and sign up for the email distribution list

**[familysupport.info@cmhamiddlesex.ca](mailto:familysupport.info@cmhamiddlesex.ca)**

519-518-2436

Queens Ave Site - Administrative Offices      534 Queens Ave., London, ON N6B 1Y6

Tel: 519-668-0624    Toll Free: 1-855-668-0624    Fax: 519-668-3641

[info@cmhamiddlesex.ca](mailto:info@cmhamiddlesex.ca)    [www.cmhamiddlesex.ca](http://www.cmhamiddlesex.ca)

Twitter: @cmhamiddlesex    Facebook: [www.facebook.com/cmhamiddlesex](http://www.facebook.com/cmhamiddlesex)