

I have the right to:



- ◆ ask for what I want.
- ◆ say no.
- ◆ feel and express my feelings.
- ◆ make mistakes.
- ◆ my own opinions, convictions and values.
- ◆ change my mind or decide a different course of action.
- ◆ protest unfair treatment or criticism.
- ◆ expect honesty from others.
- ◆ be angry with someone I love.
- ◆ say “I don’t know”.
- ◆ negotiate for change.
- ◆ be in a non-abusive environment.
- ◆ ask for help or emotional support.
- ◆ my own needs and personal space and time, even if others would prefer my attention.
- ◆ not have to justify myself.
- ◆ not have to take responsibility for someone else’s behaviour, feelings, or problems.
- ◆ not have to anticipate others’ needs and wishes.
- ◆ not to have to constantly worry about the goodwill of others.
- ◆ choose how to respond to a situation.
- ◆ determine my own priorities.
- ◆ engage socially with my friends.
- ◆ be treated with dignity and respect.
- ◆ happiness.
- ◆ my own wellness.

In order to support another, it is important that I am my main priority. I need to respect my limitations and make every effort to fulfill my own needs.



This brochure was created by the staff of the Misericordia Outpatient Mental Health Program, Covenant Health. Revised March 2023.



Covenant Health
Misericordia
Community Hospital | ADDICTION & MENTAL
HEALTH PROGRAM

Family Support Group



**Family & Friends
Caring about Someone
with Mental Illness**

Outpatient Mental Health
Mother Rosalie Health Services Centre
Room 201, 16930—87 Avenue
Edmonton, AB T5R 4H5

The Family Support Group provides a safe place to:

- ◆ Share your own unique experience in connection to mental illness.
- ◆ Meet and relate to other individuals.
- ◆ Feel supported as others share their experiences that they have had with loved ones.
- ◆ Become more aware of your internal and external beliefs, strengths and challenges.
- ◆ Identify ways to care for yourself while caring for another.
- ◆ Learn ways to behave and cope more effectively.

Who will benefit from this group?

You may benefit from this group if you are a friend or a family member of an individual who is diagnosed with a mental illness, and may have difficulty maintaining your own mental wellness.

Who leads this group?

This group is facilitated by two mental health professionals.

What is the format of the group?

- ◆ Meets Wednesdays 3:00 — 4:00 pm
- ◆  **Zoom Group** held 1st and 3rd Wednesday of the month
- ◆  **In-person Group** held 2nd and 4th Wednesday of the month at Outpatient Mental Health.
- ◆ Drop-in. Regular attendance is encouraged.
- ◆ Resources will be available to you as needed, including such topics as **Boundaries, Stress Management, Self-Care, Sleep, Communication, Relaxation, Goals, Compassion Fatigue and Self-Compassion.**

Is there a cost?

The cost of this support group is covered by Alberta Health Care.

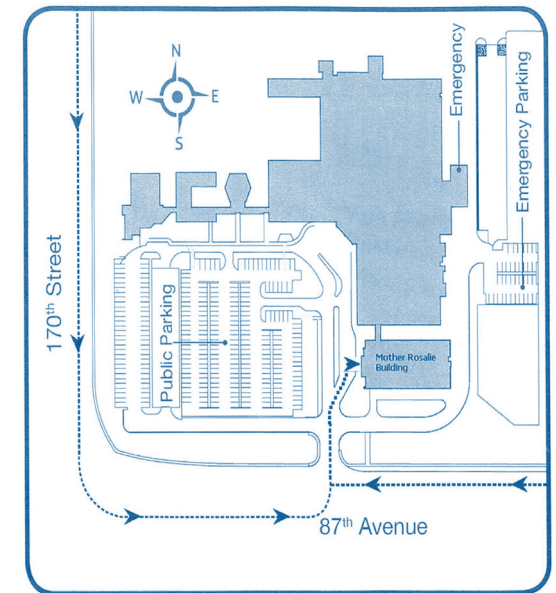
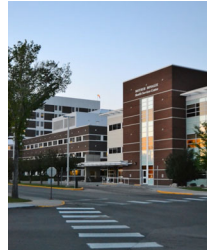
How do you register?

Self-referrals are accepted.

For more information or to register:

Please call 780-735-2792. Voicemail messages can be left 24 hours a day.

Outpatient Mental Health
Mother Rosalie Health
Services Centre
Rm 201, 16930 - 87 Avenue
Edmonton, Alberta



Outpatient Mental Health Program Hours:

Mon-Fri 8:15-4:30 p.m.
Closed Weekends and Statutory Holidays