



For Immediate Release: March 29, 2018

Release Subject: **C.M.H.A. H.K.P.R. recognizes Family Caregiver Day**

Every day, more than 3 million Ontarians provide support to loved ones facing illness, mental health concerns, disability or challenges associated with aging. On April 3, Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge (C.M.H.A. H.K.P.R.) joins organizations and communities across the province for Family Caregiver Day, an annual event to recognize and celebrate the value of caregivers to Ontario’s families, health care system, and economy.

This year, the Ontario Caregiver Coalition is highlighting three generations of caregivers:

- Young caregivers. Close to 500,000 family caregivers in Ontario who are between 15 and 24 years old. Many are even younger.
- ‘Sandwich’ generation caregivers, who provide care for both their aging parents and their own children.
- Elderly caregivers. Nearly 375,000 caregivers in Ontario are 65 years and older.

C.M.H.A. H.K.P.R. recognizes that caregiving is a specific role with unique challenges and solutions. Many caregivers feel socially isolated and may need care and support. We are pleased to support caregivers in our area through our Journeying Together program, made possible in part through a generous, ongoing contribution from Herod Financial Services.

The Journeying Together Program supports family members and caregivers of people experiencing mental health concerns. No referral is necessary. It is offered in Peterborough, Northumberland, Kawartha Lakes and Minden. For more information about the program, visit <http://cmhahkpr.ca/programs-services/journeying-together-program/>.

To learn more about Journeying Together in your area, please contact the family education and support worker directly:

- Peterborough: Joleen Hanson, jhanson@cmhahkpr.ca, 705-748-6711 extension 1028
- Northumberland: Victoria Kynigos, vkynigos@cmhahkpr.ca, 905-377-9891
- Kawartha Lakes and Minden: Vanessa Hoag, vhoag@cmhahkpr.ca, 705-328-2704 extension 4027

The public is encouraged to share messages of support on social media using the hashtag #thxcaregivers or sign an [online thank you card for caregivers](#). To help ensure all Ontarians have access to mental health services and supports when they need it, sign the Erase the Difference petition at erasethedifference.ca.

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City of Kawartha Lakes

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United Way
City of Kawartha Lakes
Change starts here.
ckl-unitedway.ca



United Way
Peterborough & District



ACCREDITATION CANADA
AGREMENT CANADA

For requests, our legal name is:
CANADIAN MENTAL HEALTH ASSOCIATION
HALIBURTON, KAWARTHA, PINE RIDGE BRANCH

Charitable Registration No. # 10686 3889

Did you know?

- Mental health concerns indirectly affect all Canadians through family members, friends or colleagues
- 1 in 3 Canadians will personally experience a mental health concern in their lifetime
- Mental health concerns can affect anyone
- Approximately 8% of adults will experience major depression at some time in their lives
- About 1% of Canadians will experience bipolar disorder
- By age 40, about 50% of the population will have or have had a mental health concern



Contact Us

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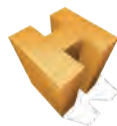
Online: www.cmhahkpr.ca



**Canadian Mental
Health Association**

**Haliburton, Kawartha, Pine Ridge
Mental health for all**

This program was made possible
in part through the support of:



HEROD
Financial Services

Journeying Together



**Canadian Mental
Health Association**

**Haliburton, Kawartha, Pine Ridge
Mental health for all**

Serving the City and County of Peterborough, City of Kawartha Lakes
and counties of Haliburton and Northumberland.

Support for family, friends
and caregivers

A Caregiver's Journey

In any given year, an untold number of families, friends and caregivers are impacted as 1 in 5 Canadians personally experience mental health concerns.

Families are often the first to notice when their loved one is becoming unwell. They can help by being emotionally supportive, encouraging access to support and assisting with practical needs such as going to appointments.

The road to recovery can have many bumps and hurdles and sometimes, families, friends and caregivers may be left feeling alone and exhausted with many unanswered questions.

What is Journeying Together?

The Journeying Together program educates and supports families, friends and caregivers along the journey to support their loved ones.

Support is flexible and geared towards unique needs. It can be offered in the following formats:

- One-to-One Support with a Family Education Support Worker
- Educational Group
- On-going Monthly Peer Support Group

One-to-One Support

The Family Education Support Worker is able to meet directly with families to provide support that is unique to each family's need.

Services include:

- Emotional support
- Referral to community resources
- Education about mental health concerns and the mental health system
- Skill development for improved coping, communication and problem solving

Educational Group

This program offers an 8-week educational program in a relaxed and non-judgmental atmosphere.

Topics include:

- Understanding mental illness, grief and stigma
- Stress, self-care and coping strategies
- Navigating the mental health system
- Communication and problem solving
- Local community resources

On-going Monthly Peer Support Group

This support group offers a chance to check in with one another and discuss shared experiences. It is helpful to not feel alone in your situation.

Who can access this program?

This program is for people caring for individuals experiencing mental health concerns.

Your loved one does not require a diagnosis for you to access this program.

No referral is necessary.

Where can I access this program?

Journeying Together is available in the City and County of Peterborough, City of Kawartha Lakes and the counties of Haliburton and Northumberland.

Contact information on back of brochure.

Common difficulties faced by loved ones and caregivers

- Self-care
- Setting limits/boundaries
- Fear, stress, anxiety, isolation
- Navigating the mental health system, speaking with professionals
- Communication difficulties
- Coping with crisis situations and risk behaviours
- Guilt, shame, grief, feeling overwhelmed, stigma
- Balancing and respecting rights and expectations of the caregiver and loved one