

COMMUNITY HELPERS PROGRAM INFORMATION SESSION

**FOR PARENTS AND
CAREGIVERS**

PROGRAM HIGHLIGHTS

- **RULES/ETHICS OF HELPING**
- **LIMITS OF A HELPER AND BOUNDARIES**
- **RECOGNIZING THE SIGNS OF MENTAL DISTRESS**
- **WHEN TO HELP AND WHEN TO REFER**
- **COMMUNITY SUPPORTS**
- **THE PROGRAM AIMS TO ENHANCE SUPPORTIVE SKILLS, BUT EMPHASIZES THE IMPORTANCE OF SELF-CARE, KNOWING HOW TO TAKE CARE OF ONESELF AND RECOGNIZE THE LIMITS AS A HELPER.**

**• FEBRUARY 29TH •
FROM 1-2PM
REPEAT SESSION
FROM 7-8PM**

For the link contact
kimberly.turchyn@nlsd.ab.ca
with the time you would like to join.

