

Caregiver Support

RESOURCE LIST

Please note: This listing represents information gathered by the CWC PCN and does not represent formal endorsement of these programs and services by the CWC PCN.

GENERAL SUPPORT

[Programs and Services – Caregivers Alberta](#)

- Services are free. Referrals can be made on behalf of patients but are not required. Please see the website for the online referral form.

[Family Caregiver Centre | Alberta Health Services](#)

- Services are free. Referrals can be made on behalf of patients but are not required. Please see the Alberta Referral Directory for more information.

[Home | ACC](#)

- Alberta Health Services and Alberta Caregiver College provide resources and information for navigating the caregiving role in various relationships. The information is free and accessible online.

POPULATION SPECIFIC SUPPORT

[Mental Health Resource Guide - YouthSMART](#)

- Canadian Mental Health Association/ CMHA Calgary: Youth and parent guide. Services and information are free, and no referral is necessary.

[FAMILY COUNSELLING | Calgary SCOPE Society](#)

- The family counselling program supports families with children with disabilities. The child must be eligible for support through Family Supports for Children with Disabilities (FSCD), and services are directly billed to FSCD. If the family does not have approved counselling hours included in their FSCD contract, fees may apply.

[Recovery is a Family Journey | PEP Society](#)

- Education and support for families of youth struggling with addiction. Services are free, and no referral is required.

[Caregiver Support - Wellspring](#)

- Guidance and support for caregivers supporting a person with cancer. Services are free, and no referral is required.

[Support Groups - March of Dimes After Stroke](#)

- Support groups for caregivers of stroke survivors. Support groups are free to join. Referrals can be made on behalf of patients but are not required. Please see the website for the online referral form.

[Family and Caregiver Support — Schizophrenia Society of Alberta](#)

- Education and support for caregivers of a person with Schizophrenia. Services are free. No referral required.

[Family Connections Program - The Sashbear Foundation](#)

- Education and support for caregivers supporting a person who struggles with mental health and emotional dysregulation. Services are free. No referral required.

[Caregiver Connections - CMHA Alberta Division](#)

- Virtual support groups for caregivers of a person with a mental health concern. Services are free. No referral required.

[Dementia Support Groups in Calgary](#)

- Alzheimer's Calgary support groups. Services are free. No referral is required, but a referral can be completed on behalf of a patient through the FirstLink tab on the website.

[Events - Dementia Network Calgary](#)

- Support groups for caregivers supporting a person with dementia. No referral required.

[Jewish Family Service Calgary | Caregiver Support Programs](#)

- Education and support groups for caregivers supporting a person with dementia. Services are free. No referral required.