

辦公時間

星期一至星期五

上午九時至下午四時三十分

Office Hours

Monday - Friday

9:00am - 4:30pm

Closed on Saturday, Sunday and Statutory Holiday

撥款機構 | Funders



Justice and Solicitor General

Funded by the Government of Canada's New Horizons for Seniors Program



www.facebook.com/340200382743537/CCECA



111 Riverfront Avenue S.W. Calgary, AB, T2P 4Y8

403-269-6122 | 403-269-1951 | cceca@cceca.ca

www.cceca.ca

Charitable Registration Number: 126698018 RR0002



卡城華人耆英會
The Calgary Chinese Elderly
Citizens' Association

Chinese Community Helpers Program

(CCHP)



One on One
Peer
Support



Social
Activities



Psychosocial
Education

111 Riverfront Avenue S.W. Calgary, AB | 403-269-6122 | www.cceca.ca

Purpose

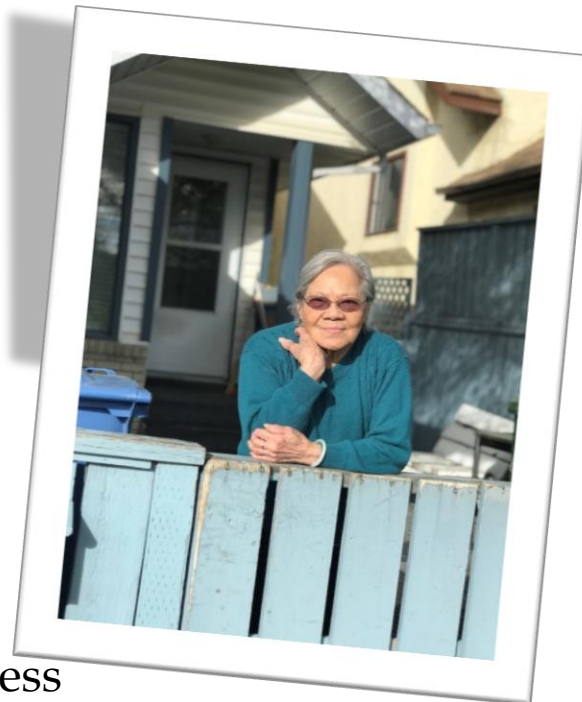
This project, in collaboration with the Canadian Mental Health Association (CMHA), is a peer support program to reduce social isolation, promote wellness and increase social inclusion among Chinese Older Adults.

Objectives

- Increase peer support and positive social ties
- Bridge between the formal and informal support
- Strengthen resilience in the Chinese community

Target groups

- Chinese older adults 65 and older
- Independent in daily living activities
- Expressing feelings of isolation and loneliness
- Lack of social support, such as living alone or low income
- Experiencing distress during life transitions such as bereavement or illness



Services

Trained volunteers will provide one-to-one peer support service through home visits, friendly calls and group work. The program will include the following activities:

- Providing emotional support
- Promoting self-care and wellness practices
- Assisting in problem solving
- Fostering healthy peer relationships
- Accompanying or connecting to community activities
- Referring or connecting to community resources
- Joining online or in person group activities

Emotional support hotline: Connecting directly with our social workers, this non-emergency hotline provides free emotional support and referrals. Available from Monday to Friday, 9:00 a.m.- 4:30 p.m. To make an appointment, please contact Sum O'Reilly at 825-561-6122.

Join us as a community helper (Volunteer opportunity)

- Through an interview and screening
- Complete 12-hour training on topics such as self-care, helping skills, problem solving skills, mental health, grief and loss, mindfulness, stress management, and healthy relationships
- Provide peer support services for Chinese older adults for at least 1 hour a week for 12 weeks
- Attend monthly volunteer support meetings and refresher courses