



Did you know?

Did you know that only 1% of youth will talk to a professional first when they need to talk? So, who are they talking to?

Youth talk to other youth, their peers.¹ With training community helpers can better support their peers, while caring for themselves, setting limits and referring youth to resources within the community. The Community Helpers Program aims to increase community resilience by bridging the support provided by the community helpers with the professional community supports, increasing awareness of community resources and reducing the isolation of individuals impacted by mental illness.

Community Helpers Program

Brought to you by
Alberta Health
Services and CCCSA

Calgary Chinese Community
Services Association (CCCSA)

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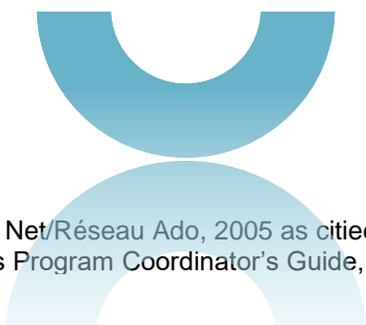
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¹ Youth Net/Réseau Ado, 2005 as cited in Community Helpers Program Coordinator's Guide, 2008



What is the Community Helpers Program?

The Community Helpers Program (CHP) is a **free** program that has been designed to increase the knowledge of the participants and the support provided by the professional community.

The CHP finds “natural helpers”, individuals whom youth seek and talk to when they have a problem, issue, or mental health concern. These helpers can be anyone associated with youth such as friends, teammates, coaches, neighbors, parents, teachers, etc. The CHP identifies and works with these participants to strengthen their natural abilities with training, connecting them with resources, and providing ongoing support. CHP teaches helpers a wide variety of skills including: the helping skill, handling crisis, how to set limits, self-care, communication, active listening skills, and much more. Participants will receive a certificate upon completion of the program.

The helpers do not become therapists or counsellors but better equipped to cope and help solve problems youth and themselves, may face.

How Do I Become a Community Helper?

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Community helpers are nominated by their peers through an anonymous survey or are self-identified. Helpers then attend a Community Helpers training workshop or sessions. Workshops and sessions are also available upon request. Community Helper modules can also be offered as hourly presentations.

For more information on the Community helpers training, education program, or to book Community Helpers training, please email bess.yang@cccsa.ca.

Program Objectives:

- Equip participants with skills knowledge, and resources to effectively help others
- Bridge formal and informal support for young people
- Focus on identification and early intervention for those who may be at risk
- Reduce stigma by increasing community awareness

Anticipated Outcomes:

- Increased knowledge and skills of participating Community Helpers
- Increased support provided by the professional community
- Helpers will know how to identify the signs of someone who needs help and connect them to a professional
- Helpers will have effective communication skills, especially listening and questioning
- Helpers will know how to self-care and set limits and boundaries
- Helpers will continue being supportive and supported