

Helping Families

Family Navigator



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CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

Are you caring for a child/youth
or dependent adult up to age 25?

Are you feeling overwhelmed as a result
of mental health and/or substance use
issues of your loved one?

Do you need help in navigating the
mental health/substance use system
and accessing community supports
in the Central Okanagan?

Caring for the Caregivers

Caring for the Caregivers



Caring for a loved one experiencing mental health and substance use problems?

When you are caring for a loved one with mental illness and/or substance use issues, it can be overwhelming.

You may be seeking assistance because you do not know where to start.

The Family Navigator helps to support families to receive the help they need, at the right time, in the right place, from the right people.

The Family Navigator will listen to your concerns, assess your needs, and provide you with professional navigation of healthcare and social services in the Central Okanagan.

The Family Navigator

Works Collaboratively with community partners to help Parents/Caregivers access relevant programs & services based on their individual needs

What can the families expect from the Family Navigator:

- To listen to, and support families in their time of need
- Answer telephone based inquiries
- Provide information on mental health and substance use issues and resources (on-line and community based)
- Connect families to necessary and relevant community based supports and services
- Complete an assessment and develop a plan of care with parents/caregivers

Provides education on:

- Mental health/substance use issues
- Self-Care/Coping Strategies
- Communication Skills
- Accessing Community Based Resources

*Family Navigator is Made Possible
by an Innovation Grant from:*



The Family Navigator is Part of a Community Based Collaborative Project Called: Caring for the Caregivers (CFTC)

CFTC addresses the needs of parents and caregivers of children, youth, and dependent adults experiencing mental illness and/or problematic substance use in the Central Okanagan.

CFTC Consists of four streams of support, including:

1. Development of Supportive Environments and Connective Settings
2. Navigation Services
3. Access to Professional Therapy Services
4. Increased Access to Primary Care



**Canadian Mental
Health Association**
Kelowna
Mental health for all

Family Navigator Caring for the Caregivers Project

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