

*Be part of a support
network you can relate
to and trust...*

You are not alone



For more information, please call:

**Calgary John Howard Society
Sandy 403-543-7821**

**Mennonite Central Committee
Moira 403-275-6935**

**Website address:
www.caringforfamilies.ca**

Caring for Families is a project
supported by:

Mennonite Central Committee,
Calgary John Howard Society,
Elizabeth Fry Society and
Alberta Seventh Step Society

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*Caring for Families
a support resource*



Caring for Families is a group
for family members or partners
who are currently supporting (or
have in the past) someone in
prison.



Caring For Families ... You are not alone

Has someone close to you been arrested and placed in custody?

Are you confused about where you can turn to for help?

Are you a support person for someone in prison?

When someone close to you is serving time, you may also feel you are “doing time”. Trying to get proper information and navigate within the correctional system can be difficult. Many people feel isolated and powerless to maintain a meaningful relationship with the one they care about. This can add much stress to new and difficult daily living issues .

Caring For Families involves a group of individuals who are experiencing separation from someone they care about as a result of incarceration. Monthly gatherings provide a place where information and resources can be shared and support can be accessed.

Caring For Families



We offer the opportunity:

- to get more accurate information
- to share experiences
- to learn more about the criminal justice and correctional systems
- to learn more about what you can expect and what may be expected of you
- to learn more about resources that can help along the way

We encourage a spirit of self-care and self empowerment in a safe and friendly environment.

Caring For Families meetings are normally held on the first Monday of every month at:

Menonite Central Committee:
210, 2946 - 32 Street NE
Calgary

Snacks and beverages are provided. Gatherings consist of information sessions or presentations, followed by informal discussions and conversation.

Confidentiality is respected.

Please Join Us!