Powerhouse® Program Info!

What is Powerhouse®?

- Powerhouse is a program that was designe to support Young Caregivers all across the country.
- This is done by helping give a space for Young Caregivers to take a break from their individual situations, learn skills to manage different caregiving impacts, and have a fun time connecting with other folks with similar experiences!

Who Are Young Caregivers?

- Young Caregivers are folks between the ages of 5 and 25 who have someone in their life that requires a bit of extra support, or might be dealing with some extra challenges.
- These can include things like a sibling with autism, a parent with mental health concerns, family members struggling with substance use, family members with chronic illness, grandparents with Alzheimer's or dementia, and tons of other reasons.

What Do We Learn About In The Program?

- Young Caregivers can experience a lot of feelings and impacts from their role, both positively and in ways that can be more challenging.
- Over the 6 weeks we will be having fun, getting to know one another, and also hopefully learning some skills along the way that can help with these impacts!
- Some of the topics that we will cover include:
  - Connecting with Other Young Caregivers
  - Understanding Emotions
  - Exploring Our Caregiving Identities
  - Coping and Self Care
  - Letting Go of Control
  - Building Confidence and Self Esteem

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What Do We Do Each Week?

- The Young Caregivers are the experts, so we want to make sure you are a part of the program process!
- Due to this, each week of the program will be a little bit different. However, something you can guarantee is that each week will include the following styles of activities:
  - Get To Know You Games
  - Arts Based Activities
  - Recreational Games
  - Free Time

What Will I Gain From The Program?

- This program was designed with Young Caregivers at the centre, and because of this we wanted to make sure that there are lots of things you can take away from the program, both knowledge wise and physically!
- Some of the things that you will potentially take away each week include:
  - New Friends and Supports
  - A Well Deserved Break!
  - Better Understanding of the Young Caregiver Role
  - Deeper Understanding of Who You Are
  - New Coping Skills and Physical Coping Tools!
  - Beautiful Artistic Pieces Created By You!

How Can I Sign Up?

To learn more about the program please email Christina Henderson at CHenderson@caregiversalberta.ca

YOUNG caregivers™ ASSOCIATION | POWERHOUSE™