

Supporting Seniors

Caregiver Care

The program helps those who need help understanding and coping with the stress of caring for people who are experiencing Dementia, Alzheimer's, or age-related illness.

Starting in January, our Caregiver Care program will offer three weekly, 10-week groups, available both virtually and in person.

Virtual

Start Date: Tuesday, January 27th

Time: 6:00pm to 7:30pm

Start Date: Thursday, January 29th

Time: 6:00pm to 7:30pm

In-Person

Start Date: Wednesday, January 28th

Time: 2:00pm to 3:30pm

Location: 2562 Eglinton Ave. W. (H&W Centre on the main floor)

How to Register?

Please call us at **416-248-2050 x 8038** or email us at

contact@reconnect.on.ca to register.

