

Supporting Seniors: Caregiver Care

Program Description

The Caregiver Care 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.

This support program helps family caregivers get a handle on their anger, stop feeling guilty, deal with depression, cope with grief, and manage dementia-related challenging behaviours.

This unique model uses humour and storytelling to coach people through a process that helps them develop a plan for self-care and to avoid caregiver burnout.

Details

When: Every Tuesday from September 23 to November 25

Time: 6:00pm to 7:30pm

Location: 2562 Eglinton Ave. W.

How to Register?

If you would like to register for this support group. Please call or email our intake team (information below).