



Caregiver Support & Education Programs

December 2022



Caregiver Education Series: "From Stress to Strength"

A free caregiver education series where you'll learn strategies and find resources to take care of yourself so you can continue caring for others. Registration is required. **(Online)**.

Session 1: Caregiver Stress & Finding Self-Care Strategies

Tuesday, December 6th, 2022
11:00am-12:30pm
Online

Session 2: Regaining Control & Building Resilience

Tuesday, December 13th, 2022
10:30am-12:00pm
Online

Session 3: Navigating Community Resources

Tuesday, December 20th, 2022
10:30am-12:00pm
Online



Caregiver Support Groups

Free support groups for anyone in a caregiving role. Meet others going through similar experiences, learn coping strategies and share your thoughts in a safe space. Registration is required. **(Online & in-person)**.

Morning:

When: Thursday, December 8th, 2022 | 10:30am-12:00pm
Where: 400 Victoria Ave N., Hamilton, ON

Afternoon (Full):

Pre-registration is open for January 2023
When: the 3rd Wednesday of the month | 2:00pm-3:30pm
Where: online





Mindful Mondays



A free mindfulness group that focuses on your well-being and guides you through practices to lower anxiety, boost memory & focus. Classes occur on **Mondays from 3:00pm-4:00pm**. Registration is required. (**Online**).

Monday, December 5th , 2022 - Heart Chakra

Monday, December 12th, 2022 - Throat Chakra (TBD)

Monday, December 19th, 2022 - Chair Yoga & Meditation



1:1 Peer Support Program



Finding the right supports can be hard to find...

In partnership with the Ontario Caregiver Organization, you can connect with an experienced caregiver who will be there for you as you navigate your caregiving journey. To learn more on how you can sign up to connect with a peer mentor, please call 905-523-1055 x 408.

How to Register

All programs are at no cost! For more information or to register, please contact Renate Ahapov at 905-523-1055 x 408 or email renate.ahapov@von.ca.



Happy
Holidays