



Caregiver Support & Education Programs

September 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 & in-person).**

Session 1: Caregiver Stress & Finding Self-Care Strategies

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

Thursday, Sept. 15th, 2022
2:00pm-3:30pm
400 Victoria Ave N, Hamilton

Session 2: Regaining Control & Building Resilience

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

Thursday, Sept. 22nd, 2022
2:00pm-3:30pm
400 Victoria Ave N, Hamilton

Session 3: Navigating Community Resources

Tuesday, Sept. 27th, 2022
10:30am-12:00pm
Online

Thursday, Sept. 29th, 2022
2:00pm-3:30pm
400 Victoria Ave N, Hamilton



Lunch & Learn Seminar

Soci   Alzheimer Society
BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

"Responsive Behaviours & How to Manage Them"

Join us for a free seminar with the **Alzheimer Society** of Hamilton! Learn how to identify your loved ones needs and respond to difficult behaviours. This seminar is **online**. Registration is required.

Learn more about:

- Understanding the changing brain
- The A's of Dementia
- Adapting to changes - finding new ways to do "old" things

Friday, Sept. 30th, 2022 | 12:00pm-1:00pm





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).**

Mornings:

When: Thursday, Sept. 8th, 2022 | 10:30am-12:00pm

Where: 400 Victoria Ave N., Hamilton, ON

Afternoons:

When: Wednesday, Sept. 14th, 2022 | 2:00pm-3:30pm

Wednesday, Sept. 28th, 2022 | 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 at 3:00pm.** Registration is required. **(Online).**

Monday, Sept. 19th, 2022 - **Chair Yoga & Guided Meditation**

Monday, Sept. 26th, 2022 - **RAIN 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.