



Caregiver Support & Education Programs

October 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, October 4th, 2022
2:00pm-3:30pm
Online

Thursday, October 13th, 2022
10:30am-12:00pm
Turner Park Library, Hamilton

Session 2: Regaining Control & Building Resilience

Tuesday, October 11th, 2022
2:00pm-3:30pm
Online

Thursday, October 20th, 2022
10:30am-12:00pm
Turner Park Library, Hamilton

Session 3: Navigating Community Resources

Tuesday, October 25th, 2022
2:00-3:30pm
Online

Thursday, October 27th, 2022
10:30am-12:00pm
Turner Park Library, Hamilton



Lunch & Learn Seminar

"End of Life Doulas: Integral Members of the Circle of Care"

Sue Phillips, a Critical Illness/End of Life Doula has been supporting people who are dealing with critical illness or approaching death since 2019. Sue believes that the end of life deserves as much beauty, care, and respect as the beginning.

Come join us for a free seminar with Sue as we learn more about the role of end-of-life doulas and how they can support caregivers through companioning, respite and more. Registration is required. This seminar is **online**.

Friday, October 21st, 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, October 6th, 2022 | 10:30am-12:00pm

Where: 400 Victoria Ave N., Hamilton, ON



Afternoons:

When: Wednesday, October 12th, 2022 | 2:00pm-3:30pm

Wednesday, October 26th, 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 from 3:00pm-4:00pm**. Registration is required. (**Online**).

Monday, October 3rd, 2022 - Introduction to Chakras

Monday, October 17th, 2022 - Chair Yoga & Guided Meditation

Monday, October 31st, 2022 - Root Chakra



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.