



# 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 companionship, 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](mailto:renate.ahapov@von.ca).