CARING FOR THE CAREGIVER

Are you caring for or concerned about a senior (55+)? Maybe a parent, spouse, partner, relative or friend? Join other caregivers in a safe and confidential space to exchange ideas, offer support, and share experiences.

This is a drop-in group that aims to explore different topic related to the caregiver experience. Participants are encouraged to bring their own topics for discussion.

**Dates & Time**

**First Tuesday of the month | 10 a.m. – 11:30 a.m.**
Mar. 8, May 3, June 7, July 5, Aug 2, and Sept 6

**Third Tuesday of the month | 5:30 p.m. to 7 p.m**
Mar. 22, Apr. 19, May 17, June 21, July 19, Aug 16 and Sept 20

**How:**
via Zoom or phone

**Registration**
Contact Family Service Toronto Service Access Unit
**416.595.9618**