



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



FAMILY SERVICE TORONTO
For People. For Change.



United Way
Greater Toronto