

# Caring for the Caregiver

**A virtual series offered by  
Seniors and Caregivers Support Program**

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 12-week group that explores different topics each session.

## **Dates & Time**

**Thursday mornings**

**10:30 a.m. – 12:00 p.m**

Group starting Thursday, September 7, 2023

## **How**

**via Zoom or phone**

## **Registration**

Pre-screening, 30 min, required. To register contact the Family Service  
Toronto Service Access Unit by email at [sau@familyservicetoronto.org](mailto:sau@familyservicetoronto.org),  
or call:

**416.595.9618**



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