

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 10-week group that explores different topics each session.

Dates & Time

Thursday mornings, October 17 - December 19, 2024

10:30 a.m. – 12:00 p.m

Location: virtual, on Zoom

Cost: Free

Eligibility: Individuals in a caregiving role for someone age 55+ who are eligible for SCSS services

Registration

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

416.595.9618



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