



We Love Our Loved Ones By Caring For Ourselves

A caregiver support group

**Are you caring for a senior loved one,
age 55 or older?**

If you're struggling with self-care, experiencing burnout, looking for new caregiving strategies, or simply wishing to connect with other caregivers, this group offers a welcoming space to learn, share and feel supported.

Dates, Time & Location

**Tuesdays, November 3 to December 15, 2026
3 – 4:30 p.m. | virtual on Zoom**

Registration/Information

This group is free. To register call Service Access Unit:

416-595-9618

Screening assessment interviews: October 13 - 26, 2026.



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