



Live Every Day.

Caregiver Support & Education Programs

June 2022



Lunch & Learn Seminar

June is Stroke Awareness Month!

Topic: "Stroke & Aphasia 101"

Come join Emilia Leslie, MSW, RSW from VON Stroke Services for an in-depth discussion about stroke, types of aphasia, communication strategies, resources and more. Registration is required.
(Virtual Program)

**Friday, June 24th
12:00pm-1:00pm**



Wellness Wednesdays

Caregiver Support Group

Free bi-weekly support group for anyone in a caregiving role. Meet others going through similar experiences, learn coping strategies and share your thoughts in a safe space. Registration is required.
(Virtual Program)

Topic: Learning to Let Go

Wednesday, June 1st | 2:00pm-3:30pm

Topic: Nurturing a Healthy Mindset

Wednesday, June 15th | 2:00pm-3:30pm

Topic: Protecting Your Peace

Wednesday, June 29th | 2:00pm-3:30pm

1:1 Peer Support Program

Finding the right supports can be hard to find...

In partnership with the Ontario Caregiver Organization, you can connect with an experienced caregiver who will be there for you as you navigate your caregiving journey. To learn more on how you can sign up to connect with a peer mentor, please call 905-523-1055 x 408.



Family Caregiver Education Series



Caregiving can be rewarding, but it can also have challenges along the way. Come join us for a free caregiver education series where you'll learn strategies and find resources to take care of yourself so you can continue caring for others. Registration is required. **(Virtual Program)**

Session 1: Caregiver Stress & Finding Self-Care Strategies

Thursday, June 9th
2:00pm-3:30pm

Tuesday, June 14th
10:30am-12:00pm

Session 2: Regaining Control & Building Resilience

Thursday, June 16th
2:00pm-3:30pm

Tuesday, June 21st
10:30am-12:00pm

Session 3: Navigating Community Resources

Thursday, June 23rd
2:00pm-3:30pm

Tuesday, June 28th
10:30am-12:00pm

52 Weeks of Mindfulness

Free weekly mindfulness group that focuses on your well-being and guides you through practices to lower anxiety, and boost memory & focus. Classes occur **Mondays at 3:00pm**. Drop-in for a specific session or attend weekly. Registration is required. **(Virtual program)**

Monday, June 6th - **Sense Meditation: Hear**

Monday, June 13th - **Sense Meditation: Smell**

Monday, June 20th - **Chair Yoga & Guided Meditation**

Monday, June 27th - **Sense Meditation: Touch**



How to Register

All programs are at no cost! For more information or to register, please contact Renate Fries at 905-523-1055 x 408 or email renate.fries@von.ca.