



Online Caregiver Support Programs



Online 4-Part Caregiver Education Series

Learn how to become *mindful* and *self-compassionate* in your caregiving journey! This free 4-part series helps you manage stressful caregiving situations; build your resilience and navigate community resources.

Session 1: Caregiver Stress & Developing Self-Care

Thursday, February 4th, 2021 | 2-3:30pm

Session 2: Regain Control & Build Resilience

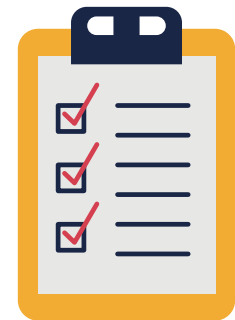
Thursday, February 11th, 2021 | 2-3:30pm

Session 3: Manage Common Caregiving Emotions

Thursday, February 18th, 2021 | 3-4:30pm

Session 4: Navigate Community Resources

Thursday, February 25th, 2021 | 2-3:30pm



Wellness Wednesday's with VON

Feeling connected and supported during this time is something we all need! Meet other caregivers going through similar experiences, share your thoughts in a safe space, and learn how to relax and decompress in this free bi-weekly online support group!

Upcoming Sessions:

Wednesday, February 3rd, 2021 from 2:00-3:30pm

Topic: Caregiver's mental health & well-being

Wednesday, February 17th, 2021 from 2:00-3:30pm

Topic: Coping with difficult emotions





NEW! Caregiving 101 Seminars

Whether you need a refresher or are just starting your caregiving journey, these free 1-hour seminars teach you the basics you need to feel confident in your role!

Friday, February 19th from 3-4pm

Topic: Developing mindfulness & self-compassion



NEW! Mindful Monday's

Come join us for a free 1 hour chair yoga and guided meditation class to help get your week started off right! Learn basic chair yoga routines and finish off the class with a relaxing meditation.



Monday, February 22nd , 2021 from 3:30-4:30pm

All online programs are hosted through Zoom. To register for an upcoming program or session, please contact Renate Fries at renate.fries@von.ca or call **905-523-1055 x 408**.