



Online Caregiver Support Programs



Online 4-Part Caregiver Education Series

Caregivers will learn how to manage stressful caregiving situations, regain control, practice self-care, and navigate community resources in this FREE 4-part series. **Sessions this month from 10:30am-12:00pm.**

Session 1: Caregiver Stress & Developing Self-Care

Thursday, January 7th, 2021

Session 2: Regaining Control & Building Resilience

Thursday, January 14th, 2021

Session 3: Managing Common Caregiving Emotions

Thursday, January 21st, 2021

Session 4: Navigating Community Resources

Thursday, January 28th, 2021



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, January 6th, 2021 from 2:00-3:30pm

Topic: Role reversal & relationship changes

Wednesday, January 20th, 2021 from 2:00-3:30pm

Topic: Estate planning & the grief process

Guest Speaker: Sarah Sunnacks (Grief Counsellor)



NEW! Caregiving 101: The Basics

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

Friday, January 15th from 3–4pm

Topic: Effective communication skills for caregivers



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, January 18th, 2021 from 3–4pm

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.**