



# CAREGIVER SUPPORT AND EDUCATION

JUN | JUL | AUG



Are you providing care or support in the community to a person with short- or long-term limitations due to illness, injury, or disability?

ASK ABOUT OUR  
CAREGIVER OUTINGS!

"TOURIST IN TOWN"

NEED ADDITIONAL  
SUPPORT THAT MAY NOT  
BE APPROPRIATE FOR A  
GROUP SETTING?

REACH OUT FOR 1:1  
SUPPORT



WANT TO SHARE, GIVE AND  
RECEIVE SUPPORT, AND  
STRATEGIZE IN PERSON?

Join our monthly Caregiver Discussion Group on the second Wednesday of the month from 6:30pm-8:00pm at the Sackville Community Centre, Hamilton.

WANT TO FIND SUPPORT YOU  
CAN ACCESS FROM HOME?

Join our Caregiver Discussion Group on the first Wednesday of the month from 6:30pm-8:00pm on Zoom.

WANT TO ATTEND EDUCATION  
SESSIONS RELATED TO THE  
CAREGIVING JOURNEY?

Join our Caregiver Education Club on the first, second, and third Tuesday of June and August from 1:00pm-2:30pm on Zoom.

REGISTRATION REQUIRED

Call Dana Simpson at 905-523-1055 ext. 408  
or email [dana.simpson@von.ca](mailto:dana.simpson@von.ca) to register  
for programs.

