



THE ONTARIO

caregiver
ORGANIZATION

RESOURCES AND
EDUCATION



Nurturing mental health and wellness for caregivers

Supporting Caregiver Awareness, Learning and Empowerment (SCALE) Program

The SCALE Program aims to empower caregivers with practical information and skills to focus on their mental health and well-being needs by offering:

- **Weekly psychoeducational webinars (LIVE or RECORDED)** are divided into two 4-week sessions (see below for Session 1 and Session 2 topics). You may register for all of Session 1, Session 2, or individual webinars to suit your needs.
- **Strategies, tools, and resources** to better cope with difficult caregiving emotions.
- **Free and confidential online group and/or individual counselling (OPTIONAL).** *Space is limited. Registration is based on a first-come, first-served basis. **If you're planning to access these services, it is highly encouraged that you register for the full session of webinars to receive the maximum benefit from group or individual counselling.*

"SCALE lessened my burden of caregiving. Before, it was so heavy I couldn't bear it. But after SCALE I started seeing things in other ways....so I have more energy to put into caring for my parents" - Caregiver

SESSION 1: UNDERSTANDING THE EMOTIONAL EXPERIENCE OF CAREGIVING

FEBRUARY 6 TO 27, 2024

(Tuesdays from 12 PM to 1PM EST)

Week 1: Your caregiving journey

Week 2: How caregiving stress affects you

Week 3: How caregivers can manage anxiety and anger

Week 4: How caregivers can manage sadness and guilt

SESSION 2: STRATEGIES FOR CAREGIVER MENTAL HEALTH & WELL-BEING

MARCH 5 TO MARCH 26, 2024

(Tuesdays from 12 PM to 1PM EST)

Week 1: Become a mindful caregiver

Week 2: The self-compassionate caregiver

Week 3: Find your caregiver strengths

Week 4: Time for self-care while caregiving

Seeing this past **FEBRUARY 6TH, 2024?**
You can still sign-up for any of the remaining live webinars!

Register today



180 Dundas Street West,
Suite 1425,
Toronto, ON M5G 1Z8
Canada

T 416-362-2273
E info@ontariocaregiver.ca
24/7 Helpline 1-833-416-2273
ontariocaregiver.ca

X: [@caregiverON](https://twitter.com/caregiverON)
Facebook: [@caregiverON](https://www.facebook.com/caregiverON)
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