



Online Caregiver Support & Education Programs

Caregiver Education Series "From Stress to Strength"

Learn effective tools and strategies to thrive in your caregiving journey! This free 4-part series helps you manage stressful caregiving situations; navigate community resources, and builds your resilience.

Session 1: Caregiver Stress & Developing Self Care

Thursday, May 6th
2:00–3:30pm

Session 2: Regaining Control & Building Resilience

Thursday, May 13th
2:00–3:30pm

Session 3: Managing Caregiver Emotions

Thursday, May 20th
2:00–3:30pm

Session 4: Navigating Community Resources

Thursday, May 27th
2:00–3:30pm

Caregiving 101 "Back to Basics" 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, May 21st | 3–4pm

Topic: Building Your Support Network





Wellness Wednesdays 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, May 5th | 2–3pm

Topic: 'An Inside View of Retirement Living' with Lindsay Dressel, Revera – Maplecrest Village

Wednesday, May 19th | 2–3pm

Topic: Laughter Yoga with Kathryn Kimmins of Laugh Yourself Healthy

Mindful Mondays with VON

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, May 17th | 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**.