

Online Caregiver Education & Support Programs



Caregiver Education Series "From Stress to Strength"

Learn how to develop self-care; build your resilience; manage difficult caregiving emotions, and navigate community resources in this FREE 4-part series! Registration is required.

Session 1: Caregiver Stress & Finding Self-Care Strategies

Tuesday, July 6th | 6:00-7:30pm
Thursday, July 8th | 2:00-3:30pm

Session 2: Regaining Control & Building Resilience

Tuesday, July 13th | 6:00-7:30pm
Thursday, July 15th | 2:00-3:30pm

Session 3: Managing Difficult Caregiver Emotions

Tuesday, July 20th | 6:00-7:30pm
Thursday, July 22nd | 2:00-3:30pm

Session 4: Navigating Community Resources

Tuesday, July 27th | 6:00-7:30pm
Thursday, July 29th | 2:00-3:30pm

Caregiving 101: Back to Basics

A FREE monthly education seminar designed to support you in every aspect of your caregiving journey. Registration is required.

Topic: New to Caregiving? Here's What You Need to Know
Friday, July 16th | 3:00-4:00pm





Wellness Wednesdays with VON

FREE bi-weekly caregiver support group for anyone in a caregiving role. Meet others going through similar experiences, share your thoughts in a safe space, and learn relaxation techniques! Registration is required.

Topic: Managing Care Transitions & Difficult Emotions

Donna Thompson, McMaster Caregiving Essentials

Wednesday, July 14th | 2:00-3:30pm



Topic: Incorporating Mindful Moments into Caregiving

Wednesday, July 28th | 2:00-3:30pm



Mindful Mondays with VON



Looking to incorporate more mindfulness and relaxation into your day? Get your week started off right in this FREE monthly chair yoga and meditation class! All levels welcome. Registration is required.

Upcoming session: Monday, July 19th | 3:30-4:30pm

How to Register

If you would like to register for any of our upcoming programs, please contact Renate Fries, Coordinator of Caregiver Education & Support at renate.fries@von.ca or call 905-523-1055 x 408.