



THE ONTARIO

caregiver
ORGANIZATION

RESOURCES AND
EDUCATION

Are you caring for a family member or friend in Ottawa or a surrounding region?

Looking for strategies to manage stress and burnout?

Join the Ontario Caregiver Organization for a **FREE** information and networking session on Tuesday, March 5th, 2024, from 6-8 p.m in Ottawa.

[*Registration Required](#)

Caregivers are ordinary people who provide physical and emotional support to a family member, partner, friend, or neighbour. There are **4 million caregivers** across Ontario.

If you are trying to balance caregiving with work and/or other areas of your life and feeling stressed, you are not alone. The Ontario Caregiver Organization is here to support you.

At this free session provided by the Ontario Caregiver Organization, you will:

- Have an opportunity to connect with other caregivers across your region
- Learn more about Ontario's caregivers and the impact of caregiving
- Understand the difference between stress and burnout
- Identify the more common signs and symptoms of stress and burnout
- Build strategies to support you as a caregiver in identifying when you are feeling stressed or burnt out
- Access resources to support you at any step of your caregiving experience

Please **[register here](#)** - spaces are limited.

This is an in-person event hosted at the **[Nepean Sailing Club](#)**. Free parking. Refreshments will be provided.

This session will be delivered in English, a bilingual OCO staff member will be co-facilitating to support French speaking participants.



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