

Managing Caregiver Anger & Frustration: Strategies for Support & Advocacy

Webinar Description:

Anger and frustration are two emotions that are often experienced in the complexities of caregiving. Whether you're advocating for your loved one, dealing with family dynamics where support feels imbalanced, or navigating challenging appointments where your care recipient may not be fully communicating their symptoms, these emotions are all too common.

In this informative and supportive webinar, OCO welcomes Melina Ladouceur to further explore the topic of anger and frustration in caregiving and offer practical tools for managing these feelings effectively before they reach their point of exhaustion and burnout. This webinar is designed to give caregivers not only validation but also a toolbox of actionable strategies to help you navigate these challenges while preserving your own well-being.

Our Speaker:

Melina Ladouceur is a registered social worker who has spent most of her career working in the fields of oncology, anxiety management, and grief and bereavement. After 10 years as a Cancer Coach at the Ottawa Cancer Foundation and another five years at Bereaved Families of Ottawa, she now works as a therapist in private practice. In her practice, she provides counseling to individuals facing cancer, caregivers, those grieving the death of a loved one, and those seeking support with anxiety management. Melina also facilitates various oncology support groups and training sessions with like-minded organizations.

Date:

Thursday, April 10th, 2025

Time: 12 p.m. to 1 p.m. ET

Place: Zoom

(link provided via email to those who register)

Cost: Free

- Please note that this presentation is only available in English.
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Register today



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