



THE ONTARIO

caregiver

ORGANIZATION

Nurturing mental health and wellness for caregivers

Supporting Caregiver Awareness, Learning and Empowerment (SCALE) Program

A newly designed SCALE program is being launched this Winter. Register now to get new content and resources!

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)** that acknowledge and unpack difficult caregiving emotions. You may register for all or individual webinars to suit your needs.
- **Strategies, tools, and resources** to better cope with difficult caregiving emotions and reflect on your own caregiving experience.
- **Free and confidential online group and/or individual counselling (OPTIONAL).** *Space is limited. Registration is based on a first-come, first-served basis. You will need to watch the live or recorded webinars to receive the maximum benefit from group or individual counselling.

Seeing this past FEBRUARY 4th, 2025? You can still sign-up for any of the remaining live webinars!



February 4th to March 25th, 2025
(Tuesdays from 12pm to 1pm ET)

- Week 1:** “I feel burned out”: Resetting within your Caregiving Journey
- Week 2:** “I feel like I am not doing enough”: Challenging Feelings of Guilt and Failure
- Week 3:** “I feel overwhelmed”: Managing Caregiving Stress through the Power of Noticing
- Week 4:** “I don’t know how to change things”: Navigating Grief and Helplessness in Caregiving Relationships
- Week 5:** “I feel angry and resentful”: Navigating Difficult Emotions within Caregiving Relationships
- Week 6:** “Who am I aside from a caregiver?”: Rediscovering Yourself by Embracing Self-Compassion
- Week 7:** “I feel like nobody appreciates me”: Setting Boundaries within the Caregiver Relationship
- Week 8:** “I feel alone”: Creating Meaningful Connections

Register today



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