

Young Carers Support Group



The content of the support group is driven by the participants with an emphasis on concerns experienced by carers 16-35 years old. Some sessions will be held in-person, and some will be offered through an online platform.

Participants are encouraged to speak about issues of importance to them and to suggest topics for future discussion.

Learning Objectives

- Provide a safe environment for young caregivers to explore issues related to caring for someone with dementia or MCI
- Enhance caregiver's knowledge of the illness, available supports and coping strategies

When:

Third Tuesday of every month
October 15, 2019 – in person
November 19, 2019 – in person
December 17, 2019 – online

Time: 6:00-7:30PM

Where:

In-person: Alzheimer Society of Toronto
20 Eglinton Avenue West, 16th Floor

Online: using Zoom

Cost:

FREE.

Use your computer, internet connection and phone to participate in a live support group using Zoom for online sessions.

TO REGISTER:

To register please contact Susan Price at 416-432-5682 or sprice@alz.to.