



THE ONTARIO

**caregiver**  
ORGANIZATION

RESOURCES AND  
EDUCATION

# Nurturing mental health and wellness for caregivers



## Supporting Caregiver Awareness, Learning and Empowerment (SCALE) Program

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)** are divided into two 4-week sessions (see below for Session 1 and Session 2 topics). You may register for all of Session 1, Session 2, or individual webinars to suit your needs.
- **Strategies, tools, and resources** to better cope with difficult caregiving emotions.
- **Free and confidential online group and/or individual counselling (OPTIONAL).** \*Space is limited. Registration is based on a first-come, first-served basis. *\*If you're planning to access these services, it is highly encouraged that you register for the full session of webinars to receive the maximum benefit from group or individual counselling.*

*"The counselling was incredible and life-changing...the webinars had the right balance of information and self-directed work. I've used the accompanying resources to build my road to wellness. I was able to apply the knowledge, strategies and tactics to my work-life too. The benefits of the SCALE program brought wellness to all aspects of my being." - Caregiver*

### SESSION 1: UNDERSTANDING THE EMOTIONAL EXPERIENCE OF CAREGIVING

FEBRUARY 7 TO 28, 2023

(Tuesdays from 12 PM to 1PM EST)

Week 1: Your caregiving journey

Week 2: How caregiving stress affects you

Week 3: How caregivers can manage anxiety and anger

Week 4: How caregivers can manage sadness and guilt

### SESSION 2: STRATEGIES FOR CAREGIVER MENTAL HEALTH & WELL-BEING

MARCH 7 TO 28, 2023

(Tuesdays from 12 PM to 1PM EST)

Week 1: Become a mindful caregiver

Week 2: The self-compassionate caregiver

Week 3: Find your caregiver strengths

Week 4: Time for self-care while caregiving

**Register today**

Seeing this past FEBRUARY 7, 2023? You can still sign-up for any of the remaining live webinars!

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Funded by: **Ontario** 

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