



BREATHING SPACE

Caregiver Support Group - 2026 Calendar & Topic List

Sessions are held on the **First Friday of every month**, both virtually (12:00 pm – 1:30 pm via Microsoft Teams) and in-person (10:00 am – 11:30 am at Hennick Bridgepoint Hospital, Syron Caregiver Resource Centre, 1 Bridgepoint Drive).

Month	Date	Topic & Description
July	Friday, July 3rd	Ambiguous Grief & Loss We will learn about ambiguous grief and how to name and cope with the complex yet intangible sense of loss that is felt while our care recipient is living. This group will be held both virtually and in person.
August	Friday, August 7th	Guest Presentation: Adrienne Harrington, Program Consultant, MacKenzie Health Topic: Behavior strategies for Memory Challenges This group will be held in person only at Hennick Bridgepoint Hospital, Syron Caregiver Resource Centre, 1 Bridgepoint Drive
September	Friday, September 4th	Radical Acceptance We will explore the Dialectical Behavior Therapy (DBT) skill of radical acceptance and how it can help reduce suffering and improve our ability to overcome adversity. This group will be held both virtually and in person.
October	Friday, October 2nd	The Story of Us Coping Through Life Transitions We will explore the significant life transitions that caregivers undergo, and how narrative therapy can help us make sense of these changes. This group will be held both virtually and in person.
November	Friday, November 6th	TBD
December	Friday, December 4th	Hectic Holidays We will gather to discuss the upcoming holiday season and how caregivers can maintain their wellness and minimize stress amidst the festivities. This group will be held both virtually and in person.

Eligibility: Caregivers living in East Toronto. A caregiver is anyone who supports a family member, partner or friend living with health-related physical, neurocognitive, mental, or developmental issues.