

WoodGreen Caregiver Support and Wellness Program

The Caregiver Support and Wellness Program offers case management, therapeutic counselling, and group support to people caring for someone with dementia and other cognitive issues or psycho-geriatric concerns.

This program aims to promote Caregivers' health and wellbeing with services that help caregivers connect to others, build problem-solving skills, and gain strategies to prevent and manage caregiver burnout.

Our support group provides a safe space for caregivers to share their experiences and learn from one another. Additionally, our Caregiver Support Social Worker can provide one-on-one counselling and case management to caregivers who need more individualized support.



Services Provided:

- Support Group - Breathing Space
- One-on-one counselling
- Systems Navigation
- Case Management

Contact Us

Telephone:

416-572-3575

Email:

cccentralintake@woodgreen.org

Eligibility

Caregivers who are:

- A family member, friend, neighbour, partner to the care recipient who lives in East Toronto
- Supporting someone with dementia and other cognitive issues or psycho-geriatric concerns.



Opportunity made here.



United Way
Toronto & York Region