

BREATHING SPACE

CAREGIVER SUPPORT GROUP

Breathing Space is a support group where caregivers:

- Share their experiences
- Support one another
- Benefit from collective wisdom
- Build connections
- Develop coping skills



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.

Clinical Counsellors will facilitate Breathing Space with a mix of prepared content as well as open discussion and peer support.

DATE/TIME + LOCATION:

Breathing Space sessions occur on the First Friday of every month; virtually and in-person:

- *Virtual sessions* from 12:00 pm - 1:30 pm (Microsoft Teams)
- *In-person sessions* from 10 am - 11:30 am at **Hennick Bridgepoint Hospital** in the Syron Caregiver Resource Centre (1 Bridgepoint Drive).

FOR MORE INFORMATION:

416-572-3575 

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