

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	<i>Friday, July 3rd</i>	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	<i>Friday, August 7th</i>	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	<i>Friday, September 11th</i>	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	<i>Friday, October 2nd</i>	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	<i>Friday, November 6th</i>	TBD
December	<i>Friday, December 4th</i>	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.