WOODGREEN

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
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*	**Guest Presentation: Adrienne Harrington, Program Consultant, MacKenzie Health** **Topic: Behavior strategies for Memory Challenges (Part 2)** This group will be held in person and online at Hennick Bridgepoint Hospital, Syron Caregiver Resource Centre, 1 Bridgepoint Drive
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.