



THE ONTARIO

**caregiver**  
ORGANIZATION

PEER  
SUPPORT



# Supporting Caregivers During COVID-19

Physical distancing can contribute to feelings of isolation and loneliness for family caregivers and the person they support. The Ontario Caregiver Organization is offering free online support groups to new or seasoned caregivers who would like to connect. Discussion will be driven by caregivers and facilitation will be done by a staff member.

## Online support groups run four times a week:

Mondays at 7:00 – 8:00 p.m.  
Wednesdays 10:30 - 11:30 a.m.  
Thursday 2:30 – 3:30 p.m.  
Saturday 11:00 a.m. – 12:00 p.m.

## Register

Once registered, you will receive more information about how you can join by phone or personal computer / tablet.



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[ontariocaregiver.ca](http://ontariocaregiver.ca)

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