

VON Middlesex-Elgin Supportive Care Program Presents:

CONNECTING CAREGIVERS

A VIRTUAL monthly support group for caregivers in Middlesex and Elgin County!



Bringing Caregivers together to:

- Share experiences
- Learn helpful tips & tools
- Confidential social support
- Learn about local resources
- Connect with others facing similar situations, thoughts and emotions

Caregiving can be one of the most rewarding, satisfying, and at the same time, most stressful and depleting endeavors most of us will ever undertake.

Caregivers need and deserve encouragement, emotional and practical support and resources.

VON will support you in your caregiving role!

This group is **free** and available to anyone who is caring for a loved one living with life-limiting or life-threatening illnesses.

Caregivers, please join us on the **First Wednesday** of each month via **Zoom from 1:30pm - 3:00pm**



Registration is required!

FOR MORE INFORMATION CONTACT:

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