

### ONTARIO CAREGIVER HELPLINE: 1-833-416-2273

Single point of access to information, support and service in English and French 24/7. Live chat is available 7am-9pm (Mon – Fri) at [ontariocaregiver.ca](https://ontariocaregiver.ca). Caregivers can speak to a Community Resource Specialist to connect to community based services and supports across Ontario based on their individual needs.

### SCALE PROGRAM: NURTURING MENTAL HEALTH AND WELLNESS FOR CAREGIVERS

The SCALE Program (Supporting Caregiver Awareness, Learning and Empowerment) offers weekly psychoeducational webinars (divided into two 4-week sessions) focused on various topics such as stress, anxiety, mindfulness etc., strategies and tools to better cope with difficult caregiving emotions and free online and/or individual counselling. [Learn more about the program and how to register here.](#)

### ONLINE SUPPORT GROUPS

An opportunity for caregivers to connect with other caregivers to discuss the challenges they are facing. Support groups are offered several times a week including a group for young caregivers. Option to join online or by phone. <https://ontariocaregiver.ca/peer-support/online-caregiver-support-group/>

### 1:1 PEER SUPPORT PROGRAM

Peer support program that connects caregivers with trained peer mentors for 1:1 phone or virtual support. Caregivers with lived experience and knowledge to share are trained to become peer mentors to provide support to another caregiver seeking support with the challenges they are facing.

<https://ontariocaregiver.ca/peersupport/>

### EDUCATIONAL WEBINARS

One-hour webinars offered two times per month on a wide range of topics for caregivers. Access past recordings here: <https://ontariocaregiver.ca/webinars-for-caregivers/>

### TOOLKITS AND RESOURCES FOR CAREGIVERS

Our website offers a wide range of tools, tips sheets and resources including:

- [I am a Caregiver Starter Toolkit](#) – focuses on how the caregiver can be empowered to take care of themselves.
- [Work & Caregiving – A Balancing Act: Toolkit for Working Caregivers.](#)
- [Privacy & Consent](#) – A set of resources that help both care providers and caregivers to better understand health and privacy and consent rules so they can work together to support patient care.

### E-LEARNING

OCO offers two e-learning modules for caregivers. One focused on caregiver roles, caregiver burnout and supports and the other focuses on caregivers effectively partnering with healthcare professionals.

<https://learning.ontariocaregiver.ca/>

### YOUNG CAREGIVERS CONNECT

Young Caregivers Connect is a website to help young caregivers aged 15-25. The website was designed in collaboration with, and for, young caregivers and offers information and resources and a way to connect through an online forum that address their unique needs. <http://youngcaregiversconnect.ca/>

### TIME TO TALK PODCAST

Join host [Michelle Jobin](#) along with experts and caregivers, to discuss things that matter most to caregivers. <https://ontariocaregiver.ca/time-to-talk-podcast-for-caregivers/>