



THE ONTARIO

caregiver

ORGANIZATION

YOUNG
CAREGIVERS



Are you under 25?

Do you help take care of a friend or family member?

Then you are a young caregiver



There are over 500,000 young caregivers in Ontario. Young Caregivers provide emotional support, personal care, medical care, and help around the house, like cooking, babysitting and cleaning. If this sounds like you, you are not alone.

YoungCaregiversConnect.ca is an online resource for young caregivers, by young caregivers. Browse useful information and join our online discussion forum to connect with others like you today.

Questions? Contact peersupport@ontariocaregiver.ca or head to youngcaregiversconnect.ca

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