**Guest names:**

Dr. Natasha Sharma

**Summary:**

In this episode, our host Michelle Jobin is joined by Dr. Natasha Sharma, an internationally recognized relationship expert. Dr. Sharma dives deep into her work, covering topics such as emotional fitness, maintaining a strong foundation with a partner, and how to avoid feeling overwhelmed while caregiving. We also hear about a few of the free support services that The Ontario Caregiver Organization provides. For more information about the organization and these services, visit [ontariocaregiver.ca](http://www.ontariocaregiver.ca)

**Episode Links & Resources:**

**Guest websites/links/resources:**

Dr. Natasha Sharm’s website: <https://www.natashasharma.com/>

The 8-hour Therapist: <https://thekindnessjournal.com/products/8-hour-therapist>

The Kindness Journal: <https://www.amazon.com/dp/099519730X>

Facebook: <https://www.facebook.com/NatashaKSharmaPsyD>

Instagram: <https://www.instagram.com/natashaksharma/>
Twitter: <https://twitter.com/NatashaKSharma>

YouTube: <https://www.youtube.com/channel/UCXZmq-R1cH1_nrL9IO7gBag>

**OCO Links & Resources:**

<https://www.ontariocaregiver.ca>

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